

PAINLESS

Issue Three

Magazine

Maison
BENT
LONDON

**NEVO
CONCEPT**

**HOBBS
LONDON**

**Finding Your
Sanctuary This
Autumn**

**PAINLESS
LOOKS
FOR
AUTUMN -
WINTER**

From Wolf & Badger

MI BOSLA

**LONDON
FASHION
WEEK**

**THE FUTURE OF
FASHION SHOW**

Join the Painless Universal Community



01.

Sign up for the Painless Universal Newsletter
info@painlessuniversal.com



02.

Instagram @painlessuniversal



03.

Facebook @painlessuniversal



04.

YouTube @painlessuniversal

Features

- 06** **MI BOSLA**
Beyond the Accessory
- 10** **SHANNA BENT**
The Nude Awakening
- 14** **NEVO CONCEPT**
Healing and Body Acceptance
- 18** **LIAM NADEN**
The importance of social bonds
- 20** **SHARDIA O'CONNOR**
Navigating Seasonal Shifts
- 22** **ROBERT WORLD**
From Digital Detox to Inner Design
- 26** **ANNE ANYIA**
Recipes & Tips
- 28** **SAMANTA BULLOCK**
Building a more Inclusive World
- 32** **PENELOPE LAYZELL**
The Season of Renewal
- 34** **HOBBS**
Your Guide to Stylishly Unburdened Event Dressing
- 38** **ANGELA HAYNES-RANGER**
The Harmony Wardrobe
- 40** **WOLF & BADGER**
Painless Looks for Autumn & Winter
- 43** **CRAIG ALEXANDER**
Embracing Indoor Activities and Finding Joy in Movement During Cooler Weather
- 46** **CELIA CONRAD**
Gentle Guidance for a Calmer Festive Season
- 48** **JONATHAN SATTIN**
The Home Wellness Philosophy
- 52** **LONDON FASHION WEEK**
The Future of Fashion Show
- 57** **AKPOBOME OTOBRISÉ**
The Gentle Art of Autumn-scaping:

C O N T E N T S



ATOSA'S STYLE FASHION JEWELRY



Elevate your style with Atosa's Style Fashion Jewelry, a collection of unique, bold, and glamorous statement pieces. Curated by Atosa, a former luxury stylist and personal shopper for top brands such as Dior, Donna Karan, and Harvey Nichols, each piece—from graceful simulated pearls to brilliant crystals and gold-plated designs—is crafted to make you sparkle on every occasion.

Discover your new signature piece.

SHOP NOW



@atosa.club

Editor's Note



Welcome, my dear Painless Community, to this autumn edition of Painless Magazine—an invitation to pause, to embrace the shift of the season, and to discover the quiet power of slowing down. As the crispness of autumn air greets us and leaves turn to gold, I find myself reflecting on the beauty of change. This is a season of letting go, of rooting deeper, and of finding constancy amidst life's inevitable transitions.

In a world that so often insists on speed, this edition is our gentle reminder that true elegance comes from intentional living. Strength does not always roar—it can also be found in the stillness, in the everyday rituals that ground us, and in the ease of choosing presence. Throughout these pages, you'll see this ethos woven into every story: the clothes that empower us, the spaces that comfort us, and the moments that remind us to breathe deeply.

I am especially proud of the voices we bring you this season. Designer Shanna Bent of Maison Bent shares her vision in *The Nude Awakening*—where earth tones speak of quiet luxury and grounded strength. We also explore insights from Jonathan Sattin, Co-Founder of HOME Wellness, whose philosophy embraces holistic living, and from Nevo Concept, guiding us through healing and body acceptance. Paralympic champion Samanta Bullock graces our pages with her tireless advocacy for inclusion, reminding us that true beauty flourishes in self-acceptance and belonging. And in a powerful reflection, Robert World reveals his journey from digital noise to analogue calm, an inspiring nudge for us all to seek deeper connection in a hyper-connected age.

Of course, autumn would not be complete without fashion's forward glance. From the creativity of London Fashion Week to the Future of Fashion Show, we celebrate how style transcends runways, telling stories of diversity, inclusion, and innovation. Partnerships with Hobbs London and Wolf & Badger provide timeless guides to navigating the season with ease and unburdened elegance.

As always, our philosophy remains simple yet profound: true elegance is effortless, authentic, and Painless. I hope this edition inspires you to step into autumn with grace, grounding, and gratitude—living well in mind, body, and spirit.
Warmly

Lady Anne Welsh
The Editor in Chief, Painless Magazine

Beyond the Accessory

The Art of Intentional Style and Well-being



I. The Brand's Philosophy & Origin

1. *Mi Bolsa's* tagline, "Carry 'Mi Bag', The Way You Are," beautifully encapsulates a sense of personal expression. Could you share the story behind the brand and how this philosophy was developed?

Ans by Mikayla: "Mi Bolsa" is Spanish for "my bag." It's about ownership, identity, and an intimate connection. We want our bags to be a personal reflection of the wearer.

2. *Your brand has recently expanded into the jewellery sector. What was the inspiration behind this move, and how do the new collections align with the core values of Mi Bolsa?*

Mikayla: Jewellery is a powerful expression of personal style. We create pieces that are elevated but approachable, focusing on intention over excess. Our goal is to reflect the individual, not a label.

3. *The concept of customizable accessories, like the interchangeable straps on the "Mi Bag," is a core feature. How do you believe this personal customization contributes to a customer's sense of individuality and emotional well-being?*

Alex: Our "Express Bespoke" function offers a unique, tailor-made experience without the high cost or long wait times. It allows customers to easily reflect their personal style.

4. *As we move into the Autumn season, how does Mi Bolsa's brand philosophy of personal style adapt to the transition from the vibrant energy of summer to the richer, more contemplative mood of autumn?*

Alex: We're introducing gorgeous new autumn shades to ensure there's a perfect bag for every moment. Our collections allow customers to express their style with confidence as the seasons change.

II. Craftsmanship, Sustainability & Quality

5. *Mi Bolsa prides itself on using LWG Gold Certified Leather and offering UK-designed products. Could you tell us more about the brand's commitment to superior quality and sustainability, and why these are so important to your mission?*

Mikayla: We work with skilled artisans who bring generations of expertise to every piece. This traditional craftsmanship, paired with our modern design, is the foundation of our quality and commitment.

6. *What is the creative process like, from the initial design concept for a new bag or jewellery piece to the final product? What are some of the key elements you focus on to ensure each piece is both luxurious and timeless?*

Ans by Alex: Our creative Our

Alex: Our creative process is inspired by our father's fusion of art and business. Our London collection, for example, aimed to capture the city's classic elegance, making our designs a tribute to the vibrant culture around us.

7. Painless Magazine's audience values conscious living. How do Mi Bolsa's practices and materials reflect a commitment to ethical and mindful production in the luxury accessories space?

Mikayla: We focus on designing classic, timeless collections made from the finest materials that are built to last for decades. This approach combats fast fashion waste and encourages a more sustainable mindset.

8. With the Autumn edition in mind, could you speak about the specific colours, textures, or materials you choose to evoke the feeling of the season in your collections?

Mikayla: Our "Windsor" Collection, inspired by classic equestrian style, features premium vegetable-tanned leather in rich shades like Tan and Burgundy. We also incorporate luxurious suede, perfect for the autumn-winter season.

III. Style, Confidence & Well-being

9. Fashion is often seen as a form of self-expression. How do you see a Mi Bolsa bag acting as more than just an accessory, but as a tool for enhancing a person's confidence and overall feeling of well-being?

Mikayla: We believe true luxury is about authenticity and individuality. Our customers invest in pieces that feel like a genuine extension of themselves, enhancing their confidence and well-being.

10. With your high customer satisfaction rate, it's clear your brand has a strong connection with its audience. What kind of emotional or personal feedback do you hear from customers that makes you most proud?

Mikayla: A customer was so thrilled with my help that she returned to the store with a gift of red wine. This genuine care and connection is what I'm most proud of, and it motivates me to continue optimizing our products and services.

11. For someone who might be hesitant about investing in luxury accessories, what advice would you give them to help them find a piece that truly resonates with their personal style and makes them feel good?





Mikayla: I believe true style comes from authenticity. I prioritize quality, sustainability, and brand value when making a purchase. This approach turns shopping into an intentional and individual experience.

12. How do you recommend people use accessories to update their look for autumn and feel confident in their new seasonal style?

Mikayla: A large suede bag in a rich colour like Burgundy or Coffee is a must-have. It can easily match any autumn/winter outfit. We'll also be launching a new shoe collection this season.

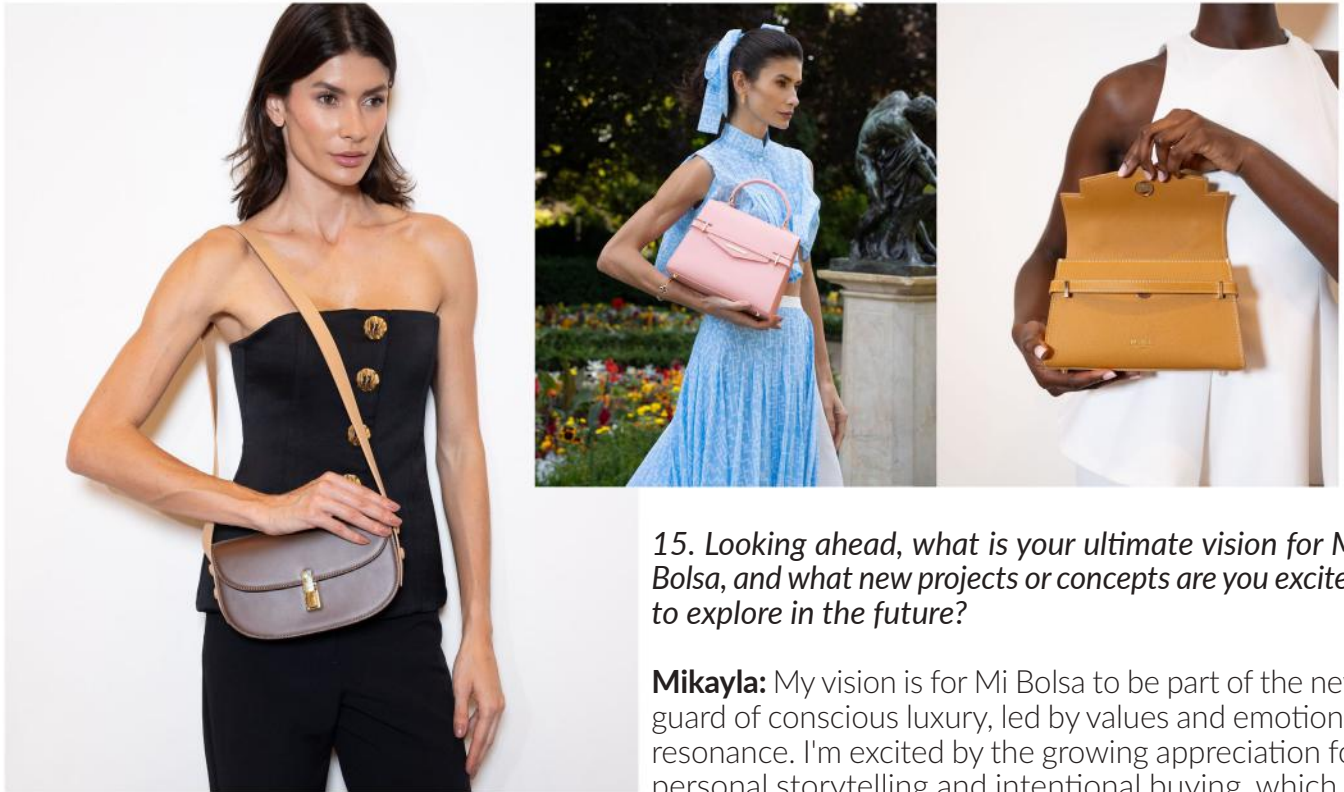
IV. Challenges, Triumphs & The Future

13. What have been some of the most significant challenges you've faced in building a luxury brand, and what have you learned from them?

Ans: The biggest challenge is sometimes making people listen. Many still don't see inclusion as a priority. Also, finding resources and funding isn't easy. But I learned to stay persistent. Every little step counts. If you keep showing up with love and truth, things change. I also learned that you don't need to be perfect; you just need to be brave enough to start.

