

Be Better

M A G A Z I N E

Issue 2

BETTER Nutrition

BETTER Health

BETTER Fitness

BETTER Style

BETTER Life

BETTER Mind

BETTER You

The Story of
Maxcine Watson
Life & Fertility Coach



EDITOR'S NOTE



At Ranath Media, we believe that words can shape worlds. Every publication we create carries with it a purpose, to spark thought, stir emotion, and ultimately, move people toward a better, more informed future. What sets us apart is not just the quality of our work, but the beating heart behind it: a team of passionate individuals committed to making a real difference.

From our most seasoned experts to our newest voices, each person here shares something vital, a deep desire to tell stories that matter. Whether they've spent decades mastering their craft or are just beginning their journey, they approach every piece with integrity, curiosity, and a sense of mission.

As the editor, I never tire of celebrating these minds. The insight, the drive, the genuine care they bring to their work, it's a constant reminder of why we do what we do. Ranath Media is more than a platform; it's a collective force of thought leaders, truth-seekers, and storytellers, united by the belief that great content can inspire real change.

And we're just getting started.

RANY ATHWALL

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BE BETTER FEATURE STORY

MAXCINE WATSON

‘My goal is to make the topic of fertility a part of our everyday coffee table conversations.’

Maxcine Watson is a sought-after Life & Fertility Coach and passionate reproductive health advocate. She is committed to helping men and women improve their reproductive health. Her unique style of coaching focuses mainly on lifestyle factors that affect fertility. Significant changes in these areas can increase the likelihood of conception, even while undergoing treatment.

Combining science-based research with results-driven coaching tools, Maxcine helps parent hopefuls understand their fertility issues. Her experiences are the driving force behind her desire to educate and help others with similar backgrounds. She encourages those to look beyond their infertility diagnosis and take control of their health by removing physical and emotional blocks, simplifying their lives.

In our exclusive interview, Maxcine shares her deep connections to culture with Be Better Magazine readers, her views on the ongoing crisis surrounding affordable fertility care, and why staying connected to positive relationships is the ultimate key to living a long and healthy life.

Can you tell us about your childhood and family life?

Growing up in the heart of Toronto, I embraced the diversity of all cultures. Specifically, my neighborhood had abundant Caribbean, Italian, Greek, Asian and Portuguese influence. From the iconic Italian bakery on Davenport to the speciality shops and restaurants, you wouldn't have to travel far to find life's staples. We even had a neighbor a few houses down selling eggs to us every week.

Back then, so many children lived on our street. Everyone had a large family. And so did we. I am one of 7 siblings, 5 of which are girls. Having so many people in a household meant food was always cooking, and I always had a playmate for fun and games.

We spent the summer travelling to the U.S., cheering on the soccer championship, and getting ready for Caribana. Toronto's premiere Caribbean Carnival is the largest multicultural festival in North America. It is a yearly event, and the parade occurs along the city's lakeshore.

Attending this event was a big deal. For us kids, it was mandatory. It felt like we had to be there. Partly because my parents were always vendors at the parade, they would gather food supplies weeks before preparation. My mother would place large orders of meat and chicken with the family-run butcher shop up the street.

It was truly an exciting time. We got new outfits, our hair done nicely, and we met people worldwide. I was always amazed how my parents would clear over \$1K in food sales before noon! Yet, we didn't take the display booth down until 11:00 pm that night, well after the parade had ended.

Ma, the name I had for her, passed away in 2023. But I'll never forget her drive and dedication toward our heritage. She's the person I get it from and why I'm so focused on changing the narrative surrounding fertility care.

Have you always been interested in Life & Fertility Coaching?

No, my career started in the supply chain industry, mainly in the transportation, warehousing, and distribution of frozen goods. It was my first office job out of school. The pay was excellent. I had just moved back in with my parents, and the office location was close to home.

It didn't take me long to work my way up through administration. I learned quickly, having all my training done in 'real-time.' I never had the luxury of learning at my own pace. It was always on the go or when someone had a quick moment to explain work to me.

During this time, I took a Life Skills course, which inevitably changed my life. I was so at ease with my cohorts. I felt a sense of belonging as if I finally arrived at the 'starting point' of my life. I know it sounds weird, but standing at the precipice of a new life chapter felt like a taste of what was to come.

From there, I transitioned into finance. I worked in the area of wealth management for a few financial institutions. At one particular investment firm, we had high net-worth clientele. Under the direction of the senior advisor, we were buying and selling on the stock market for clients who had a lot of money in their accounts. Yet, clients were often modestly dressed when they dropped in for a visit or appointment. You could easily pass them on the street without knowing their wealth. My time in that role taught me one thing: the rich don't spend money. They save it.

Maxcine Watson at Metro Convention Centre, Toronto



Still, my career took a different path in communications and technology. Working there was very exciting. We were ahead of our time in unified communications, with all types of software and devices for voice, video, and content collaboration. Strong partnerships with companies like Microsoft, HP, Google, and Telus led to increased demand for our products and services.

My career highlights in that sector included managing our promotional exhibits at highly profiled conferences, hosting guest appearances for Oprah Winfrey's 'Ask Oprah's All-Stars' episodes in our boardrooms, and participating in Microsoft Roadshows across the country.

In my last year there, I won the STAR Award for my outstanding contributions, which led to the success of all field marketing events in the Canadian region.

By this time, I thought I had figured it all out. I was where I wanted to be. I had a job I enjoyed. My colleagues were hard-working, caring people. Yet somehow, in the back of my mind, I knew there was something more I could be doing with my life. I was already a mom at this point. Being a working parent and a high achiever had its challenges. But, the internal shifts were happening. Slowly, without my knowledge, I was moving in a different direction. The thought of becoming a coach began to take root at this turning point.

Tell us about a pivotal moment in your life that brought you to where you are today.

Although I would never trade my experiences for the world, I admit my fertility journey humbled me. I encountered hurt, confusion, and feelings of inadequacy. Ultimately, I felt less like a woman because my body couldn't perform one of its functions. This realization brought on fear and a lot of shame, leading me to turn inward and suffer silently. I spent countless hours on the internet researching possible reasons for my medical diagnosis of "unexplained infertility." Eventually, I educated myself on reproductive health. In addition, I learned about the options available to me for treatment.

Secretly, I never lost hope of getting pregnant with my own child. I can recall the moment the fertility clinic informed me that my pregnancy test was positive. I had just arrived at work that morning. I could not breathe when I received the news. I didn't work much that day or that week. I was on top of the clouds! Like I took a giant leap on the moon.

Then came the fear. It took little time to fill my imagination with every possible scenario of something going wrong with my pregnancy. I admit I was way too hyper-focused on the negatives rather than enjoying this



new stay of being. Sadly, this is a common occurrence for people undergoing fertility treatments. Too often, they get caught up in anxiety and fear the worst.