14. Looking ahead, what is your ultimate vision for Bullock Inclusion in the next 5-10 years, and how do you see the landscape of diversity and inclusion evolving globally?

Mikayla: One of the biggest challenges was staying grounded in our vision while navigating production and the supply chain. I've learned to lead with purpose and grow thoughtfully, as a clear intention will guide you through any obstacle.



15. Looking ahead, what is your ultimate vision for Mi Bolsa, and what new projects or concepts are you excited to explore in the future?

Mikayla: My vision is for Mi Bolsa to be part of the new guard of conscious luxury, led by values and emotional resonance. I'm excited by the growing appreciation for personal storytelling and intentional buying, which is where we belong.

16. For our readers at Painless Magazine, what is one piece of advice you would offer on cultivating a style that not only looks good but also contributes to their holistic well-being?

Mikayla: My advice is to always be honest about what you feel. In a world with constant judgment, self-respect is a vital part of the journey. Embracing your feelings and being true to yourself is the most crucial step in navigating this world.

The Mi Bolsa team

Mikayla DOO, CEO

Mikayla's journey into the world of luxury handbags is one of tenacity, non-conformity, and resourcefulness. A mathematics graduate from the University of Oxford, she began her career as a financial analyst at Morgan Stanley in London, where she developed a sharp analytical mind and strong business acumen. Driven by a desire to explore beyond the conventional path, Mikayla later relocated to South Korea, where she led a team in the development of a luxury resort. This experience not only tested her leadership skills but also deepened her appreciation for refined aesthetics and design excellence. Her father, a renowned artist, entrepreneur, and philanthropist, inspired her to approach life with creativity, courage, and a sense of purpose. His influence shaped her view that success is often found off the beaten track.

Alex Doo, Principal Designer

Where Mikayla brings precision and analytical strength to the sibling duo, Alex offers the creative and design vision. As Mi Bolsa's Principal Designer, Alex Yoo leads the brand's luxury handbag and accessories collections with a distinct blend of artistry and intention. A graduate of the University of the Arts London, where he specialised in menswear, Alex approaches design through the lens of a Gen Z creative: forward-thinking, curious, and globally aware. Even with his innovative spirit, he maintains a deep respect for time-honoured techniques in fashion and craftsmanship. His creativity and buoyant spirit perfectly balance Mikayla's sharp business acumen, giving Mi Bolsa its uniquely thoughtful yet expressive identity. When not designing, Alex immerses himself in various forms of artistic exploration and maintains an active lifestyle through sport, both of which fuel his ever-evolving aesthetic.

Instagram: @mibolsalondon
www.mibolsalondon.com

The Nude Awakening **How to Style Earth Tones and Feel Awesome All Winter**

By Shanna Bent

Earth tones have always been the pinnacle of quiet luxury. They don't clamor for attention the way trend-led colours do. Instead, they hold their ground with a subtle strength - timeless, versatile, and always chic. As the darker months arrive and we reach for warmth and comfort, neutrals offer a wardrobe reset and a reminder that sometimes the most understated choices are also the most powerful.

I've always been drawn to seasonless dressing and have reflected that within Maison Bent. Trends come and go, but pieces in natural, grounding shades live on year after year. They move seamlessly from summer into winter, slipping as easily under a heavy coat as they do under the summer sun and while fashion is often about reinvention, earth tones give us permission to repeat, rewear, and restyle, without ever looking tired.

From camel, ivory, slate - earth tones are the foundation of a confident wardrobe. They work in harmony with almost anything, whether that's a scarlet lip, a statement handbag or layers of gold jewellery. Worn head-to-toe, they create an effortless polish and when mixed with texture, they invite depth and intrigue.

There's also a conscious element to wearing neutrals. As a sustainable brand, Maison Bent always considers the bigger picture: the fact that heavily dyed fabrics often contribute to environmental damage. Choosing natural tones and investing in well-made pieces is a subtle but impactful way of dressing with both style and responsibility in mind.

Winter style thrives on layering, and nothing makes it easier than a well-cut shirt, and the Elkanah Shirt is one of those adaptable wardrobe heroes. It's endlessly versatile - roll up the sleeves for a relaxed look, tuck the hem into a mini or midi skirt for definition or layer it over a fine knit for additional texture. In neutral tones, layering takes on an added richness, creating tonal depth rather than bulk.



There's a whimsical, romantic feeling in reaching for a dress when the instinct is to default to trousers. Midi hems, in particular, bring softness and elegance to winter styling. The Nanny Midi Dress is a favourite because it balances refinement with ease, and the flatteringly placed circular cut-outs add just enough casual cool to keep it from feeling too formal.

For the evening, the Novia Gown proves that neutrals can hold a room without a single sequin. Its clean lines and earthy hue create an elegance that's striking precisely because it's understated, and the rings just above the knees add a sleek element of intrigue. The Dion Midi Dress carries that same energy: timeless, fluid, and designed to be worn with confidence.

If you've ever admired someone and thought: How do they look so put together with so little effort? - Chances are, they're wearing a tonal outfit. Dressing in one shade head-to-toe elongates the silhouette and

instantly elevates your look. Think of a sand-coloured knit paired with a camel coat, or a beige dress under a matching wool blazer. The effect is quietly powerful - less about what you're wearing and more about how seamlessly it all comes together.

Confidence isn't only about what you see in the mirror - it's about how the clothes feel against your skin. This is where fabric becomes key. Natural fibres like cotton, silk and wool don't just feel better, they also add richness to neutral shades. They give earthy colours a depth and texture that synthetics simply can't replicate. When you wear them, you don't just look good, you also feel it.

Neutrals are liberating. They free us from the constant pull of trends and instead let us focus on how we want to feel: grounded, confident, elegant. They highlight the person, not just the outfit. My neutral heroes are a tough toss between LisaRaye McCoy and Mark Zuckerberg - Different styles but the same principles.

LisaRaye is almost mythical in her dedication to white. She wears it exclusively, and it works. The shade flatters her, elevates her presence and removes the guesswork of getting dressed. There's no room for a fashion faux pas when your entire wardrobe is in harmony.



Zuckerberg, on the other hand, has made the grey T-shirt and jeans combo his daily uniform. He's not doing it for style accolades, but for efficiency and eliminating the "wasted decision-making" of choosing an outfit. And yet, unintentionally, he's proven the point: when neutrals become your signature, you look consistent, confident, and (in his case) you might just build one of the most powerful companies in the world while wearing the same shirt every day.

With neutrals as your foundation, style becomes less about effort and more about ease. So this winter, embrace the nude awakening. Invest in those pieces that layer beautifully, rediscover the power of a midi dress, and lean into tonal looks that make life and dressing simpler.





After honing her craft at world-renowned fashion houses including Alexander McQueen, Agent Provocateur and Roland Mouret, Shanna Bent established Maison Bent in 2019 as a platform to merge heritage, storytelling, and contemporary design. Deeply influenced by her Jamaican heritage and the journey of her grandparents during the Windrush era, Shanna uses Maison Bent as a vessel to ensure their story and cultural teachings live on.

In February 2020, Maison Bent debuted its first solo presentation in Central London, quickly progressing to an on-schedule show at London Fashion Week by September and followed by a digital showcase in February 2021, cementing its place among the emerging names shaping British fashion.

Maison Bent's collections have since been made available at leading retailers such as Anthropologie and Fenwick and made available for rental at Harrods.

www.maisonbent.com

www.instagram.com/maisonbentofficial

The Art of Thriving: An Uplifting Guide to Healing and Body Acceptance

My Story



We'd been married for ten months, and I was happy making plans, when my life imploded. I found a lump in my breast accidentally; I wasn't checking at the time; I was talking to my husband about something, and my thumb brushed the top of my breast, and because I knew what my breasts felt like, I felt something was wrong.

Lesson number one: know your body. Thankfully, I acted swiftly and contacted my doctor's surgery. When the receptionist told me there was no availability, I informed her that I had found a lump in my breast.

Lesson number two: be assertive. The receptionist invited me to wait for an available doctor; I saw one and got referred to Whittington Hospital. I arrived at the hospital to see a consultant, and thankfully, he sent me to imaging, where they did a biopsy, and I was diagnosed with breast cancer a week later. I informed my husband the night before I received my diagnosis, not because I wanted to hide it from him, but purely because I wanted to have the information first.

Although I instinctively felt something was not right, I was unprepared to hear the diagnosis. It was like an out-of-body experience. I was surprisingly calm, considering the enormity of the blow. Things raced through my mind like we'd only been married recently; what would happen to me? Was I going to die? Will my breast be removed? Eventually, I heard the consultant say it was in the early stages and praised me for acting swiftly. Hearing those comments encouraged me, and I remembered an article in a newspaper the previous year about the advancement of breast cancer treatment.

My consultant surgeon was very kind and caring and

informed me of my course of treatment, which consisted of a lumpectomy and radiotherapy, followed by the drug Tamoxifen for five years, a breakthrough drug trialled and approved by Cancer Research UK. I finished active treatment in 2017.

The diagnosis and treatment left me traumatised; I felt fine after I got discharged and was utterly unprepared for the PTSD that followed, the dissociation from my body, the fear of recurrence, the fatigue, the confusion, the isolation, the denial of some people, the shushing, e.g., don't talk about it, why do you keep going on? Why are you going public? etc., and managing expectations. It was one of the most challenging times of my life. I had reactions from people relating to cultural and religious beliefs. Thankfully, I had the presence of mind to seek help. I engaged with the support offered, including self-care practices and techniques to manage unhelpful thoughts and expectations.



Lesson number three: seek and accept help. Remember, you are not alone in this journey. There are people and resources ready to support you. Don't hesitate to reach out and accept the help that is offered. It's a crucial step towards healing and empowerment.

Following the sessions with a clinical psychologist and attending peer-to-peer counselling, I decided to share my story to inspire and encourage fellow breast cancer patients, particularly in my community, and let them know that they are not alone. Also, I took the opportunity to become a media volunteer for Cancer Research UK, took to the catwalk for Breast Cancer Now's The Show in 2023 and participated in various patients' advisory panels to show people within my community, including the wider audience, that they are not alone and that there is hope.

Seeing oneself represented in such initiatives can inspire and motivate others to engage with campaigns, ultimately saving more lives. I am grateful for the opportunity to be a part of this important work. Furthermore, during peer-to-peer counselling sessions, I noticed that there were no resources available for reconnecting with the body after treatment. I wanted to discuss and share ways to build resilience, regain body confidence, and utilise my skills as an image and stylist consultant to help breast cancer patients feel good about their bodies again. My desire to empower thrivers with my styling tools fuelled me to step outside my comfort zone. Often, style or fashion is considered frivolous, and that is wrong. As an image consultant, I think of it as empowerment through style!

While Breast cancer was not something I had planned for myself, and the experience was undeniably harrowing. However, it also brought about a significant amount of growth. Post-traumatic growth, to be precise. I found the courage to become an advocate, share my story, run style workshops, sing more, and participate in patients' advisory panels. These were things I might not have done had breast cancer not happened to me. I am a work-in-progress, and I hope to do more with the second chance at life that God has given me. I share this to inspire you, to show that even in the face of adversity, there is hope and opportunity for growth.

I am deeply grateful for the unwavering support of my husband, the invaluable guidance and understanding from breast cancer support groups (Macmillan, Breast Cancer Now, Black Women Rising, Future Dreams, and Cancer Research UK), and the comforting presence of friends, some of whom accompanied me to my radiotherapy sessions. Their support was a beacon of light during the darkest times, and I am forever thankful for their love and care.



How to rebuild confidence using style

Have you been traumatised by breast cancer? Has the experience and treatment left your body unrecognisable? Have you lost confidence as a result? It can be challenging to think about dressing well during trying times. However, where there is life, there is hope.

How do you rebuild your confidence?

- *One of the steps in rebuilding confidence is to accept and embrace your body.*
- *Look at yourself in the mirror naked (trust me, it's hard, but it works!) Doing this will help you recognise if something is wrong (know what you look like and what you feel like).*
- *Surround yourself with positive people.*
- *Wear your best colours, and you will look better, even if it's just a comfortable tracksuit and hoody on days when you lack energy. To look your best, you needn't be suited and booted! (I can help you to find the best colours for you if you don't know what to choose.)*
- *Find your style (know your body shape). Do not save your clothes for a special occasion; wear them!*
- *Be grateful – practice gratitude.*
- *Be playful. Try to find joy in the small things.*
- *Speak positively about and to yourself.*
- *Be comfortable in your skin. Dressing your personality and lifestyle will improve your self-confidence.*

- *Use your clothes as tools for empowerment to face the day during trying times. Wear accessories (get colourful jewellery, scarves, hats, leather/faux leather belts, bags, and footwear).*

Also, please remember to seek professional counselling, prioritise self-care, set realistic expectations for yourself and others, and work on accepting and embracing your body.