Was there someone who knew what I was going through? A person who could have helped me find ways to balance work with the emotional rollercoaster and cut down on obsessive thoughts while replacing the fears with facts. I didn't know anyone who could have filled that role. If I had found such a person back then, I wouldn't have wasted so much time worrying about what I couldn't control.

Who inspires you to be the best you can be?

My children inspire me to show up at my best every day. They are the most precious gift I have. Nothing in the world fills my heart with joy than watching them grow as they learn more about life. They are my 'north star.'

Each time I write an article, I wonder what obstacles they will face in the future. Will they have the resources to overcome them? These thoughts enable me to include easy, implementable solutions in my writing. Improving reproductive health shouldn't be difficult.

One day, I hope they will know of my dedication to helping create a world where quality fertility care is affordable and available to everyone.

What are some of the characteristics that make up a good coaching partnership?

This is an excellent question because I want to clarify what a coach can do and what someone can expect from this kind of partnership.

I adhere to the International Coaching Federation (ICF) Code of Ethics. As a Professional Coach, I approach coaching from a place of guidance, support, and encouragement. Please know the coach isn't here



to tell you what to do. They are not here to rescue you or shield you from your truth.

A good coaching partnership allows you to discover and choose your path. The decisions you'll make together will be well thought out. Every avenue explored. They'll help you uncover behavioral patterns preventing you from taking action. You'll move forward confidently, knowing your coach looks at your situation from all angles. They're able to see what's in your blind spot that could potentially affect what you do down the road. Essentially, a coach empowers you to become your own 'superhero.'

If you could change one thing about Reproductive Health, what would it be and why?

The one thing I want to change is to offer more support-type services to clients and patients who are currently using Assisted Reproductive Technology to conceive or are considering it as an option.

In 2023, the World Health Organization (WHO) reported a staggering 1 in 6 adults worldwide are struggling with infertility. Once more, those who are impacted also face emotional and mental health challenges. This is a disturbing trend with no end in sight. There aren't enough support professionals to satisfy the growing need for better fertility care. There are just not many of us out here.

Other health professionals, such as doctors, therapists, counselors, and nurses, are available. They also have long waiting lists and are very understaffed. Regardless, if they don't have knowledge and/or experience in the area of reproductive health, the ongoing treatment, for the most part, will be less effective in managing reproductive issues.

The journey to having a baby can be long and possibly filled with setbacks. It makes sense to have someone guiding you through the ups and downs and encouraging you to stay focused as you make important decisions about the future.

Do you have any regrets?

Well, I wished I had trusted my initial instincts. It may have completely changed the outcome. I should have made past decisions from a place of confidence rather than fear. At the same time, I accepted that I knew as much as possible in any given situation. I can't beat myself up emotionally for not having the wisdom to have chosen differently.



‘There’s more than enough room at the table for all sorts of genius.’

Also, self-acceptance at any age is crucial. In my younger years, I sacrificed friendships because of how I felt about my body image. We all go through a period of feeling awkward. For me, I let it control how I connected with other people. I now know better.

Finally, I never pegged myself as a writer. English literature wasn’t my favorite subject in school. Yet, I love self-expression and often have an opinion on almost every topic. I just never saw it in my future to publish my thoughts. I certainly never saw my work featured in international magazines and publications. Having actual conversations comes easy for me. Talking is an art form I’ve mastered. And I am rarely left speechless around others. Now, knowing that I can provide valuable information that your audience can incorporate for the betterment of their lives is honorable. I still believe life happens when it happens. I am here now. That’s all that matters.

Where do you see yourself in the next 10 years?

For the past several years, I’ve wanted to understand more about what lies behind human behaviors. Expanding my education in social work, therapy, and professional counseling are all reasonable next steps. These options will further complement my desire to continue coaching. If I can keep doing it, coaching will remain a part of my life.

I also have some proposals for creating continuing-care programs in collaboration with hospitals and clinics for patients who undergo fertility treatments. Doing these procedures to conceive alters how one handles one’s pregnancy journey. It’s not the same as an individual who conceives naturally. Patients must consistently feel their situation is handled with the utmost care and consideration. There has been some progress to aid in this dilemma. Still, more work is needed.

How important is having positive connections in life?

Creating positive connections should be at the top of everyone’s list. An 85-year-old study by Harvard researchers began in 1938; as a result, we learned that having positive social connections/relationships is key to living longer. Just imagine: the cornerstone in the fountain of youth is to coexist in an honest and caring manner with those around you. We’re talking about real connections, not necessarily romantic, either. Platonic ones are valuable too. It’s a serendipitous connection while being beautiful at the same time.

I strive to maintain these connections as much as I can. Not only because they’re beneficial, but we live in a fast-paced world. There’s no room to get to the depth of one’s character anymore. Often, we have an agenda. Once it’s achieved, we’re off to the next thing.

What's a saying you have that can inspire us?

I often like to share this message: "There's more than enough room at the table for all sorts of genius."

What's your genius? What can you do so well that it comes naturally to you? It's that 'Je nais se quois' everybody talks about when you enter the room. Bring it! Come to the table with that gift, tool, or motivational energy. In this case, see the 'table' as the world at large. Whether you are a young athlete, opera singer, inspiring coach, consultant, or teacher, there will always be room for your talent.

Innovation happens all the time. Throughout history, great minds have shaped how we view our lives. Once upon a time, everyone thought the world was flat. With the use of technology and space exploration, that statement is furthest from the truth. We also have pictures and data to prove it. It took normal human beings like you and me to make those discoveries.

It also took effort, time, and possibly many trials to get it right. But they did it. You can, too! So, if you are the next astronaut, engineer, or architect, here's your invitation. The world is waiting. Don't worry, there will be room for you. History is big enough for all of us to have a place in it.



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Life & Fertility Coaching
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Social Media

Pinterest: <https://ca.pinterest.com/connectwithmaxcine/>
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Facebook: <https://www.facebook.com/connectwithmaxcine/>
Instagram: <https://www.instagram.com/maxcine.stayingconnected/>

A Summer of Soul . . . An Invitation to Meditate, Align & Shine

“The sunlight and the ocean carry pure healing frequencies, direct from the source.”

As the gentle awakening of spring flows radiantly into summer, the energy around us quietly shifts. The sense of potential that flows through the spring season is now ready to bloom in full. We are invited to mirror this sacred transition as we move into this new season of light, growth and becoming.

This article explores the peaceful opportunities that arise when we allow ourselves to slow down and tune in. Allow me to guide you through a summer-themed journaling exercise to align your life with your deepest values, introduce crystals that will amplify the light of this season and offer chakra-focused affirmations to awaken your inner radiance. Let this be your seasonal companion to stepping into summer with intention and clarity, radiating the unique light of your soul more freely and fully than ever before.

Summer naturally creates a sense of potential and possibility. In these moments of reflection, we can experience a deep sense of gratitude and appreciation whilst beginning to look forward with hope and a deeper awareness of our soul's potential and purpose. We are soul beings. Each one of us is a unique droplet in the ocean, which is the universe. Our souls are individual expressions of light, beautifully connected to everything, everywhere. Summer provides us with the perfect opportunity to renew this inner light, recharge, glow, and shine a little brighter.

The energy of summer radiates with a sense of openness and freedom. The sun shines generously, spilling into our evenings and gifting us with longer golden hours. Nature and energy are in abundance; trees are filled with lush green leaves, flowers rise and bloom, and the earth beneath our feet feels warm and alive. The longer, warmer and more relaxed days of summer often allow us to slow down, easing naturally into a gentler pace and a more rested state. For many, it is a season of travel and adventure, a change of scenery and a switching off from the stresses and worries of everyday life.

As overwhelming emotions begin to melt away, it is at this divine point of stillness that healing and alignment of the mind, body and soul can truly begin. The process of renewing, restoring and creating perfect balance and flow can be wonderfully accelerated during this season. Creating within us a greater sense of peace, clarity and a renewed momentum to move forward in our lives.



Meditation can be gentle, natural and intuitive during this season. A more carefree, simpler approach can be embraced, relaxing on some freshly cut grass, floating in the sea, allowing your body to be held or simply sitting on the roots of a beautiful old tree. Breathe and pause. Anchor into stillness, inviting the summer sunlight to ignite the light within. Allow its warmth to relax your body, quieten your mind and expand your heart. Spend time this summer doing the things that make you glow with happiness. What brings a smile to your face and fills your heart with love? When we do the things that bring us joy, we strengthen our connection to our authentic soul self, and as a result, our light naturally shines brighter.

The sunlight and the ocean carry pure healing frequencies, direct from the source. They are powerful, pure, and nourishing on every level. Gift yourself with time this summer to bask and breathe in these precious natural resources.

So, I gently encourage you to tap into the wonderful natural warmth and energy of the summer months. There is more than enough room for us all to expand and step into our light...we are here to shine brightly and grow together.

Soul Notes:

Awaken your inner radiance with this summer journaling exercise.

Summer Showers and Rainbow Powers:

Creating an Umbrella Statement for your life...There is deep power in words and thoughts. Written words hold intention, frequency and focussed direction. Weave together this beautiful symbolism and create an Umbrella Statement for your life.

A reflection of your deepest values and desires, focussing on emotions and motivations. Allow your statement to arc like a rainbow over the page, providing divine reassurance that whatever the weather, you are being guided and supported by the universe.

Meditate on the energy held within these words. Embody their power and intention, as their energy ripples through your being.

Inspiration: I live a life of gratitude, service, growth and kindness. I inspire, teach, heal and guide. I am continually grateful for all that I have and all that is to come. I choose to let go of fear, embracing the infinite possibilities that lie before me. I embrace change as an opportunity for growth and welcome new beginnings into my life. I am grateful for every blessing in my life and the abundance that flows to me. I consciously choose thoughts and behaviours that create value, peace and love.

Sunlight & Stone: Crystals for Soulful Summer Living

From a spiritual and energetic perspective, crystals are physical manifestations of vibration, each with their own unique wisdom, frequency and qualities.

During the summer months, when the pulse of life surrounds us, the energy naturally feels expansive and alive. Allow these beautiful crystals to amplify your intentions as you meditate and reflect. Responding to focussed energy and intention, these crystals will magnify and gently hold your purpose in place as you journey within.

Meditate outside while the sun rises or sets, inviting the warmth of the rays to cleanse and recharge your stones. Place crystals on or near your chakras, on the



earth beside you or hold in your palm. Your intuition and inner knowing guiding you to what feels right, for you.

Citrine: Happiness, Abundance, Creativity

Citrine is the perfect energetic match for the golden, vibrant rays of summer, bringing growth and vitality to every area of your life.

This stone will support you in aligning with your unique inner light; bask in the energy of confidence, enthusiasm and creativity. Citrine attracts abundance, prosperity and success. Dream big and allow your dreams to grow.



Sunstone: Radiance, Strength, Optimism

This deeply life-affirming stone awakens the soul, mirroring the way the sun brings life to the world around us. This crystal will fire up your inner powerhouse, igniting the spark within. Shine brightly and expand your aura this season. Look forward into the future with excitement, confidence and hope.

Aquamarine: Cleansing, Intuition, Communication

The ocean-blue tones of aquamarine resonate with the healing qualities of water; soothing, cleansing and deeply calming. This crystal will bring waves of peace and equilibrium as you navigate through life. The clear fluidity of this stone supports in silencing mental chatter, enabling your inner soul's voice and intuitive insights to bubble to the surface. Aquamarine promotes authentic self-expression and communication.

Awaken & Align: Chakras for the Summer Season

As nature blooms all around us, the body's energy centres respond in kind. Imagine your chakras as bright summer flowers, opening gently, fully, following the rhythm of the season. Trust divine light to guide their unfolding and feel radiant, alive and beautifully in tune. As you drop into meditation, invite your inner light to gently awaken your chakras. Feel, as they expand and shine brightly; energy and light flowing freely between them, guiding you to a place of perfect balance and alignment.

The Crown Chakra

The Crown Chakra creates a bridge between the physical self and the higher aspects of consciousness. Visualise this chakra opening as you welcome pure love and light, universal oneness and divine unity.

Affirmation:

I am pure, radiant, divine light; supported and guided by the universe. Universal wisdom flows through me and I am aligned with my soul's purpose.

The Solar Plexus Chakra

The Solar Plexus Chakra, our inner sun. Situated in the centre, this chakra is our internal powerhouse. Invite the natural life force of the sun to ignite the flames of your inner furnace; bringing you deep power, confidence and strength, helping you to stride forwards in your life with self-belief and purpose.

Affirmation:

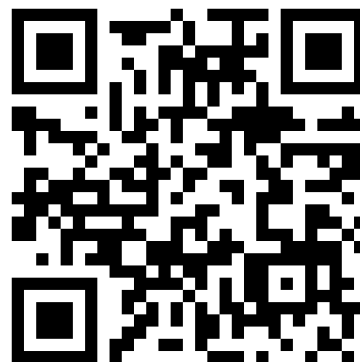
I shine with inner strength and glowing confidence. My motivation flows with purpose as I move forward with trust in my soul's path.