Dissociation from the body can happen depending on the severity of treatment. In addition to counselling, I found that regular exercise, creating time for fun, praying, and a balanced diet were instrumental in aiding my mental and physical recovery.

I wish I knew that post-traumatic stress disorder (PTSD) could affect anyone, not just military veterans.

You are not alone in feeling or thinking the way that you do right now. Please do not push the thoughts and feelings away; engage with them and try to understand why they are recurring. As humans, we are resilient, and our strengths shine through in times of great distress.

Don't lose hope during this time, persevere and see or know that there is light at the end of the tunnel. Perseverance builds character and leads to hope and being hopeful leads to growth, focus on development to come out winning.



Do not be afraid of the thoughts or feelings; explore them, and through the exploration, you will gain clarity.

I know that things may seem hard currently. Accept the situation that you find yourself in; it has already happened, and you cannot undo it. Instead, focus on the lessons, seek out new opportunities, and implement the learnings.

What desires have you harboured in the past? Are you a creative person? Is this the time to work on your creativity?

Spend your time being deliberate in your thinking, be intentional and in the moment, and you will be pleasantly surprised by the outcome.

Try not to be set in your ways; be flexible. The self-transformation process is always excruciating; however, time and a good support network make the process bearable.

I am here to help. Please feel free to contact me via Instagram for personalised help at:

[@nevoconceptimage](https://www.instagram.com/nevoconceptimage)

Remember, you are not alone!

Nevo is an image consultant and stylist. She was interested in image consulting from a very young age, before knowing it had a name! She sits on the Board of FIPI (Federation of Image Professionals International) as their Events Director. Nevo's purpose is much more than the latest trends. Instead, you get an INSIDE OUT service – TRANSFORMATION, HOPE, RESILIENCE, and CONFIDENCE. She believes in confidence through fashion, not throwaway fashion, or identikit styling. Nevo provides practical tips for transformation to the next level, career-wise, post-treatment, or other trauma. Nevo was diagnosed with breast cancer in 2012, and realised there was no provision to help thrivers reconnect with their body after breast cancer treatment.

This realisation led her to think about dressing for healing. She believes that dressing well is a form of self-care, and it is crucial for overall wellbeing. Nevo now uses her skills to support women who have experienced cancer, but not exclusively, and has worked on Breast Cancer Now's 'The Show' and is now one of the Dream Style Squad, run by Future Dreams House, a breast cancer charity. In addition, Nevo is a breast cancer advocate, a supporter of Black Women Rising, a media volunteer for CRUK, and was on the PAP (Patient Advisory Panel) at the Francis Crick Centre at King's Cross in 2019 and contributed to the Outwitting Cancer exhibition.

The importance of social bonds and community engagement during Autumn

A season that can sometimes lead to increased isolation

Autumn has a way of sneaking up on us. One week, the evenings are still light, the next we're pulling on a sweater, watching leaves curl at the edges, and noticing that night seems to arrive too early. It is a season of beauty - trees turning golden, the air getting cooler, and a general sense of things winding down. But beneath the charm, autumn can also stir something else: a subtle

tendency towards becoming more isolated.

As summer fades, many people report feeling less energetic, less motivated to go out, and more likely to stay indoors. For some, that feels refreshing after the hot summer season. But for many, this brings a sense of loneliness that is not welcome. Understanding why this happens, and how to counter it, can make autumn a time of renewed connection rather than retreat from others.

Why Autumn Can Feel Lonely

Our bodies are tuned to the natural world. For thousands of years, humans lived by the sun and the seasons. Our energy levels naturally dipped as the days became shorter. Slowing down wasn't a sign of weakness, but a natural part of survival.

Today, however, we're expected to carry on as though nothing has changed. We keep up with our heavy work schedules and routines. The result is a mismatch: we feel the natural urge to slow down and rest, yet we keep working hard. It's a tension that often results in fatigue, low mood, or the sense of being cut off from others.

There's also the science of light itself. Reduced sunlight lowers serotonin, disrupting sleep patterns, and in some people, contributes to seasonal depression. All of this makes autumn a time when connection is needed most - yet paradoxically, it's the season when many people feel least like reaching out.

Built for Belonging

The truth is, being isolated goes against our natural design. Humans are social creatures to the core. We spent most of our history in small nomadic groups where forming bonds with others was essential. They were the difference between survival and danger.

That wiring hasn't changed. The brain still interprets loneliness as a kind of threat, triggering stress responses that can affect both mental and physical

health. Long-term isolation raises risks of heart disease, weakens immunity, and even shortens lifespan. By contrast, strong social bonds act as a protective shield, helping us handle stress, stay healthier, and live longer.

So when autumn tempts us to retreat from life, it's worth remembering: staying connected is not just about avoiding loneliness. It is about keeping our brains and bodies in balance.

Community as a Seasonal Lifeline

One of the best antidotes to autumn isolation is community. And community does not have to mean a large circle of friends or a close-knit family. It can be as simple as a local book group, a weekly walk with friends, or a volunteer team at a food bank. What matters is a sense of belonging - the feeling that you are part of something larger than yourself. When you engage with others in this way, you are not only sharing time. You are giving your brain the signal that you are safe, supported, and connected. That signal switches off stress chemistry and allows your natural "thriving mode" to take over. You feel more optimistic and creative. Life feels more manageable.

Practical Ways to Stay Connected

Autumn offers plenty of chances to strengthen bonds if you make them intentional:

- **Start seasonal rituals.** Cook with autumn produce, host a small candlelit dinner, or invite friends for a weekend walk in the forest. Shared rituals build memories that carry people through darker times.
- **Join or revive a group.** Look for local clubs, choirs, or classes that spark your interest. If nothing appeals, create your own simple get-together, such as a reading circle, wine tasting, or a weekly potluck dinner.
- **Volunteer your time.** Many organisations face a greater need as winter approaches. Helping out connects you with others while adding purpose and structure to your week.
- **Pair activity with connection.** Exercise outdoors, join a yoga class, or walk with a friend. Movement lifts energy, and doing it with someone else doubles the benefit.
- **Reach out, even briefly.** A text, a call, or a short coffee date can cut through isolation more than you think. Small acts of connection matter.

Watch the Stories in Your Head



COMMUNITY



There is another layer to autumn isolation that is easy to miss: the stories we tell ourselves when we feel alone. Thoughts like “Nobody cares” or “I don’t really belong” can creep in. Left unchallenged, these stories can turn a passing low mood into a lasting one.

It helps to recognise them for what they are: stories, not facts. Often, the simplest way to break the cycle is to act before the story grows. Send a message, step outside, or say yes to an invitation. When you share a smile, a conversation or a laugh with someone else, the story inside your head disappears.

Autumn as a Season of Gathering

Across cultures, autumn has long been associated with harvest festivals, gatherings, and rituals of gratitude. There is wisdom in that. As nature withdraws, people are meant to draw closer together. Sharing food, telling stories, and preparing for the winter ahead are not just customs. They are reflections of how humans have always thrived. Seen this way, autumn is not only a season of fading light. It is also a season of gathering. A time to slow down, yes, but also a time to deepen bonds and create warmth together.

Closing Thought

Autumn will always invite us to slow down a little. That is natural. But that doesn’t need to mean isolation. By intentionally seeking out social bonds and community engagement, we can transform a potentially lonely season into one of reflection, belonging, and renewed strength.

The falling leaves remind us that everything changes. But they also remind us that change can be shared. And when it is shared, it feels less like loss and more like connection.

By Liam Naden



Navigating Seasonal Shifts

From Summer's Radiance to Autumn's Embrace

"Autumn is not a slowing down; it is a deepening. A call to pause, nourish, and shine from within."

The changing seasons are more than nature's cycle; they are a gentle reminder that life is in constant motion. Summer brings long, sun-drenched days, vibrant energy, and outward movement. Autumn, however, invites introspection, grounding, and transformation. Understanding and embracing seasonal transitions can help maintain mood and energies as the days shorten, allowing us to move gracefully from the brightness of summer into the reflective warmth of autumn.

Honouring Nature's Rhythm

Autumn is a season of letting go. Trees release their leaves gracefully, and the world transforms into shades of amber, gold, and russet. This natural letting go reminds us to release what no longer serves us, old habits, stress, or unnecessary busyness.

"Slowing down is not weakness; it is wisdom."

By attuning ourselves to nature's rhythm, we foster autumn wellness, creating space for reflection, rest, and preparation for the new season ahead. Embracing the flow of the seasons allows us to cultivate seasonal wellbeing, aligning our energy with the natural world.

Mind and Mood: Self-Care Tips for Autumn

Shorter days and cooler temperatures can challenge our mental and emotional resilience. Thoughtful autumn self-care rituals help maintain balance and lift the spirit:

- **Create a ritual with light:** Use candles, warm lamps, or salt lamps to replicate the comfort of summer's glow. Soft lighting enhances calm, focus, and serenity.
- **Engage the senses:** Autumn scents like cinnamon, cedar-wood, and orange, alongside warming herbal teas or seasonal cooking, stimulate the senses and nurture emotional well-being.
- **Balance solitude and connection:** Long evenings invite introspection, journaling, or meditation. Combine this with meaningful connections, a phone call to a friend, shared meals, or community events, to maintain emotional balance.

Integrating these mindful practices supports mood and energy, making it easier to navigate the natural seasonal change.

Body and Energy: Moving with Seasonal Intuition

Autumn asks us to honour our bodies' evolving needs. While summer may favour high-energy workouts, autumn calls for grounding movement and restorative practices that sustain vitality without overexertion:

- **Gentle movement:** Yoga, Pilates, stretching, or brisk walks in nature keep energy flowing and strengthen the body in harmony with the season.



- **Seasonal nourishment:** Root vegetables, hearty grains, warming spices, and seasonal fruits like apples, pears, and squash provide energy and comfort.
- **Hydration and rest:** Cooler weather can subtly dehydrate us, and earlier nights invite earlier sleep. To maintain vitality, prioritise hydration and quality rest. By listening to the body and following a rhythm aligned with the season, we cultivate a profound sense of autumn wellness that sustains both mind and body.

Mindful Reflection and Emotional Renewal

Autumn offers a chance for introspection and emotional recalibration. Setting aside intentional time to reflect fosters autumn self-care and encourages personal growth:

- Journaling daily insights or gratitude lists
- Meditative walks through golden landscapes
- Reflecting on lessons learned and envisioning intentions for the months ahead

"The season's beauty lies not only in its visual transformation but in its invitation to cultivate inner light." These simple practices nurture self-awareness and emotional stability, creating a gentle yet profound way to transition from summer's outward energy to autumn's inward reflection.

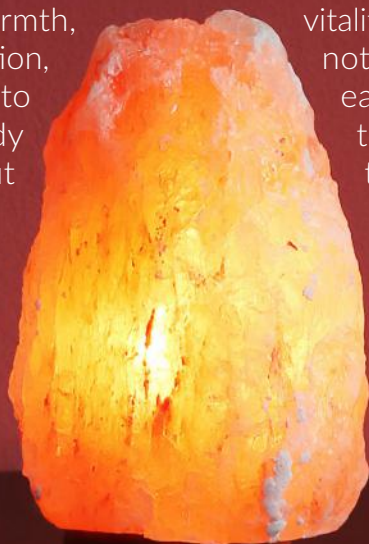
Embracing Change: Transformation in Motion

Rather than resisting seasonal transitions, embracing them transforms change into opportunity. Autumn teaches elegance in letting go, strength in reflection, and grace in nurturing oneself. Through mindful practices, connection with nature, and honouring the body and mind, we can move from summer to autumn with warmth, vitality, and purpose.

Autumn is a season of transformation, embracing its lessons, we step into and a profound sense of self, ready energy, and well-being throughout

not slowing down, but deepening. By each shorter day with elegance, joy, to cultivate light that sustains mood, the months ahead.