The Sacral Chakra

The Sacral Chakra comes alive during the summer months, pulsing with inspiration, creativity and pleasure. The core of emotion, vitality, desire and passion. Revive this chakra and feel your creativity and desire for fun and enjoyment gently stir during these carefree summer months.

Affirmation:

Inspiration and creativity flow to me and through me. I flow with the natural warmth of the season, nourishing myself emotionally, spiritually and physically.



By Helen Gullick

International Usui Reiki Master Teacher, Angel Reiki Master, Advanced Crystal Therapy Healer, Manifestation Coach & Holistic Partner at Tara Rose Salon UAE

The All or Nothing Trap — and the Recipe for Burnout



Ever feel like if you can't do it perfectly, there's no point in doing it at all?

That's the all-or-nothing mindset — and while it might sound like commitment, it's one of the biggest barriers to actually making lasting change. You tell yourself you'll start when things calm down, when you have a plan, when you feel more motivated. But life rarely offers that perfect window. Instead, weeks pass, and you stay stuck, frustrated that you can't seem to get going.

The problem isn't a lack of willpower. It's the belief that anything less than 100% isn't worth doing. That belief is what holds

so many people back. You're not lazy — you're overwhelmed. You're trying to juggle work, family, responsibilities, and a packed calendar. Of course, the idea of five workouts, a meal plan, early mornings and cutting sugar all at once feels impossible.

The psychology behind all-or-nothing thinking is rooted in perfectionism and fear — specifically, the fear of failing, of doing something “wrong,” and of wasting time. So, instead of risking a half-hearted attempt, you put it off altogether. But ironically, that mindset is what keeps you spinning your wheels. We go too hard and too fast, and when we inevitably miss a day, we feel like we've failed. So we give up. Again. Sound familiar? It's no wonder so many people feel like fitness isn't for them. With so much noise across multiple platforms these days and so much conflicting advice, it's almost easier to quit before you've even begun!

But here's the reframe: what if success wasn't about perfection? What if, instead of trying to stay disciplined and do high-intensity workouts for six weeks, you aimed to show up imperfectly but consistently for six months?

Because that's where change really happens — in the small daily decisions, the 70% effort that stacks up. In the 20-minute walk before work. The 10 squats while the kettle boils. The one strength session that doesn't look like much on paper but keeps your momentum alive.

We often underestimate the importance of these micro-habits, but the science doesn't. Just 3,900 steps a day has been shown to significantly improve health outcomes — yet the average adult in the UK is only walking around 3,000–4,000. We're also falling short of the recommended movement, with around 36% of UK adults not meeting the NHS guideline of 150 minutes of moderate activity per week. Not because we're not trying — but because we're trying to do too much, all at once, and it never quite sticks.





Strategies You Can Start Right Now That Actually Add Up



Start where you are — even five minutes of movement counts. A short walk on your lunch break, walking the dog before work, or doing some mobility exercises while watching TV is better than nothing.

- Scale your workouts — can't do the full gym session? Do one set instead of three. Or pick four full-body exercises and just do 20 minutes.

- Sprinkle movement throughout your day — take the stairs, walk during calls, stretch between meetings.

- Anchor new habits to your lifestyle — walk to get your morning coffee, prep extra protein at dinner so lunch is sorted, or try a morning class once a week to set the tone.

- Set up systems that make this easier — lay your clothes out the night before, set calendar reminders, or sign up for a class that gives you accountability.

- Track your consistency, not intensity — focus on showing up, not smashing every session. Progress is built on what you repeat, not what you perfect.

When you start seeing movement and nourishment as tools that support your energy, focus and confidence — not punishments

for what you ate or missed — your relationship with fitness shifts completely; it stops feeling like something you “have to” do and becomes something that supports you.

You deserve to feel strong, capable and proud of what you're building. But you don't get there by trying to do it all at once — you get there by finding what's doable, repeating it, and slowly building a lifestyle that works with your life, not against it.

It might not look flashy on the outside — but the person who keeps showing up, even when it's imperfect, gets further than the one waiting for the perfect time.

So here's your permission to show up imperfectly. To take the walk. Cook the dinner. Log the workout, even if it wasn't your best. What matters is that you keep showing up, and the compound interest in your health will be exponential.

By Kirstie Pullman

@highlevelhealthandfitness



The Dangerous Myth of “Just Leave.”

This is probably one of the most common statements and is constantly in the spotlight when we talk about domestic abuse and post-separation abuse.

It's also one of the most damaging statements too. Why is it we think if someone leaves an abusive situation that, automatically, the abuse will stop? In fact, the exact opposite is true. The abuser ramps up the need for control over the victim/survivor. They know they are losing control, and this cannot happen.

How can the individual be “allowed” to continue a life without them?

Abuse ultimately comes down to this: power and control. And it's important to remember abuse doesn't discriminate. In my work, I talk about not always being in a position to leave the situation you're in because it's not always that simple.

Things to consider: Economic dependency, fear of the abuser hurting themselves or others, shame, embarrassment, humiliation, low self-esteem and isolation. The bottom line is that it doesn't matter who you are. Walking away from an abuser isn't that simple. It's easy to sit back and look at someone else's situation and judge them. But what are we judging that person on?

Our own personal situation?

Everybody's experiences are unique to them, and unconscious bias can have a lasting impact. Domestic abuse and post-separation abuse have no expiration date. Moving forward takes time. And that looks different to each and every individual who is impacted by it.

This is why it's so important that we have as many resources and support services available, not only to help victims and survivors but also to support family, friends, and work colleagues who want to be supportive but just don't know how to go about it.

The Myth: Society believes that leaving an abusive relationship means the abuse is over.

The Reality: Separation is often the most dangerous time, with power and control from the perpetrator increasing.

The Blind Spot: As a society, we celebrate individuals who leave but struggle to support and understand those who can't.

Knowledge and understanding can help change perceptions.

By Lucy Wade



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<https://feeds.buzzsprout.com/2507515.rss>



5 BEDROOM SHIFTS THAT CAN TRANSFORM YOUR SLEEP



Did you know your bedroom might be the biggest reason you're not sleeping well?

As a wellness coach and midlife health advocate, I've seen clients exhausted despite doing "everything right." The missing link? Their sleep environment. You don't need fancy gadgets—just a few simple shifts can turn your bedroom into a true wellness sanctuary.

Here are five quick wins to improve your sleep starting tonight:

1. Keep it Cool

Set your thermostat between 65°F-67°F. A cooler core body temperature helps you fall and stay asleep. Your body naturally drops temperature as it prepares for sleep, and a cool room facilitates this process. If you tend to wake up hot at night, consider less clothing, moisture-wicking sheets, or a cooling mattress topper.