By Shardia O'Connor



www.shadesofreality.co.uk



PAINLESS

FROM DIGITAL DETOX TO INNER DESIGN



ROBERT WORLD'S CINEMATIC JOURNEY TO HOLISTIC WELL-BEING

Offline is the New Luxury: A Filmmaker's Psychological Journey to Reclaiming an Analog Life:

Offline is the New Luxury is a new film I'm currently working on. It's not just a title, it's a call to awaken. It's my manifesto against a world that has confused hyperconnection with intimacy, and stimulation with fulfillment. In an age where digital presence is ubiquitous, genuine presence has become rare and, therefore, truly luxurious.

The film explores the psychological toll of constant online engagement: rising anxiety, emotional disconnection, and the normalization of loneliness masked as "connectivity." We scroll instead of reflect. We communicate more, but feel less. I call it PGTF - Phone Glued To Face. We've forgotten the value of F2F - face-to-face connection.

Film emerged from my own personal reckoning. An inner pivot from the digital to the analog. From distraction to awareness. From numbing to feeling. It's not an anti-technology message. It is pro-consciousness. It asks: How can we reclaim silence, real time, slow breath, eye contact? Because healing doesn't happen when we're fragmented. It happens when we're present.

From Screen to Soul: A Filmmaker's Journey Through Transformation and Rediscovery:

Every day offers a new beginning, not always through dramatic reinvention but through small, conscious choices that accumulate over time. I've lived the other side: addiction, compulsive behavior, the kind of emotional numbness that comes from seeking validation in the wrong places. But I received what I call a "one in a million chance", it's a title of my previous film, *A Moment of Radical Clarity*, a divine invitation to begin again. That moment didn't erase the past. It gave it new meaning.

I realized that just as we design our physical inner homes, we must design our inner worlds. That means clearing out what no longer serves, choosing new architecture for the mind and heart, and allowing ourselves to rebuild to always care of like of everything else we value & love. My new film, which I'm working on, tells that story. A soul disconnected from itself, lost in screens and endless scrolling, that rediscovers feeling through nature, human connection, and faith. It's a psychological transformation. Not abstract, but practical. Real. And it's available to everyone.



The Analog Advantage: Finding Inner Peace in a Digital-First World:

I once messaged a hundred people who regularly watched my stories on social media. Only a few replied. That was the moment I realized: digital "connection" is often a one-way illusion. It was time to stop performing and start living.

I turned toward the analog world and everything changed. I nurtured face-to-face conversations. I paid attention, deeply, to my real friends, real connections. I met people without filters. No captions, no hashtags, and I began to feel whole again.

This film *Offline is the New Luxury* is a cinematic meditation on that shift. It's about how overstimulation erodes our inner peace and how returning to the real, tangible, sensory, soulful world can heal us. There's a profound psychological benefit to living in the moment, to exchanging digital speed for human depth. We are not machines. We are wired for touch, for rhythm, for empathy. And when we remember that, we begin to come home to ourselves.



Ancient Wisdom, Modern Minds: Guiding Principles for Psychological Growth:

We live in the most technologically advanced era in history, and yet ancient wisdom still speaks louder than ever. Jung. Plato. Seneca. These thinkers understood that real growth is internal. That stillness reveals truth. That meaning is not in consumption but in contemplation.

As I step deeper into psychology, I find myself returning to these timeless voices. Jung's insight, "The privilege of a lifetime is to become who you truly are", feels like a compass in my creative and personal life. These ideas don't compete with modern psychology. They complement it.

My films reflect that bridge between old and new. They invite viewers to slow down, look inward, and remember that real peace was never found in the algorithm. It was always in eye contact. The ritual. The silence. The soul.

The Art of Rebirth: How Creative Expression Fuels Personal Evolution:

For me, art is more than expression. It is transformation. Filmmaking is where my psychology and soul meet. It is where wounds become wisdom and pain becomes poetry.

When I create, I'm not just directing actors or composing visuals. I'm revealing the unseen parts of myself. My characters aren't just fictional. They're facets of the human condition, wrestling with the same shadows, hopes, and longings we all carry.



That process is deeply therapeutic. It's not performance. It is integration. I believe creativity is one of the most powerful tools for psychological healing. It allows us to externalize what we can't yet explain. To feel what we've tried to ignore. To make sense of our chaos and sometimes, to transcend it.

We all have the capacity for rebirth. And art is the path that leads us there.

Paving the Path to Psychological Well-being: A Future in Switzerland and Beyond:

I'm currently working on a beautiful film that portrays Switzerland as I like to call it a "sexy" country, a place where one can truly find peace. I continue to create larger and more impactful films designed to move audiences around the world.

From an academic perspective, pursuing a PhD in Psychology feels like the natural extension of everything I've lived through, learned, and created. I'm a dedicated reader. I read at least 25 pages a day, because education isn't just something I value, it's something I live. Our thoughts tend to circle around the same patterns, but reading introduces new impulses, fresh perspectives, and makes life richer and more interesting.

My aim is to deepen the relationship between cinema and psychology to explore how storytelling can be a vessel not just for entertainment, but for profound transformation and healing.

Films like *One in a Million Chance* and the upcoming, which I'm working on now, *Offline Is the New Luxury*, are more than narratives. They are emotional maps. They illustrate how pain can become purpose, how breakdowns can become breakthroughs. And how even in our darkest hours, there's a door to something better if we're willing to open it. The light is within us.

Switzerland, with its depth in psychological tradition and emphasis on human-centered research, feels like the right place to refine this vision. My goal is to contribute meaningfully to both academic and artistic conversations about well-being, addiction, emotional resilience, and the future of healing through storytelling.

This journey has shown me that the human spirit is infinitely shapeable. That every person, no matter their past, can build a future they don't need to escape from. And that truth, cinematically, psychologically, spiritually, is what I want to share with the world.

Robert World
Filmmaker



RECIPES AND TIPS

COMFORTING YET HEALTHY MEALS, AND WARMING FOODS

As the days grow shorter and the temperature drops, many of us automatically reach for comfort foods. While traditional comfort foods are often associated with heavy, calorie-dense meals, it's possible to enjoy the same sense of warmth and satisfaction with dishes that are both nutritious and health-promoting. By focusing on seasonal produce, using warming cooking methods, and adding flavourful spices, you can create meals that are hearty yet balanced.

Why Choose Seasonal Produce

Eating seasonally has nutritional, environmental, and economic benefits:

- **Nutrient density** – Produce harvested in season is often richer in vitamins, minerals, and phytonutrients compared to out-of-season alternatives grown in artificial conditions or transported long distances.¹
- **Better flavour** – Foods like winter squashes, root vegetables, and apples taste sweeter and more robust when eaten during their natural growing season.
- **Cost-effectiveness** – Seasonal fruits and vegetables are often more affordable due to local abundance.²
- **Supports immunity** – Winter vegetables like kale, leeks, and cabbage are rich in vitamins A, C, and K, which strengthen the immune system during cold and flu season.³
- **Improves gut health** – Fibre from root vegetables, lentils, and apples feeds beneficial gut bacteria, supporting digestion and overall wellbeing.
- **Boosts mental health** – Seasonal, hearty foods can be naturally grounding and may support mood during darker months.⁴
- **Eco-friendly and economical** – Studies confirm that seasonal eating can reduce food miles by shortening the distance food travels, decreasing transport-related emissions, and lowering

energy inputs for out-of-season produce like heated greenhouses.⁵ It supports local growers and is often more budget-friendly.

In the UK, during autumn and winter, focus on ingredients such as pumpkin, butternut squash, sweet potatoes, parsnips, leeks, kale, cabbage, apples, and pears. These foods are naturally grounding, high in fibre, and support gut and metabolic health.

Comfort Food vs. Nutritious Food

It's a common belief that comfort foods must be heavy, rich, and less healthy. However, true comfort often comes from:

Warmth: The temperature of food plays a role in satiety. Warm dishes help the body feel settled and calm.

Texture: Creamy soups, soft roasted vegetables, and stews provide a sense of indulgence.

Flavour and aroma – Herbs and spices can trigger positive emotional responses and enhance digestion.⁶

By focusing on how food is prepared rather than relying on excess sugar, fat, or salt, comfort meals can be both satisfying and health-promoting.

Cooking Methods That Bring Warmth

How you prepare food matters as much as the ingredients themselves. Certain cooking methods enhance flavour and improve digestibility:

Roasting: Intensifies natural sweetness in vegetables like carrots, squash, and parsnips without added sugar.

Soups and stews: Provide hydration, are easy to digest, and allow for nutrient-dense combinations of legumes, vegetables, and herbs.



Warming spices: Ingredients such as ginger, cinnamon, cumin, turmeric, cayenne and garlic not only warm the palate but are naturally anti-inflammatory and also support digestion and immune health.⁷

One-pan bakes - Reduce cooking time and clean-up while delivering balanced, family-friendly meals. Fermented foods like sauerkraut or kimchi pair beautifully with warming meals and add gut-healthy probiotics.

Three Nourishing Seasonal Recipes

1. Roasted Butternut Squash Soup

A creamy, vitamin and fibre-rich soup perfect for cold evenings.

- Roast chunks of butternut squash, onions, and carrots until caramelised.
- Blend with stock, fresh ginger, and a swirl of Greek yogurt for creaminess.
- Serve with wholegrain bread for a complete meal.

2. Warming Lentil, Kale and Sweet Potato Stew

A hearty, plant-based option loaded with fibre and antioxidants

- Sauté onions, garlic, and celery.
- Add lentils, diced sweet potatoes, chopped kale, and stock.
- Season with cumin, paprika, and a squeeze of lemon juice.
- Perfect for batch cooking and freezing.

3. Baked Apples with Cinnamon and Oats

A healthier dessert alternative.

- Core apples and stuff with oats, walnuts, and cinnamon.
- Drizzle with honey and bake until soft and golden.
- Serve warm with natural Greek yogurt for extra protein.

Everyday Tips for Seasonal Eating

- Batch cook soups, stews, or roasted vegetables at the start of the week to save time and reheat when needed
- **Balance every plate:** pair complex carbohydrates (e.g., sweet potato, beans, brown rice) with lean protein (tofu, tempeh, poultry, or fish), and a generous serving of colourful vegetables.
- **Make use of herbs and spices:** herbs and spices like turmeric, ginger, garlic, and cinnamon add flavour and bring anti-inflammatory and digestive benefits.
- **Stay warm and hydrated:** swap cold water for herbal teas or warm water with lemon and ginger infusions. They are excellent alternatives to excess caffeine.

Final Thoughts

Comfort food doesn't need to mean unhealthy food. By choosing seasonal produce, embracing warming cooking methods, and experimenting with gut-friendly spices, you can create meals that bring both nourishment and comfort to your table. You can enjoy meals that are grounding, delicious, and supportive of both physical and emotional wellbeing.

Seasonal eating is not only good for your health but also supports local agriculture and reduces environmental impact.

References

1. Macdiarmid J I (2014) Seasonality and dietary requirements: will eating seasonal food contribute to health and environmental sustainability. *Proc Nutr Soc.* 2014 [PUBMED]
2. British Nutrition Foundation (2023) Eating seasonally. Retrieved from <https://www.nutrition.org.uk>
3. British Nutrition Foundation (2023) Eating seasonally. Retrieved from <https://www.nutrition.org.uk>
4. Marx W, Moseley G, Berk M, Jacka F (2017) Nutritional psychiatry: the present state of evidence. *Proc Nutr Soc.* 2017 Nov;76(4):427-436 [PUBMED]
5. Macdiarmid J I (2014) Seasonality and dietary requirements: will eating seasonal food contribute to health and environmental sustainability. *Proc Nutr Soc.* 2014, Aug [PUBMED]
6. Al-Habsi N, Al-Khalili M, Haque S A, Akhrami N A, Gonzalez-Gonzalez C R, Harthi S A, Jufaili S M (2025) Herbs and spices as functional food ingredients: A comprehensive review of their therapeutic properties, antioxidant and antimicrobial activities, and applications in food preservation. *Journal of Functional Foods.* Volume 129. June 2025, 106882. [ScienceDirect].
7. Vazquez-Fresno R, Rosana A R R, Sajed T, Onookome-Okome T, Wishart N A, Wishart D S (2019) Herbs and Spices – Biomarkers of Intake based on Human Intervention Studies – A Systematic Review. *Genes & Nutrition.* 2019 May 22; 14:18 PMCID: PMC6532192 PMID:31143299.



By Anne Anyia

Registered Nutritionist and
Certified Health Coach

www.awesconutrition.com



Photography - Naidex



Photography - Nigel R Glasgow

The Art of Thriving: How Samanta Bullock is Building a More Inclusive World

A conversation with Samanta Bullock, Paralympic tennis champion and founder of Bullock Inclusion, on finding purpose, building community, and the transformative power of genuine connection.

The Personal Journey & Driving Vision:

Your personal journey, particularly after becoming a wheelchair user at 14, is incredibly inspiring. Could you share how that experience shaped your perspective and ultimately led you to champion inclusion through Bullock Inclusion?

Becoming a wheelchair user at 14 changed everything. It wasn't just about mobility—it was about how people looked at me, how society treated me, and how inaccessible the world can be. I often felt invisible. That made me more aware of inequality and more connected to others who are excluded. I realized inclusion isn't optional; it's essential. It became my mission to make the world more accessible in all areas.

Bullock Inclusion, Enablerise Consultants, the SB Shop, and my work with universities all started from this need—a deep wish to build a world where everyone feels they belong. I want people to see the value in difference and the beauty in every story.



As a Paralympic tennis champion, you've experienced the power of sport firsthand. How has your background as an elite athlete influenced your approach to advocacy and the mission of Bullock Inclusion?

Sport changed my life. As a Paralympic tennis champion, I found strength, discipline, and the power of believing in myself. On the court, I learned to break barriers, to push past limits, and to feel the joy of being part of a team. These lessons shape my advocacy every day. As a proud Paralympian leader, I work closely with the International Paralympic Committee (IPC) to inspire young athletes, showing them they can achieve more than others might expect. At Bullock Inclusion, one of our key pillars is sport, together with fashion and accessibility.

My athlete mindset, built on resilience and focus, drives our mission: to show the world that inclusion means giving everyone a chance to succeed, just like I did in tennis.

Bullock Inclusion is a Community Interest Company (CIC). What does being a CIC mean to you and your team, and how does it ensure your primary objective of benefiting the community remains at the forefront?

As a CIC, everything we do—our events, campaigns, and partnerships—is focused on making inclusion happen. This keeps us centered on building spaces where everyone feels valued and belongs. It's not just a business; it's a commitment to make lives better and to keep our projects sustainable, so we can keep dreaming big and creating new ways for inclusion.

A great example is our upcoming Future of Fashion Show on September 20th, which celebrates diversity in the fashion world and gives visibility to people of all abilities. Events like



Photography - Daniela Luquini

this demonstrate how our CIC mission remains at the heart of everything we do.

Humanising Inclusion & Well-being

Painless Universal is dedicated to holistic well-being. How do you see the work of Bullock Inclusion, particularly in promoting diversity, directly contributing to the mental and emotional well-being of individuals and communities?

Inclusion is about feeling seen and valued, and that has a big impact on mental and emotional health. At Bullock Inclusion, we promote diversity by sharing real stories, organizing events, and creating spaces where people feel safe to be themselves.

When someone sees their identity celebrated—in our campaigns or through adaptive fashion—it lifts their spirit. It gives confidence, hope, and a sense of belonging.

Communities grow stronger when everyone is included. We also love our collaboration with Painless Universal. Anne Welsh, the founder, is a big supporter. She even walked in our fashion show and hosted one of our Inclusive Circle events. The connection between mental health, inclusion, and “feeling no pain” is all linked.

You’ve stated, “Inclusion isn’t just about making space, it’s about creating connections.” Could you elaborate on how fostering these connections through your content, events, and campaigns impacts people’s sense of belonging and overall health?

Yes, this is very true for me. Inclusion is not a checklist; it’s about real relationships. Through our events and campaigns, we create spaces where people connect heart to heart, through stories, fashion, and shared experiences. This connection brings healing. People realize they are not alone. They feel part of something bigger. That sense of belonging changes everything—it brings confidence, peace, and joy.

Stigma remains a significant barrier for many. How does Bullock Inclusion’s storytelling approach, especially through real-life narratives, help to dismantle these stigmas and promote a more empathetic society?

Stigma comes from not knowing, from fear of the different. When we tell real stories—of challenges, dreams, success, and failure—people start to understand. They see the human behind the label. Stigma grows in silence and ignorance. When we speak openly, with emotion and truth, we break walls. People become more empathetic, more curious. They stop seeing “disability” and start seeing the person. That is our goal.

Fashion, Lifestyle & Broader Impact

Bullock Inclusion focuses on fashion, physical activities, sports, and lifestyle. Why did you choose these specific areas to promote inclusion, and what unique impact do they have on people’s lives?

These areas are very close to me. Fashion is how we express identity—it’s a way to show who we are without speaking, and it is my background; I started modeling at the age of 8 or 9. Sport is how we move and how we grow, and I couldn’t leave it out, as I come from that world. I was number one in wheelchair tennis in Brazil, and sport shaped my life. It’s also the area of expertise of my husband and partner, Mark Bullock.

Lifestyle brings everything together. It connects fashion, sport, health, and culture—all the aspects of daily life. For us, it made sense to focus on these areas because they are powerful tools for transformation and connection.

As an adaptive fashion pioneer, what are some of the most common misconceptions about inclusive fashion, and how does your work through #SBChallenge and collaborations aim to change these perceptions?



People think inclusive fashion is only for people with disabilities, but no, it's for everyone. Good design works for all. They also think it's not stylish, but we show that it can be very fashionable. With #SBChallenge and collaborations, we prove that inclusion and beauty go together. We give a platform for new designers and disabled models, and we show diversity in action. It's a movement.

Beyond physical accessibility, how does inclusive design in fashion contribute to a person's confidence, self-expression, and overall mental well-being?

When you wear something that fits you—not just your body, but your identity—you feel empowered. Inclusive design gives that. You feel respected, beautiful, and seen. It brings confidence, and confidence brings opportunity. Mental well-being grows when people can show who they are without fear or shame. Fashion can be a healing tool.

Challenges, Triumphs & The Future

What have been some of the most significant challenges you've faced in advocating for inclusion, and what lessons have you learned that could inspire others facing their own obstacles?

The biggest challenge is sometimes making people listen. Many still don't see inclusion as a priority. Also, finding resources and funding isn't easy. But I learned to stay persistent. Every little step counts. If you keep showing up with love and truth, things change. I also learned that you don't need to be perfect; you just need to be brave enough to start.

Looking ahead, what is your ultimate vision for Bullock Inclusion in the next 5-10 years, and how do you see the landscape of diversity and inclusion evolving globally?

I dream that Bullock Inclusion grows into a global platform with more gatherings, more partnerships, and more education, especially for young people. I hope to support more creators and changemakers. I see the world becoming more open and more inclusive, but we need to keep pushing. Inclusion is a process, and we all have a role to play.

For our readers at Painless Magazine, what is one practical step, big or small, that individuals or organizations can take today to foster a more inclusive environment in their own lives or workplaces?

Listen! Really listen to people around you who are different. Ask how you can support. Then take action—hire diversely, make spaces accessible, use inclusive language. Even a small step can make someone feel valued. Inclusion starts in the heart and grows from there. Start today, and you'll see how inclusion makes everyone stronger.



THE SEASON OF RENEWAL

A Time to Reflect, Reset, and Redesign Your Career

As the days grow shorter and the air takes on a sharper clarity, the natural world begins its steady shift into a quieter rhythm. Nature reminds us that change is not only inevitable but also essential for growth. Just as trees shed their leaves to prepare for renewal, we too are

invited to release what no longer serves us and embrace the possibility of something new. This season of transition is more than a shift in weather—it's an opportunity for us to pause, reflect, and realign our professional paths. Whether you're thriving in your current role or sensing it might be



time for change, now is the perfect moment to take stock of where you are, where you want to be, and the steps needed to bridge the gap.

The Power of Self-Assessment

Periods of change naturally spark introspection. When the external world slows, we're encouraged to turn inward and take stock of our own lives. For your career, this means conducting an honest self-assessment—a personal audit that explores not only your current role but your overall trajectory.

Ask yourself the following:

- Am I genuinely fulfilled in my work? Do my daily responsibilities give me energy, or do they leave me drained?
- Does my role reflect my values? Is the company culture one that I can align with long-term?
- Am I challenged and inspired? Or am I coasting in a space that no longer stretches my abilities?
- How does work fit into the bigger picture of my life? Does it support my wellbeing, my relationships, and my personal goals?

Self-assessment isn't about criticism—it's about clarity. It allows you to recognise what's working and what isn't, to celebrate how far you've come, and to identify where shifts may be necessary.

One helpful exercise is to list your top career highlights from the past year. These moments will reveal where you thrive. Then, contrast this with areas of frustration or dissatisfaction. Patterns will emerge, and with them, insights about what you need more— or less—of in your professional life.

Setting Intentions with Purpose

Once you've gained clarity from your self-assessment, the next step is to set intentions. Unlike rigid resolutions, intentions are flexible yet powerful. They serve as guiding principles that shape how you move forward.

Intentions can take many forms:

- Growth-Oriented: "I intend to develop my leadership skills by stepping into projects where I can mentor others."
- Wellbeing-Focused: "I intend to create a career that supports—not undermines— my mental and physical health."
- Connection-Driven: "I intend to build deeper professional relationships that open new doors and spark collaboration."

What matters most is that your intentions feel authentic and rooted in who you are becoming—not just who you've been. They should reflect not only what you want to achieve but also how you want to feel along the way.

Practical ways to bring intentions to life include creating a vision board, journalling about your ideal workday, or even choosing a single word that embodies your focus for the months ahead. This word could be growth, balance, courage, or clarity—something that anchors you whenever you're faced with decisions about your next steps.

Embracing New Routines for Growth

Seasons of change naturally invite new rhythms. Just as the natural world prepares for rest and regeneration, we too can benefit from refreshing our routines. The key is consistency—small, intentional habits that, when repeated, create lasting transformation.



Here are three routines worth adopting:

1. Daily Reflection: Take five minutes each evening to consider what energised you and what drained you at work. Over time, these notes will highlight patterns, helping you make informed decisions about your career.

2. Learning Habit: Commit to regular skill-building. This could be as simple as listening to a career-related podcast during your commute, setting aside an hour each week for online training, or reading a book relevant to your field.

3. Connection Rituals: Relationships are at the heart of professional growth. Make it a habit to reach out to colleagues, mentors, or industry peers regularly. Even a quick coffee chat or virtual catch-up can spark new opportunities.

These routines not only move you closer to your intentions but also equip you with resilience. When challenges inevitably arise, strong habits give you the stability to adapt and continue moving forward.

The Transformative Question: Are You Happy?

Perhaps the most important question you can ask yourself during this period of reflection is deceptively simple: Am I happy in my current role?

It's tempting to brush this question aside with quick, surface-level answers. But if you take the time to really sit with it, the response can be illuminating.

If the answer is "yes," then your work now is to ensure that happiness is sustainable. What can you do to nurture it, to keep growing and evolving within your current environment?

If the answer is "no," it's time to dig deeper:

- Is the problem with the role itself, the company culture, or even the industry?
- Have you outgrown your current position, leaving you unchallenged and unfulfilled?
- What would a role that truly excites you look and feel like?

Remember: discomfort isn't something to fear. Often, it's the clearest sign that growth is needed. Just as trees release their leaves, letting go can create the space for new opportunities to flourish.

Taking Action: The Recruitment Perspective

If your self-reflection points towards change, the next step is action. This is where recruitment professionals can be invaluable allies. Rather than navigating the job market alone, a good recruiter can help you align your next move with both your skills and your aspirations.

Recruiters bring:

- **Market Insights:** Understanding where opportunities lie, what industries are growing, and what roles are in demand.
 - **Personal Guidance:** Tailored advice that considers not just your CV but your values, strengths, and career goals.
 - **Strategic Connections:** Direct access to positions and organisations that may not be advertised publicly.
- Working with a recruiter turns your career shift into a strategic journey rather than a stressful leap. It allows you to move forward with confidence, knowing you're not only chasing opportunity but also choosing alignment.

Redefining Success on Your Own Terms

This season of transition invites us to rethink not just what we do but why we do it. Traditional markers of success—title, salary, prestige—may no longer hold the same weight. Increasingly, professionals are redefining success in terms of meaning, balance, and growth.