2. Embrace Darkness

Use blackout curtains or a sleep mask to block light, which interferes with melatonin. Even tiny lights from electronics matter—cover them with tape or unplug them. Our circadian rhythms are especially sensitive to blue light, so remove devices from your bedroom or, at minimum, turn them face down. If you sleep with your phone next to you, try to put it across the room to give your body some space and more darkness overnight.

3. Reduce Noise

Try earplugs or a white noise machine to block disruptive sounds. City dweller? Heavy curtains help absorb outside noise. Sound machines with specific frequencies, like pink

noise, have been shown to mask disturbances and enhance deep sleep phases. Earplugs are not just reserved for those long airline flights; it may feel funny at first, but they will become your favorite sleep hack in no time.

4. Upgrade Your Bed

Choose breathable, organic materials and a mattress that supports your sleep style. Replace pillows every 1–2 years. Your skin absorbs what touches it for 7-8 hours each night, so investing in a non-toxic mattress and bedding isn't just about comfort—it's about long-term health.

5. Declutter Your Space

A clean, calm room calms the mind. Add a diffuser with lavender or sandalwood oil for bonus relaxation. Research shows that people sleep better in tidy environments, as visual chaos creates subconscious stress even when your eyes are closed.

Small changes, big impact. Because wellness starts where you rest—not just where you work out.

The bedroom is your personal sanctuary for recovery and rejuvenation. By prioritizing sleep hygiene, we ensure better nights and build the foundation for more energetic, balanced, and healthy days.

Want more sleep-enhancing tips? Visit [TheWellDrop.com](https://www.thewelldrop.com) for my free guide: "The Ultimate Simple Bedroom Makeover."

By Amber Berger
THE WELL DROP

From Overwhelm to Empowerment The Roadmap That Changed Everything

Overwhelm can impact every part of our lives; however, it can also be an inner signal to step out of the bubble we are in, calm our nervous system, and re-enter with renewed clarity.

I am Louise, Founder of Galena Wellbeing and a woman who has rebuilt her life from the inside out. With three decades in business and 24 years immersed in wellness, I guide purpose-driven individuals, primarily women, to clear their blocks and reconnect with their powerful, true selves.

The Business Years: Smiling Through the Storm

I had my fair share of overwhelm in the business world, smiling through inner blocks and not wanting to appear weak. The perfectionist and inner critic pushing to lead and sabotaging my success, awkward people trying to undermine me. The overwhelming feelings would go under the iceberg, and I would continue working extra hours to try and get ahead of the game, but exhausted.

When Life Changed Everything

In 2009, my beautiful daughter Ella came into the world. What should have been a happy ever after led to embracing new roles and supporting her for 11 years. Instead of crumbling under pressure, pre-grief, and extreme situations, I found ways to cope with overwhelming feelings swelling inside - whether in blue light vehicles getting Ella lifesaving treatment or navigating end-of-life care. Due to her non-hereditary genetic condition requiring round-the-clock care, I needed to find inner strength and be the warrior Mummy I was meant to be.

The Small Steps That Made Big Changes

What helped me was Ella's courageous spirit and gentle nature amid our 'normal' chaotic life. I constantly thought that if she could get through this, so could I. I gradually built a resilient wellbeing toolkit, and Galena Wellbeing was born a year before Ella passed. My toolkit included meditation, connecting with my spiritual self, breathing, grounding techniques, outdoor spaces, and creativity. I created positive affirmations to instil inner power to step into each day. Most significantly, I kept my joy jar filled - even in the darkest nights, I found glimmers of joy to push forward and fill my soul.



You are not broken,
weak, or alone.
Overwhelm is your
nervous system
saying, “I need
support.”

From Personal Healing to Purpose

Now, I support others across the UK and worldwide in navigating overwhelm, emotional pressure, and life transitions, reconnecting with who they truly are and leading from a renewed sense of self and focus. This is not just wellbeing work. It is about reclaiming your power and finally breathing again.

After losing Ella, I had two choices: embrace the day or crumble. Through deep grief layers, I rebuilt my life again from scratch, clearing overwhelm with actionable steps. Her legacy lives on in my heart and in the work I do. I encourage anyone to use their inner strength and lived experience as an anchor, breaking down struggles and finding wellbeing solutions that fit their needs. I am proof that even in the most impossible of situations, there is light and a way forward.

For Anyone Feeling Overwhelmed Right Now

You are not broken, weak, or alone. Overwhelm is your nervous system saying, “I need support.”

Start with your breath. Three deep breaths help shift your nervous system from a state of fight-or-flight to one of calm. This became my anchor in hospital corridors.

You do not have to do it all. The voice demanding perfection is misleading. Asking for help is not a weakness; it shows true strength. Small steps count. One consistent wellbeing practice creates profound shifts. Mine started with five minutes of morning stillness.

Founder - Wellbeing Mentor & Coach | Counsellor | HeartHealing™ Practitioner

Galena Wellbeing

Supporting you to navigate overwhelm and lead from inner strength,
in the UK and Worldwide.

www.galenawellbeing.co.uk

Your overwhelm has a message. Ask, “What is this telling me?” Perhaps you need to establish boundaries, prioritise rest, or learn to say no more often.

Emergency Kit Ideas:

- Take three breaths and name five things you see.
- Today, choose one thing that can wait.
- Drink water mindfully.
- Step outside.
- Say no to something or someone zapping your energy.
- Ask for specific help on one task.
- Create one peaceful ritual.

Listen to your inner rhythms and see the signals your mind, body, and soul are sharing. With these insights, we can map a way forward and stop the overwhelm.

Ready to Reclaim Your Power?

If this story resonates with you and you're ready to transform overwhelm into clarity, I'd love to support you on your journey. Together, we can build your personalised well-being toolkit and help you reconnect with your powerful, true self.

By Louise Dicks



(EMFS) ELECTRO MAGNETIC FIELDS

How does this invisible world affect us?

When drained and under par, we look at our social and work-life balance. EMFS could well be the cause for the high sensitivity in us, particularly if we are predisposed genetically or have experienced repeated traumas, our body crashing more than others.

Roy Riggs, a geo-biologist, has written some great research. These EMF fields surround electronic devices. Affecting us in a biochemical way. We, too, conduct an electrical current. People who work with Reiki healing and bodywork are attuned to sensing the energy of others.

The field around us can be examined by specialist cameras, seeing the colours and depth of each layer. A very interesting way of seeing our overall health. Healthy, they are expansive, brighter, and more vibrant. Low mood or disease are seen as greyer, darker and shallower layers.

Some of the many ailments that can be caused range from prickly sensations in the skin, rashes, painful muscles, eye symptoms, foggy memory and thinking, suppressed melatonin production, as well as fertility issues. Many systems can be affected.