Ask yourself:

- What does success look like for me now, in this chapter of my life?
- How do I want my career to contribute to the life I'm creating outside of work?
- What kind of legacy do I want to build through my work?

These questions cut deeper than performance reviews or job descriptions. They connect you to the heart of why you work and how your career can become an expression of your values and aspirations.

Conclusion: A Season to Realign

This time of year is more than just a backdrop of change—it's an invitation.

An opportunity to reflect on your career, to set intentions that inspire growth, and to embrace routines that support your journey.

Whether you discover a renewed appreciation for your current role or a clear signal that it's time to move on, this is your chance to step into alignment.

So as you notice the shifting season around you, take a moment to ask yourself: Am I where I truly want to be in my career? If the answer is uncertain, trust that uncertainty as the beginning of clarity. The willingness to pause, reflect, and reset can open the door to a career that not only sustains you but inspires you.

After all, change isn't something to resist—it's the very path to growth.

By Penelope Layzell



penelope@penelopelayzell.com

PAINLESS

AUTUMNAL AFFAIRS

YOUR GUIDE TO STYLISHLY
UNBURDENED EVENT DRESSING
FROM HOBBS LONDON



WWW.HOBBS.COM





**A NEW SEASON SITS ON THE HORIZON, WITH REFRESHED EVERY DAY
LAYERS TO DISCOVER, AND TAILORING THAT EFFORTLESSLY BLURS
THE LINES BETWEEN WEEKDAY AND WEEKEND.**

**CHECK OUT THE LATEST FROM HOBBS LONDON
WWW.HOBBS.COM**





WWW.HOBBS.COM





WWW.HOBBS.COM



The Harmony Wardrobe

Balancing Comfort, Style, and Sustainability

In a world where our daily choices increasingly reflect our values, fashion has become more than a means of self-expression. What we wear speaks not only to our personal style but also to our priorities: comfort, well-being, and responsibility to the planet. Enter the harmony wardrobe - a modern

approach to dressing that balances comfort, style, and sustainability.

This season, the movement toward harmony is undeniable. People are choosing clothes that feel good on their skin, fit seamlessly into their lives, and contribute to a healthier planet. It's a shift from fast trends to intentional, thoughtful fashion - one that doesn't ask us to sacrifice elegance for ethics or comfort for beauty. Instead, it invites us to embrace all three. **Fradel and Spies Co**

Fabrics That Nurture: Clothing That Cares for You and the Planet

The foundation of a harmonious wardrobe lies in fabric. What touches your skin each day can either irritate or soothe, and its impact on the environment can either harm or heal. Here are a few examples of natural and sustainable textiles that are redefining how we think about clothing.

Organic Cotton: A wardrobe classic, organic cotton is grown without harmful pesticides or synthetic fertilisers. It's breathable, soft, and versatile - perfect for everything from crisp white shirts to relaxed trousers. Unlike conventional cotton, it spares waterways and farmers from toxic chemicals.

Bamboo: Known for its silky softness, bamboo is naturally hypoallergenic and temperature-regulating. It's especially loved for loungewear, T-shirts, and underwear. When sourced responsibly, bamboo viscose can offer both comfort and sustainability.

Tencel (Lyocell): A fibre derived from sustainably sourced wood pulp, Tencel is smooth, lightweight, and moisture-wicking. It drapes beautifully, making it ideal for dresses, blouses, and fluid trousers. Production uses a closed-loop process that recycles water and solvents - a win for both style and the planet.

Hemp: Once seen as coarse, hemp has evolved into a modern favourite. It's durable yet breathable, softens with wear, and requires minimal water to grow. Hemp's natural resilience means garments last longer, embodying both sustainability and practicality.

Choosing natural and sustainable fabrics is more than a fashion choice; it's a form of self-care. Clothing made from natural fibres often feels gentler, breathes better, and lasts longer, elevating both the wearing experience and your wardrobe's sustainability.

Silhouettes & Style: Dressing with Freedom and Ease

If fabric is the foundation, silhouette is the structure. Today's silhouettes are embracing comfort without abandoning style, offering cuts that move with the body while remaining effortlessly chic.

Loose Tailoring: Think wide-leg trousers, softly structured blazers, and relaxed shirting. These pieces channel sophistication while prioritising ease of movement. Tailored but not tight, they strike the perfect balance between polish and comfort.

Flowy Dresses: Maxi and midi lengths in breathable fabrics are the stars of the season. They're easy to slip on, flattering across body types, and versatile enough to style up or down. Pair them with flats for a casual day look or ankle boots for a chic shift into the evening.

Versatile Layers: Layering is both practical and stylish. Lightweight knits, wrap cardigans, and utility jackets provide adaptability for changing weather while adding depth and dimension to outfits. Layering also allows wardrobe staples to work across multiple seasons.

These silhouettes reject the idea that fashion must mean restriction. Instead, they reflect a growing understanding: clothes should move with us, not against us.

The Colour Mood: Dressing in Calm and Confidence

Colour plays an often overlooked role in well-being. The hues we wear can elevate mood, instil confidence, or create a sense of calm. Seasonal palettes now lean toward tones inspired by nature, encouraging harmony between our wardrobes and the world around us.

Soft Neutrals: Shades like oat, cream, and taupe bring serenity and timelessness. They create a versatile base for layering and mixing.

Earth Tones: Rust, olive, and clay mirror natural landscapes, grounding outfits in warmth and stability.

Ocean-Inspired Blues and Greens: Calming yet fresh, these hues evoke a connection to water and growth, reminding us of renewal.

Pops of Bold Colour: Think coral, sunflower, or cobalt - bold accents that energise without being overwhelming.

When used intentionally, colour transforms clothing into a tool for self-expression and emotional balance. A palette rooted in nature promotes both inner calm and outward confidence.



Styling Tips: Elevating Basics with Eco-Pieces

A harmonious wardrobe isn't about buying more; it's about styling smarter. By mixing timeless basics with a few statement eco-pieces, you can achieve endless variety without excess.

Start with Elevated Basics: High-quality tees, trousers, and knitwear in neutral shades form the capsule of your wardrobe.

Add Statement Eco-Pieces: A bold hemp jumpsuit, a hand-dyed Tencel dress, or a bamboo trench coat can instantly refresh your look.

Play with Accessories: Eco-conscious footwear, recycled-material bags, or artisan jewellery can transform an outfit with minimal effort.

Balance Proportions: Pair wide-leg trousers with a fitted top, or an oversized blazer with slim-cut pants, for harmony in silhouette.

Think Versatility: Choose pieces that transition easily from day to night or across settings - a linen wrap dress that doubles as occasion wear or office chic, for example.

The art of styling is about creating balance between basics and statements, comfort and elegance, simplicity and flair.

Shopping Smart: The Capsule Wardrobe Approach

A harmonious wardrobe thrives on quality, not quantity. Capsule wardrobes are curated collections of versatile, high-quality pieces that are at the heart of sustainable style.

How to Build Yours:

1. Audit Your Wardrobe: Identify what you wear most often and what sits untouched.

2. Invest in Versatility: Choose multi-functional pieces that can be dressed up or down.

3. Stick to a Palette: A cohesive colour scheme ensures pieces mix and match effortlessly.

4. Prioritise Longevity: Look for strong seams, natural fabrics, and timeless cuts.

5. Mindful Purchasing: Pause before buying. Ask yourself 'How often will I wear this?'

Capsule wardrobes save time, reduce decision fatigue, and minimise environmental impact, proving that fewer pieces can actually mean more style.

Dressing for Self-Care and Climate Care

In the end, the harmony wardrobe is about more than fashion. It's about caring for yourself while caring for the planet. Comfortable fabrics nurture your body. Thoughtful silhouettes give you freedom. Colours influence your mood. Smart styling and mindful shopping keep your wardrobe light, versatile, and fun..

Clothing becomes more than something you wear - it becomes an act of both self-care and climate care. Each choice, whether it's slipping into a pair of linen trousers or investing in an organic cotton blazer, is a way of honouring your well-being and contributing to a sustainable future. Fashion, at its best, has always been about expression. Today, it's about expression in harmony - with yourself, with your community, and with the earth. That is the wardrobe of the future. That is the harmony wardrobe.

By Angela Haynes-Ranger

Style Coach & Award Winning Mentor
www.adourable.com



Painless Looks for Autumn/Winter From **Wolf & Badger**

For effortless looks this Autumn and Winter that are as elegant as they are comfortable, think of tailored sets, elevated essentials and timeless dresses that exude quiet luxury while making a statement.



Feminine and bold, this Flawless Pink Bow Organza Blouse blouse is crafted from 100% fine silk organza reminiscent of treasured antique pieces with a sumptuous scarf tie-neck that can be styled to the front or nape of the neck in a plethora of ways.

<https://www.wolfandbadger.com/uk/flawless-pink-bow-organza-blouse/>

LITA COUTURE

A sleeveless, Navy, crew neck dress with an asymmetrical slit, the Tomorrow Linen Dress blends comfortability with beautiful tailoring.

<https://www.wolfandbadger.com/uk/tomorrow-linen-dress-navy/>

DOR RAW LUXURY





Crafted from jersey fabric with tiered frills, this sapphire blue Maddison dress offers exceptional comfort while flattering the figure.

<https://www.wolfandbadger.com/uk/maddison-dress-in-sapphire/>

SACHA DRAKE

Effortless elegance meets contemporary sophistication in this stunning navy linen wide leg set embodies relaxed luxury with timeless appeal.

<https://www.wolfandbadger.com/uk/navy-blue-linen-style-set-with-wide-legs/>

BLUZAT



Statement making yet easy to wear, the Talia Co-ord Set features an asymmetrical off-shoulder top that highlights the neckline with subtle drama. Paired with flowing, wide-leg palazzo pants, this look balances structure and softness for a silhouette that feels both relaxed and elevated.

<https://www.wolfandbadger.com/uk/talia-co-ord-set-with-asymmetrical-top-wide-pants-in-brown/>

BY FELIZIA



Step into sleek elegance with this striking red ensemble, boasting an asymmetrical draped top and impeccably tailored wide-leg trousers.

<https://www.wolfandbadger.com/uk/red-set-with-asymmetrical-draped-top-and-wide-leg-trousers/>

BLUZAT

IDEAS FOR EVOLVING FITNESS ROUTINES AS OUTDOOR TEMPERATURES DROP BY CRAIG ALEXANDER

EMBRACING INDOOR ACTIVITIES AND FINDING JOY IN MOVEMENT DURING COOLER WEATHER

As summer fades and cooler months arrive, many people find their enthusiasm for outdoor exercise waning. Chilly mornings, dark evenings, and the unpredictability of autumn and winter weather can turn a once-energising outdoor run or park session into something daunting. But the seasonal shift doesn't have to signal a slump in your fitness. Instead, it offers the perfect opportunity to evolve your training routine, explore new approaches, and rediscover the joy of movement in different settings.

This is the season to blend practicality with creativity. Warming up properly, adapting intensity, exploring gyms or structured group sessions, and even embracing smarter training systems like supersets, tri-sets, and mini circuits. By doing so, you'll keep your fitness momentum alive, avoid injury, and perhaps even discover forms of training that take your strength, endurance, and enjoyment to new levels.

The Importance of Seasonal Adaptation

When the weather cools, our bodies naturally take longer to warm up. Muscles, tendons, and ligaments are less pliable in colder temperatures, making proper preparation non-negotiable. Training outdoors during this season demands a longer and more deliberate warm-up. This means more than just jogging lightly for a couple of minutes; it involves activating key muscle groups, mobility drills, and progressive dynamic movements to ensure your body is ready for higher-intensity work.

Neglecting this crucial step increases the risk of strains, sprains, or joint discomfort. Think of the warm-up as not only physical but also mental; it transitions you into training mode, setting the tone for the session and helping you perform with confidence.

On the flip side, training indoors during autumn and winter eliminates many of these barriers. A gym or studio provides a controlled environment, warmer air, and access to varied equipment, all of which create opportunities for structured and progressive routines.

Joining a gym

One of the most practical adaptations during cooler weather is joining a gym or fitness studio. This is not about abandoning outdoor workouts entirely, but about expanding your toolkit.



Gyms provide consistent conditions and access to equipment that make evolving your training possible.

Strength machines and free weights allow you to focus on hypertrophy training (higher repetitions and controlled movements to build muscle endurance and definition). Cardiovascular machines like treadmills, rowers, or assault bikes give you varied options for high-intensity training (HIT). Add in functional equipment such as kettlebells, resistance bands, and medicine balls, and you've got endless variety to keep training engaging.

For many, the simple act of walking into a well-equipped space provides accountability and motivation. The gym becomes a refuge against gloomy days, providing an uplifting environment where you can move, sweat, and connect with like-minded individuals.

The Power of Small Group Personal Training

For those who crave structure but want more than solo gym sessions, small group personal training (SGPT) is a powerful option. SGPT bridges the gap between the personalisation of one-to-one coaching and the community feel of group classes.

Sessions typically involve groups of 6–10 people, which allows coaches to give tailored feedback while creating an atmosphere of camaraderie. You'll push yourself harder, stay more consistent, and benefit from expert guidance without the full cost of private training.

As outdoor conditions limit solo motivation, SGPT maintains high accountability. Knowing others are waiting for you and that a coach has a structured plan prepared that helps you show up, even on darker, colder days.

RATHER THAN SEEING COOLER WEATHER AS A BARRIER, VIEW IT AS AN OPPORTUNITY



Circuits and Creative Programming

If variety is the spice of fitness, then circuits are the ultimate seasonal solution. A well-structured circuit involves performing a series of exercises with minimal rest, moving between muscle groups to sustain intensity while avoiding early fatigue.

During colder months, circuits offer three major benefits:

1. **Time efficiency** – In 30–45 minutes, you can work your entire body while maintaining a higher heart rate.
2. **Warmth and intensity** – Because you're continuously moving, your body temperature stays elevated, reducing the risk of injury and making the session more comfortable.
3. **Adaptability** – Circuits can be done with bodyweight, dumbbells, resistance bands, or a mix of equipment, making them possible indoors or in a small home space.

To evolve your circuit, consider adding supersets, tri-sets, or mini circuits:

- **Supersets** pair two exercises back-to-back, often targeting opposing muscle groups (e.g., chest press followed by seated row). This keeps you moving while giving each muscle group recovery time.
- **Tri-sets** involve three movements in sequence, often blending strength and endurance (e.g., squats, lunges, step-ups).
- **Mini circuits** combine four or more exercises in a structured loop. They're ideal for maximising calorie burn and improving cardiovascular health.

These structures keep training stimulating while ensuring progression, even as shorter daylight hours might tempt you to cut workouts short.

Embracing Higher Intensity

Colder seasons often bring less spontaneous activity. Summer invites walking, cycling, and playing outdoors; winter can mean long stretches indoors. To offset reduced daily movement, your workouts can lean toward higher intensity.

High-Intensity Training (HIT) or hypertrophy-focused work (with higher rep ranges) ensures you maximise training efficiency. HIT sessions can be as short as 20–25 minutes yet deliver profound cardiovascular and metabolic benefits. Hypertrophy training, meanwhile, promotes muscular endurance and helps keep you feeling strong even if overall activity levels dip.

Sample approaches might include:

- **HIT sprints on a bike or rower** (e.g., 30 seconds all-out effort, 90 seconds recovery, repeated for 8–10 rounds).
- **Hypertrophy supersets**, such as combining push-ups with dumbbell rows for 10–12 reps each, repeated for 3–4 sets.
- **Combination mini circuits**, alternating strength moves like deadlifts with dynamic bodyweight exercises like burpees.
- **Intensity is not about punishment—it's about efficiency.** Shorter, sharper workouts can fit easily into darker evenings and ensure you continue progressing.



Outdoor Training: Not to Be Forgotten

Despite the allure of the gym, there's still something invigorating about training outdoors in autumn and winter. Fresh air, natural light, and exposure to nature can lift mood and reduce stress in ways an indoor environment cannot fully replicate.

If you choose to keep elements of outdoor training, consider the following adaptations:

- **Layer clothing wisely:** *Wear breathable, moisture-wicking base layers and an outer shell to protect against wind and rain.*
- **Extend your warm-up:** *Instead of a quick jog, dedicate 10–15 minutes to mobility, dynamic stretches, and gradual intensity build-up. Cold muscles need more time to reach optimal working conditions.*
- **Choose daylight hours:** *If possible, schedule outdoor sessions during midday or early afternoon when light and temperature are optimal.*
- **Blend indoor/outdoor:** *Use your outdoor time for walking, light running, or conditioning drills, and save strength work for indoors.*

This hybrid approach balances the mental benefits of nature with the physical security of a controlled training space.

Finding Joy in Movement

At the heart of any seasonal adaptation lies one key principle: joy in movement. Fitness should never feel like a chore, even when the weather makes it harder to stick with routines. The cooler months can actually be a time of rediscovery, trying a new style of training, reconnecting with a community, or challenging yourself with structured progressions you might have overlooked in the summer.

Some find joy in group training, others in the solitude of a well-planned strength program. For some, it's about the mental clarity of an outdoor run on a crisp morning. Whatever your preference, let the change of season be an invitation to explore, not to retreat.

Final Thoughts

When temperatures drop and daylight shrinks, it's tempting to press pause on your fitness. But the truth is, these months can be some of the most productive, rewarding, and transformative of the year, if you adapt wisely.

By joining a gym or small group training session, experimenting with circuits and supersets, embracing higher-intensity formats, and warming up more diligently for outdoor sessions, you'll not only maintain momentum but also thrive. Most importantly, you'll keep finding joy in movement, no matter what the weather outside may bring.

So, rather than seeing cooler weather as a barrier, view it as an opportunity. Adapt, evolve, and discover how strong, resilient, and motivated you can truly be, even when the world outside feels a little colder.

Gentle guidance for a calmer festive season



Mindful choices, less stress, and better boundaries (without turning into the Grinch)

The season of sparkle or stress? While some eagerly anticipate the festive season and look forward to quality family time, rest, recuperation and relaxation, for others, this is the season they dread the most.

The reality is that although this is a time of year which promises connection, celebration and tradition, it also amplifies the loneliness and isolation for the many who have lost loved ones or are alone. It can create anxiety for those in less conducive familial relationships where the festive spirit is non-existent. The festive season can be incredibly emotionally challenging at the best of times and even more so for those who are already struggling.

Which means that although it can be wonderful, for many people it is the most stressful time of the year. What those stressors are will depend upon the individual. It could be the pressure to “do it all” from hosting and entertaining, and worrying about family dynamics and meeting everyone’s expectations. It might be about budgeting. Feeling anxious about how to fund the festivities and pay for gifts without overstretching finances. Or maybe it’s the anxiety around spending time with those we would rather avoid, but feeling obligated to do so, and then feeling resentful. Or anticipating family arguments. Whatever our stressor, it can leave us feeling drained and wanting to avoid this season altogether.

So, how can we enjoy it without burning out, overspending, or hiding away until January? Implementing mindfulness, healthy boundaries, and ways to manage stress enables us to manage the festive season more effectively. It’s about making small, conscious shifts to protect our well-being while still enjoying connection and celebration, if that’s what we choose.

Mindful consumption... gifts, food and all that glitters...

The holidays are saturated with consumption, from gift-giving to endless food and drink. We are encouraged to buy more, spend more and indulge more with every advert telling us we need the biggest, shiniest, and most expensive version of everything. But the reality is we don’t, and we can be more mindful of our choices.

One way to manage finances is by setting a spending limit before shopping. Create an intentional budget and decide in advance how much to spend on gifts, food or social outings. It isn’t about being mean. It’s about not overspending and keeping out of debt. And yes, it is lovely to give and receive presents, but sometimes the best ones are the least expensive, especially when a lot of thought has gone into choosing them. And shared experiences are often more memorable than material gifts. Memories are priceless after all. So, perhaps think about presence over presents.

Food is one of life’s pleasures and is to be enjoyed. And all those tempting treats are a test for even those with the strongest willpower. Stress impacts our eating habits. When we feel stressed, we often eat more, or comfort eat. It becomes part of our coping strategy. The same applies to alcohol consumption. Becoming aware of what is driving our eating and drinking patterns makes us more mindful of where we might be using food or alcohol to alleviate stress.

We can think of mindful consuming as a way of consuming that honours our overall well-being. And about making conscious and positive choices.





How to manage stress during the festive season... There is no doubt that this time of year can be stressful. And with so much to do and all the pressures, it can be a true test of resilience. But there are ways to manage our stress. We may not be able to eliminate stress entirely, but we can reduce it. It means recognising the source of the stress and finding effective ways to reduce it before it spirals out of control. If we feel stressed there are some simple things we can try.

We can pause and focus on our breathing. Taking a few slow breaths between tasks can reset our nervous system. One way is to inhale for four counts, hold for two, and exhale for six. Plus, it's free, quick, and actually works.

Taking some time out can help reduce stress. Even a few minutes can help. Go outside, take a walk, and listen to your favourite song. Dance. These mini resets can work wonders.

Prioritise sleep. Sleep heals us. When we are sleep deprived, we can become grumpy and irritable and are also more easily overwhelmed. Sleep is the foundation of resilience, but it often gets sacrificed first. Think of it as health insurance. Make it non-negotiable as much as you can.

Exercise releases endorphins, so it helps reduce stress and metabolise stress hormones. Going for a walk, doing some gentle yoga, or swimming all help reduce stress. They create headspace.

Setting healthy boundaries...

Those who are able to set healthy boundaries fair far better over the festive period. If our boundaries are weak and we say "yes" to everything, we are in danger of being pulled in too many directions. Unhealthy boundaries lead to resentment and burnout. It's not about putting up barriers but about protecting our energy, our values and our peace of mind.

Deciding what we want to do and what we realistically can do gives us control, which is why it is good to plan out in advance what we want to say no to. This makes it much easier to say no to those things we really do not want to do when asked. Keep responses simple and clear. Thanking someone for an invitation and saying we can't make it is enough. We don't have to

give a long explanation and justify our reasons for turning invitations down.

Our emotional boundaries can be challenged at this time. We can prepare for this by anticipating conversations that might bring up issues we would rather not discuss. And think about how we can answer those awkward questions politely but firmly. And not be bamboozled into responding.

Set some technology boundaries, too. We spend a lot of time on our phones and social media. Switch off. We are not obliged to answer our phone or messages immediately, where there is no urgent need for us to do so.

If we think of our festive boundaries as a gift to ourselves, then it is easier to maintain them.

Final thoughts...

We want to enjoy the festive season. If we can implement ways to help us do that, then we will be far happier for it. Sometimes we have to say no. That's okay. When we respect our boundaries, we reduce overwhelm. Being mindful of how we react and respond to stress will assist us with our choices and the plans we make for the festive season. A happy festive season to you all!

www.yourrelationshipguru.com



The HOME Philosophy

Finding Your Sanctuary This Autumn

Q&A with Jonathan Sattin, Co-founder Of HOME

The Core Philosophy of 'HOME'



The name “HOME” is incredibly evocative. What led you to choose this specific name, and what does the word “home” truly evoke in the people who experience your space?

HOME is a place for connection, it's that feeling when you walk in and feel the 150 year old reclaimed wood under your feet, the scent, the welcome, the warmth, colours – you feel a sense of this is your place, for whatever you want – yoga, pilates, a treatment, hang out and read – it's your place. We live at a time of being the most connected we have ever been, and yet we are the most disconnected. I had started triyoga in the building about 25 years ago, and when I came to look at it (it has been converted into offices), I knew the name would be HOME.

Beyond a physical location, what is the experience that Home Wellness seeks to give to its members? How do you create an environment where people feel a sense of belonging and community, not just a service?

A sense that you are supported in all of your identities when you come to HOME. It's a combination of intentions; a genuine desire to serve and look after people, providing the highest quality teaching in yoga and pilates, therapists and teachers covering many modalities. There are things you can't control, like what's going on in the world outside, the weather (especially in England) – but the things you can, and for these you have to deliver every time.

The Multi-Sensory Experience & Offerings

Your space is renowned for its generous and inviting atmosphere. How do you see the physical design of HOME contributing to the emotional well-being of your visitors?

Well, that would be nice to be renowned one day for a good reason. A lot of this goes down to James Lynch, our lead designer, whom I've known for over 40 years- he is also the co-founder of Forrest. This is the 4th building we have collaborated on; I have a sense of the layout and the flow and James has everything else – he finds the materials and the colours and the look and feel – and we have a shared sense of the feeling we would like people to have and I have a few things I like, such as curves rather than edges and some tweaks that he tries to be nice to me about



HOME is about more than one offering; it's a multi-modality space. Could you speak to the importance of providing a diverse range of services under one roof, and how this holistic approach benefits your community?