We are in modern life surrounded by these invisible fields. Anything wireless-based, such as cordless phones, is a fabulous modern way to have a home phone, but baby monitors are the worst offenders, a worrying concept—encompassing mobile phones, charging pads, gaming modems, laptops, and activity trackers. Even cars have WIFI now.

We are surrounded by a bubble of electricity, along with the rollout of new 5G in many places. The many who are highly averse to these fields cannot escape easily. In or outdoors.

We have all heard that when living close to telephone masts or electric pylons, some people develop ailments. Even if symptomless reactions are going on in the body internally. Our heart has five electrical components that enable it to beat. Cell-to-cell messages constantly jump electrically between each other. Electrocardiograms can see this electricity. We are energy.

Mentally, emotionally, and physically, the body can be disrupted, leading to disease. Our thoughts create electrical impulses, emotions create magnetic elements, and our EMF can be measured up to 3 feet away. The heart's magnetic field is 100x stronger than the brain's.



Light is the main field we see; the invisible micro-world of X-rays, microwaves, and radio waves, with the longest rays being hidden, is the next level. To avoid is the difficult part.

What can be done to reduce our contact?

1. Limiting exposure if we are highly sensitive to things.

Particularly if you suffer from Chronic fatigue or fibromyalgia and low immunity, so many of the symptoms of these conditions are similar to EMF side effects. The question is whether the body is not at ease creating these or whether it's your living environment and exposure. Starting to investigate and take steps to avoid this is the way forward.

2. Remove all appliances from the bedroom. Do not charge your phone by the bed or even in the room. Avoid using your mobile as an alarm. Switch off and unplug laptops, gaming machines, modems, and PCs if you happen to have these set up in the bedroom.

3. Some who are critically sensitive need to turn off the main WIFI hub in the house. Smart meters are all using WIFI. TV is normally on standby; both are difficult if recordings are taking place, as it is challenging to switch off completely.

4. Sleeping near a radiator is also not ideal; move the bed further away if at all possible.

5. Keeping mobile calls to a minimum. Heat energy rises rapidly, mobiles are held close to the skull. Young children who now use tech earlier could be affected more, especially when their skulls are still developing. One reason this is vital education. Their skulls are thinner, definitely not near a young infant. Think where do you place your mobile on your body, strapped close to you or in a pocket those rays are beaming out every second. Keep mobile devices also in aeroplane mode if driving, as the signal is constantly roaming to connect. Increasing the EMFs.

6. Energy dots are a new technology that provides a range, applied to devices or the body, helping to reduce emissions entering your biofield. Our body runs at a 7.8-hertz frequency; the dots are programmed to this energy signature and help retune the EMFs being emitted.

The world of EMFs is increasing, and it's not surprising that poor health develops as we become more immersed in these fields. Knowledge is key to protecting your body.

By Nicky Abell-Francis

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The Power of Imagination Creating a Life of Abundance Through Personal Development



By Caitlin Carter - Personal Development Coach

Why be delusional? While it may seem odd, the kind of delusion we're discussing here isn't about denying reality. It's the conscious choice to envision a life that hasn't yet materialized. Your dreams, aspirations, and ideal lifestyle may not exist today, but believing in them is the crucial first step toward turning them into reality.

Imagine waking up without an alarm, earning money through passions, and having the time and health to enjoy your success. Even if this life seems distant now, it can become your future. Great achievements start as thoughts, visions, and desires. Recognizing that the real competition is with the person you were yesterday can redirect your focus.

The saying "shoot for the stars and land on the moon" illustrates that even if you don't achieve everything you envisioned, striving toward your dreams can lead to significant outcomes. Investing your energy into something that excites you, despite uncertainties, will guide you toward the future you seek. Embracing this kind of "delusion" allows you to feel as though you are already living your dreams, opening the door to manifestation.

Simplify to Multiply

Many face the challenge of juggling work, family, health, and relaxation. What if focusing on less could help you achieve more? Most of our struggles revolve around two main areas: wealth and wellness. Proper money management reduces stress, and aligning the way you earn money with your health makes maintaining it easier.

Building good habits is essential for achieving your desired outcomes. Mastering one area of your life can create a ripple effect that benefits other aspects, such as fitness, career, and relationships. You don't need to wait for the perfect moment or the right tools; you have everything you need to start right now.

Start With What You Have

Instead of focusing on what you lack, start by listing what you already possess. You might be more equipped than you think. In times of overwhelm, find peace through silence and stillness; your next step often becomes clear in these moments. Picture waking up fully rested, engaged in activities you love, and surrounded by supportive people. When stress or pain arises, you can return to your default state of peace and positivity. This mindset is a solid foundation; it isn't about your job, body, or bank account.

“You are not a victim of the past; you are a survivor building a brighter future.”



Assets vs. Liabilities in Life

Take stock of your life: Which actions and routines propel you forward? These are your assets. Conversely, what patterns drain your energy? These are your liabilities. Assets yield positive returns, while liabilities cost you more than they contribute. Shifting your focus from liabilities to assets is a powerful transformation.

Consider the changes you've been contemplating: the business idea you've postponed, the fitness plan you want to implement. If you believe pursuing these will yield rewards, it's time to dive in. Start with one positive habit and take that crucial next step.

Believe You're Worth It

Feeling worthy of your achievements can be a struggle for many. The truth is that if you have attained something, you are meant to experience it. How you choose to respond to these experiences is entirely up to you. You are not a victim of the past; you are a survivor building a brighter future.

Let your past pain fuel your determination while diminishing your fears. As you obtain more of what you desire, remember that fulfillment isn't solely about accumulation; it's also about maintaining what you already have. If you find yourself addicted to progress, channel that energy into something positive, like health, peace, or creativity. Don't forget to acknowledge how far you've come; take pride in your journey.

Building Wealth and Wellness

To create a fulfilling life, focus on two essential pillars: wealth and wellness. Wealth isn't just monetary; it's about having more than enough. Success is defined differently by each person—some might seek adventure through travel, while others focus on nurturing a healthy family. Identify what success means to you and direct your energy accordingly.

Instead of solely concentrating on saving, prioritize generating more income. Be mindful of lifestyle inflation; simply earning more and spending more won't enhance your financial freedom. Instead, invest your time, money, and energy in pursuits that yield positive returns. Wellness goes beyond diet and exercise; it's about alignment.

Assess whether your morning routine energizes or exhausts you. Are you eating for comfort rather than nourishment? Does your environment reflect your aspirations? Wellness arises from sustainable daily choices that foster long-term happiness over short-term pleasure.

Believe. Begin. Become.