I always had a vision of how we can offer people a wonderful range of classes and treatments, and facilities like our far infra-red sauna, a social area structured for flow and connection, and a vegetarian café. Different 'experts' collaborating in looking after someone. Whether it's about what style of yoga is best for a student, rather than having them in the 'wrong' class, or which treatment is best, we are all focused on offering (not telling) them what we think would be helpful.





The Power of Connection & Collaboration

The idea that “strangers become colleagues, colleagues become friends, and friends make a HOME for others” is a beautiful one. How does HOME actively foster this sense of connection and collaboration among its members?

There’s something about being in a room physically with others doing the same thing – it creates an atmosphere and a connection. And there is something about being seen (if you want to be) when you go somewhere. There’s a sensitivity in recognising what people want. Sometimes we want to be actively part of something, and sometimes we want to be at the back of the class or in the café reading.

For a brand built on the power of collaboration, how do you see partnerships—like this one with Painless Universal, and Intuition and healing leaders like Laura Day—as a way to extend your mission and create a broader impact on well-being?

I think partnerships and collaborations are fascinating where parties with different, yet complimenting ‘skills’ or ‘reaches’ create something or reach more – expansion that brings more to more people. We can be in our own bubble, and then you meet someone like Painless, where we can share greater knowledge with more people. It’s interesting how this started through Laura Day’s vision and introduction, and then just grew from there.

What is the ultimate vision for the HOME community? How do you hope to see your members continuing to build and expand on the “home” you have helped them find?

Different people come to HOME for different reasons, all valid, and our intention is to offer something that helps people live healthier and more fulfilling lives.

Embracing the Autumnal & Winter Seasons

How does HOME help its community navigate the transition from the vibrant energy of summer to the more introspective mood of autumn and winter?

We wear sweaters and coats. I still think these are months of energy, and we adjust our practices. So after the heat of this summer, people love our warm and hot classes where, rather than using conventional heating, we use far-infrared heat- heating our bodies rather than the air. It's a gradual warming to hot rather than walking into a furnace! And more contemplative practices, such as yin and restorative yoga, are balanced with the dynamic ones, like ashtanga, 4Beat, and vinyasa.

As the days shorten and the weather changes, what role does a space like HOME play in helping people maintain their mental and emotional well-being?

It's like walking into your home and the fire's burning in the fireplace – a sense of somewhere warm and safe. The café menu will reflect this as well.

Could you speak to any specific seasonal offerings or adaptations you introduce to encourage people to stay active, connected, and mindful during the colder months?

Across HOME from our therapists to our teachers and the food offered at Only Love Kitchen at HOME, we adapt what we offer and how we practice. Our HOT and warm classes get more popular, as well as our far infra-red sauna. At the end of the year, we will be offering our Urban Retreat, which runs for the last 3 days of the year and is like being on retreat but leaving London.

Jonathan Sattin

Jonathan Sattin is the co-founder of HOME and the founder/ CEO of triyoga 2000-2022. He was fortunate to learn to meditate whilst at Law School (not part of the curriculum). In his late 20's by when he started his own law firm, he managed to drop some of his interesting daily habits of 40 cigarettes and 14 mugs of coffee after a few yoga classes. He has started to learn (slowly and gratefully) over the years the wider practices of yoga.

Roland Torikian Maya - Medicine healer

As we approach the colder months, our circadian rhythm is affected by decreased sunlight, triggering earlier melatonin production, making us feel more sluggish and making it harder to get up in the morning. We sleep and eat more to combat the falling temperatures, and this change can cause fatigue or seasonal affective disorder. I recommend establishing a consistent sleep schedule and spending as much time exercising outdoors as possible to support our internal clock during this shift. Establish a healthy morning routine that includes 30 minutes of meditation, followed by a brisk walk in nature, and some deep breathing exercises if you can add saunas/cold dips and some yoga classes to your routine so much the better. After the highs of summer, it's important to be mindful of this downward gear shift towards winter on an emotional level and take care to process this transition accordingly. We may not be huge fans of the darkness or cold, but we will do well to embrace it, rather than resist it, and to find ways of enjoying this season, positivity, and celebrating it!

Bridget Woods Kramer – senior yoga teacher

Coming together whether for yoga, Pilates or meditation is very important it lifts your spirit & warms the heart particularly in the winter months when we have a tendency to isolate ourselves. I tend to adapt classes to the season; Autumn makes us more vata & we easily feel depleted. Slower, more grounded Practices are important. Breathing techniques to energise & bring clarity in the morning, calm in the evening.



Runway, Designer - House of Aristocrats, Shot by - Tracey

LONDON FASHION WEEK



THE FUTURE OF FASHION SHOW



Runway, Designer - Be Flow, Shot by - Tracey Davies



Runway, Designer - Be Flow, Shot by - Tracey Davies

The second edition of the Future of Fashion took place on 20th September 2025, proudly featured on the official London Fashion Week calendar, and once again proved that fashion can be a force for transformation.

Organised by Bullock Inclusion CIC, the event was more than a runway, it was a manifesto for inclusion, accessibility and representation at every level of the industry.

Check out pictures from the Future of Fashion Runway, where fashion transcends runways, through diversity, inclusion, and innovation.

The Future of Fashion Show at the London Fashion Week was proudly supported by Painless Universal.



Runway, Designer - May Marigold, Shot by - Tracey Davies



Runway, Designer - May Marigold, Shot by - Tracey Davies

LF

Runway, Designer - House of Aristocrats, Shot by - Tracey



Runway, Designer - Mirey, Shot by - Ruth Virgo



Runway, Designer - Huili Jin, Shot by - Ruth Virgo



Runway, Designer - Intotum Fashion, Shot by - Tracey

Runway, Designer - Zumba, Shot by - Tracey Davies

Runway, Designer - Be Flow, Shot by - Tracey Davies



Runway, Designer- House of Aristocrats, Shot by - Tracey



Runway, Designer - Mirey, Shot by - Ruth Virgo

Runway, Designer - RCA, Shot by - Ruth Virgo



Runway, Designer- House of Aristocrats, Shot by - Tracey



Runway, Designer- Zumba, Shot by - Tracey Davies



Runway, Designer- Zumba, Shot by - Tracey Davies

The Gentle Art of Autumn-scaping

Top Painless Tips to Prepare Your Home for Autumn/Winter

By Akpobome (Coaj) Otoberise

As the golden light of summer fades, a new, more introspective mood settles in. The longer nights and cooler air invite us to retreat and find comfort in our homes. But the thought of a major seasonal overhaul can feel overwhelming. That's where the art of "painless autumn-scaping" comes in. It's about making small, intentional adjustments that celebrate the season without turning it into a chore. Think of it less as a task list and more as an act of self-care for your space.



1. Let There Be Warmth

One of the simplest and most effective ways to cosy up a room is through lighting. Ditch the harsh overhead lights and embrace the soft, warm glow of lamps. Layering different light sources at varying heights—a floor lamp in a corner, a table lamp on a side table—creates a warm and welcoming ambience. Consider swapping out bright white bulbs for a warmer Kelvin temperature (<2700 K) to instantly make a space feel more inviting. And of course, there's nothing more comforting than the flicker of candlelight. Place a few candles on a tray for a simple, stunning centrepiece.



2. Soften Your Surfaces

The fastest way to add a layer of comfort is to introduce new textures. Roll out a plush rug to ground a seating area, or drape a chunky-knit throw blanket over the arm of your sofa. These tactile elements invite touch and instantly make a space feel more inviting. Look for materials like wool, velvet, and faux fur. Don't forget about cushions—swapping a few of your summer pillows for ones with rich, autumnal tones and textures is a change you'll feel every time you sit down.



3. Embrace Natural Decor

Autumn is a season of incredible natural beauty, and the best decor is often found right outside your door. A simple vase filled with foraged branches or dried grasses can bring an organic, rustic feel to any room. Arrange a bowl with pinecones, acorns, or a few artfully placed pumpkins. These small touches celebrate the change of seasons and connect your home to the world outside.



4. Engage the Senses

Your home's atmosphere isn't just about what you see; it's about what you smell. Bring in scents that evoke the season, such as cinnamon, clove, and warm vanilla. You can achieve this with essential oil diffusers, scented candles, or even a pot of simmering water on the stove, accompanied by a few orange slices, cinnamon sticks, and star anise. The aromas will instantly make your home feel like a warm, inviting sanctuary.



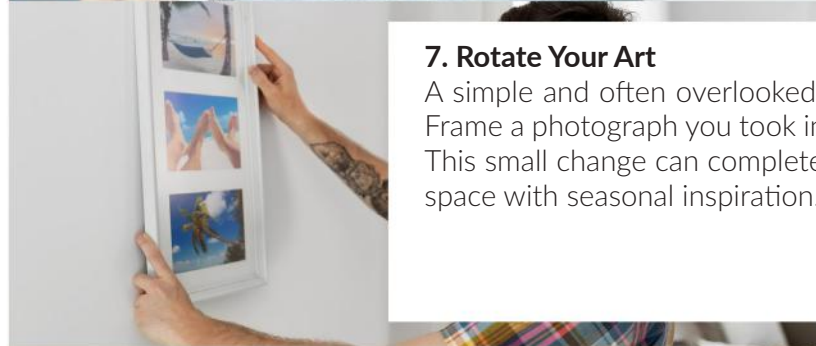
5. Create a Retreat

Think about creating a dedicated spot for quiet moments. Maybe it's an armchair by a window where you can watch the rain, or a cosy reading nook with a good book and a cup of tea. Designate this space as your personal retreat. Add a small basket with a blanket and a few books to make it an easy and accessible escape from the daily hustle.



6. Organise with Purpose

As we move indoors, decluttering can feel like a chore, but it's a powerful way to make your space feel more manageable. Focus on one small area at a time. Maybe it's a single drawer, a bookshelf, or the space under your bed. Organising a small space gives you a sense of accomplishment and makes your home feel more spacious and orderly without a huge effort.



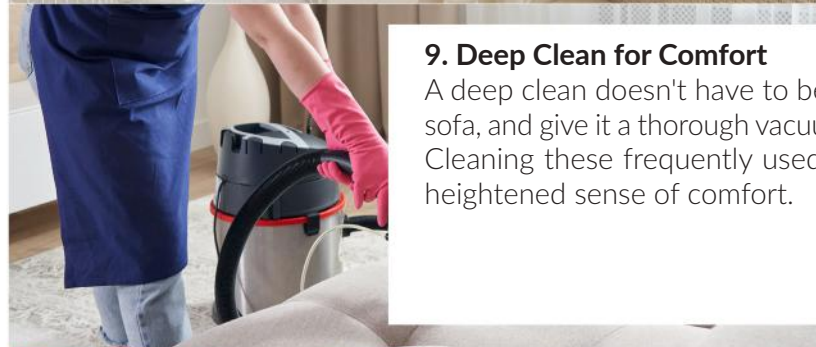
7. Rotate Your Art

A simple and often overlooked trick is to swap out a few pieces of your wall art. Frame a photograph you took in the autumn, or hang a piece with warmer colours. This small change can completely alter the visual mood of a room, refreshing your space with seasonal inspiration.



8. Tidy Up Your Entryway

Your entryway is the first impression of your home, and it takes a beating during the colder months. Get ahead of the mess by placing a stylish boot tray to catch mud and water. Add a couple of hooks for coats and a small dish for keys. A tidy entryway not only looks better but also makes coming home on a cold day feel instantly more welcoming.



9. Deep Clean for Comfort

A deep clean doesn't have to be a monumental task. Select one area, such as your sofa, and give it a thorough vacuum. Wash all your throw blankets and cushion covers. Cleaning these frequently used items makes them feel fresh and new, creating a heightened sense of comfort.



10. Make Your Windows Sparkle

Clean windows let in more of the precious natural light we have during the shorter days. It's a small detail that makes a big impact on a room's brightness and mood. You'll be surprised how much better your space feels with sparkling clean panes, letting the available sunlight stream in and highlight the new textures and colours you've added.



PAINLESS MAGAZINE
IS AVAILABLE TO READ ON PRESSREADER!

DOWNLOAD THE PRESSREADER APP AND ENJOY!





HOBBS
LONDON