If self-doubt creeps in, know that it's okay. Believing amidst uncertainty is your strength. You can redirect your path at any moment. The beliefs that have guided you to this point can evolve, leading you to even greater heights. Embrace the journey of self-discovery and growth; your future awaits.

Caitlin.carter.coach@gmail.com

CONVERSATION WITH YOUR CHILD

By Rachanaa Tulsyan

Your child will be as affected as you are during your separation. They pick up tension in little things, such as school drop conversations, your unconscious reaction to an email alert when expecting a reply from your lawyer, and the changing tone of your voice. Does that mean that you start taking lessons on how to pretend to be joyful when you are going through a tough separation? OR do you sacrifice your sanity for the sake of your child and not go for a separation?

Not giving your child a broken home comes with a great deal of responsibility that parents often tend to overlook. Providing your child with a good education, food, shelter, or even buying them gifts cannot replace or compensate for the emotional investment made. This includes your relationship with the other parent.

Conversation with your child on your separation

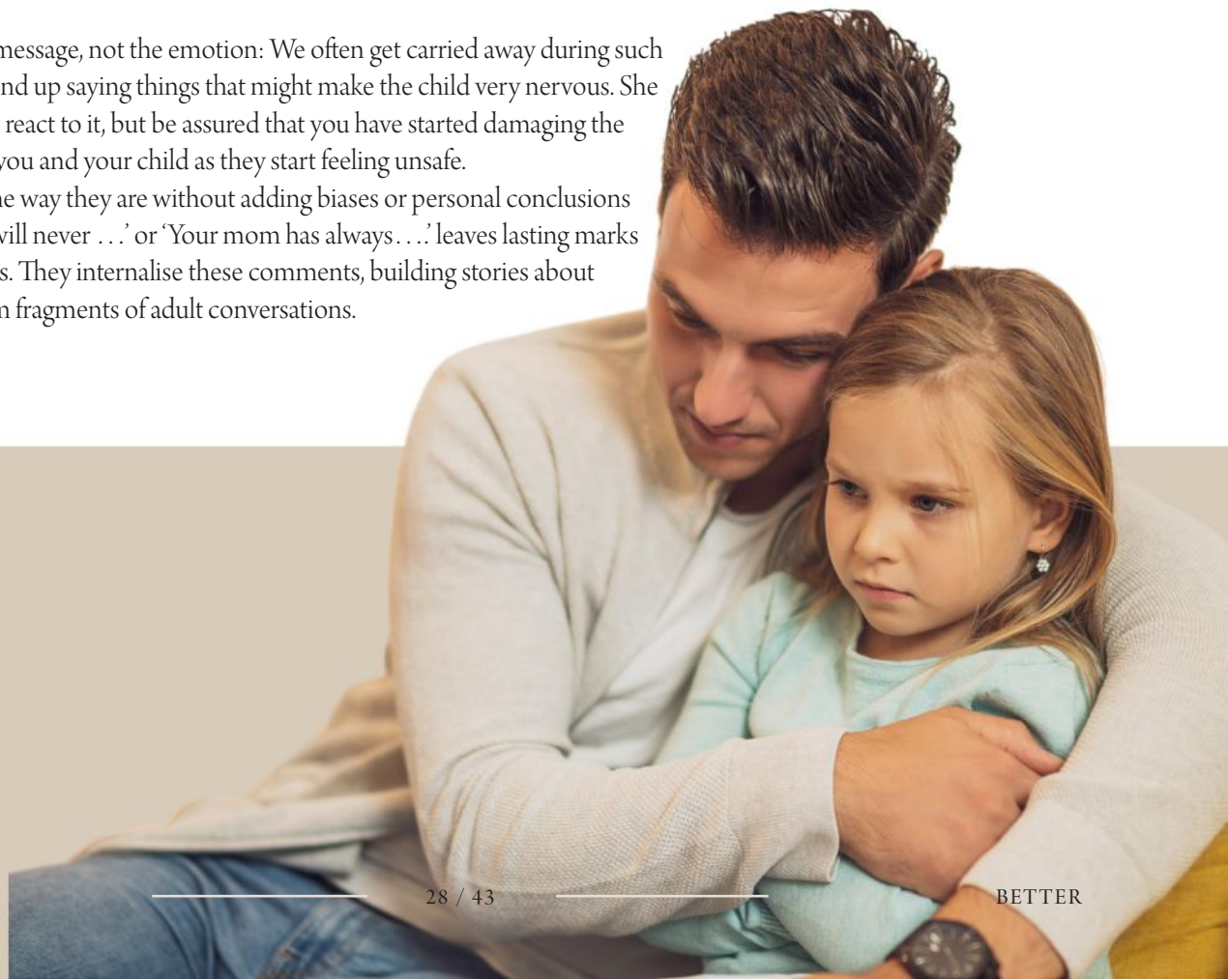
It can be difficult, if not the most difficult part of your divorce, to make your child understand what lies therein for them. Some pro tips to help you deal with this situation:

Role rehearsal: It is beneficial to rehearse your message to your child. Even if you cannot stand your partner and discussions lead to arguments, it is advisable to set aside your ego clash and deliver the same message to your child. Pre-empt questions like, 'Where will I celebrate my birthday?', 'Will we be together for Christmas?', 'Does that mean we will not go on holiday?' There is no right or wrong answer. Acknowledging that they are raising valid points and that you will address them, as you are still in the midst of planning these events, will assure them that you are considering their concerns.

False comfort: Telling your child that nothing will change for them is giving them false hope. Things will change! It is advisable to be as honest as possible. Assuring your child that you are not separating because of them and you will both love them the same way as you have in the past will help in rebuilding the trust.

Delivering the message, not the emotion: We often get carried away during such situations and end up saying things that might make the child very nervous. She or he might not react to it, but be assured that you have started damaging the bond between you and your child as they start feeling unsafe.

Saying things the way they are without adding biases or personal conclusions like, 'Your dad will never ...' or 'Your mom has always ...' leaves lasting marks on young minds. They internalise these comments, building stories about themselves from fragments of adult conversations.



Developing new vocabulary and practising phrases like ‘your dad handles things differently’ and ‘that is something to discuss with your mom’ leads to effective message delivery without negatively impacting the child’s emotions..

Blame game: Steer away from it completely! Even if you have the most abusive partner, refrain from talking negatively about them. You will only end up pushing your child away by doing so. Let them see it for themselves by you being a mentally healthy parent.

Be the healthy parent: A child needs one mentally healthy parent. A mentally healthy parent would look after the well being of the child and avoid unnecessary fights.

They recognise the narcissistic traits of their partner and play a safe game. For example, a healthy parent would organise for the other one to attend their child’s sports event together and get seats next to each other so that the child could see both parents together and not have to search for them in different directions.

Wear your oxygen mask first: All the above-mentioned tips will work only when you are well-oxygenated. If you are struggling to breathe, you will be tumbling while trying very hard to safeguard another life. Taking professional help in situations like this has always worked wonders for me.

Approaching someone who sees things from a totally detached perspective and is qualified to advise on the next steps is a wise move. It is imperative that every human being takes care of their mental wellbeing. We are laying the foundation for our future generations as they imbibe the same personality type they see around them as they grow up.



Rachanaa Tulsyan is a qualified Breakup and Divorce Coach focused on helping those in abusive and controlling relationships. Having lived-experience of two difficult relationships – one which was physically abusive and the other which involved coercive control, she now works with her clients to spot the red flags that often go unseen in relationship breakdowns.

Her mission is to normalise divorce by helping both women and men break the cycle of abuse so they can start to live their lives again. Having seen the impact that coercive control can have, and the fact that victims are often not believed as there are no physical signs of abuse, Rachanaa has been spurred on in her mission to help make a difference.

You can reach out to Rachanaa
www.rachanaatulsyan.com



Selling with Soul: Why Connection Always Wins

By Gemma Rosbiffi



I've never been the loudest in the room—but I've always known how to listen. And that, it turns out, is the real secret to selling powerfully.

After a decade in sales, I can confidently say I've always done things differently. I never loved the idea of pitching or pushing. Instead, I focused on listening, asking the right questions, and truly understanding the person in front of me. That's the magic: when you create space for someone to be seen and heard, you can guide the conversation toward the outcome that serves them best—that's your offer.

I've sold across three industries, but it all began with travel. After I had extensively travelled the world, it felt obvious to become a travel agent. I didn't have formal sales experience and was honestly nervous about selling. But I knew my passion for travel would outweigh my fear. Selling, I realised, was simply a skill I could learn.

I still remember my first sale. A couple walked in, unsure about booking a trip. As we chatted, they shared they were hoping to visit family in Fiji—family they hadn't seen in years. You could feel how much it meant to them. I got





curious. I listened. And through that connection, they chose to go ahead and book. They didn't need a pitch—they just needed someone to hear their story. That moment showed me that selling wasn't about pressure. It was about being present.

I quickly found my rhythm, consistently being ranked among the top new consultants in my first year. I later moved to a flagship store and qualified for our Global Ball in Las Vegas for the highest performers. It was a full-circle moment for the woman who once feared sales. Then, the world shut down in 2020. Most of the business was stood down—but I was asked to stay on to manage cancellations and refunds. It was one of the most challenging seasons of my career. After 12 months, I felt burned out and knew it was time to pivot.

At the same time, my husband and I were preparing to build our first home—and the next step in my sales journey led me into the building industry. Selling new homes brought a whole new level of responsibility. During a volatile market—when interest rates were climbing and builders were collapsing—connection-based selling became essential.

In that environment, people weren't just buying a house. They were placing their trust in someone to help them create their future. It wasn't about delivering a perfect pitch. It was about asking the right questions, understanding their story, and offering real support. Clients needed to feel safe. They needed to believe you understood them—and that you could help them bring their vision to life.

That experience cemented my belief that sales, at its core, is always a conversation—a powerful one when it's grounded in empathy, trust, and presence. Now, in this next chapter of life as a new mum, I've launched my own sales coaching business: Heart Led Sales. I'm creating a space for women to sell with connection and relationship building.

I strongly believe that gone are the days of the stereotypical pushy salesperson. In today's world—where information is so accessible—how we connect through our sales conversations matters now more than ever. This looks like listening to understand and showing up with genuine care and belief in your work.

How you show up to demonstrate your expertise and skills—with a level of passion and conviction for what you do—is what's going to give you a magnetic edge. People, at their core, want to connect and place their trust in you. When you can show them who you are and how you understand them, they'll see you as the only choice—and they'll trust you to deliver.

Heart Led Sales is for the woman who wants more—

More belief in herself to sell in a way that feels true and aligned to her.

More depth to her conversations, to lead with compassion and conviction.

You are not only empowered in your expertise, but you are also empowered to sell in your business.

And as a woman in business, you are ready to meet this version of her.

www.gemmarosbiffi.carrd.co

RALLY



IMAGES: Hannu Rainamo

An extreme sport and a job mission where driver and co-driver's fight for seconds are crucial!

What can we learn from this sport that can help us in our everyday lives?

Since 2017, I have been working as a performance coach in motorsports for World Rally Championship drivers and teams from around the world. It's not a cultural thing at all, and it's not even about the driving itself (at this level, everyone has unbelievable driving skills, even at a very young age, before they have obtained their driver's licence), but it's about a mindset and mentality. - You must master the inner game to win the outside one! As a coach, I help these drivers to do so.

Most of us don't have a life fighting for seconds, and most of us are not living lives where our job can kill us at any time during the day, even if it may feel like it sometimes. Outside stress and pressure can make us feel lost, afraid, worried, or out of control. Therefore, I would like to share some tips and techniques that have been the most efficient during competition weeks in the World Rally Championships.

Number one: Being able to stay in the present moment. This is key because if a driver starts to think or process the next corner or the previous stage, they can lose it all in the blink of an eye. The present moment is all we have, and therefore, it's the only place we should be in while performing at a world-class level.

In everyday life, you can apply this metaphor: Imagine that you are in your car, essentially sitting in front of the wheel, acting and controlling your life while keeping your eyes up and looking ahead. Only occasionally can you check the rear-view mirror. There is a reason why the window in front of us in a car is often much larger than the rear-view mirror window; use this as a reminder for different life situations you may be in.

Number two: Reframing! It's not about the situation you're in but about the way you're reframing it. It's about how you perceive your reality from your perspective and the interpretations you give to it, which can change the whole game! For example, you get caught in traffic and come to a red light, and you're afraid of being late for work or an important meeting.



IMAGES: Hannu Rainamo

You can then reframe the situation to reflect what you can actually do at this moment. Don't let your inner state and peace depend on something you can't even control, like traffic. So, ask yourself instead, what can I do? This example situation could quite easily be reframed as a recovery pause or a breathing pause. You can also use this time to expand your personal development by asking, 'What can I learn about myself right now?'

Or a quick analysis of what you can do next time to create margins, calm or more consciousness. So, the moment that otherwise would become stressful actually becomes a moment of learning and recovery instead.

Number three: Use a trigger for self-confidence or a power pose that reinforces your body. A trigger can be a single word, an image or a gesture that reminds you of what you can do and what's possible for you! Plan these moves and triggers ahead and practice them so they feel as familiar as, for example, any clothing that you decide to wear in everyday life.

A trap might be that we believe we must do something big and even expensive to manage or succeed in life, but the most precious tools are often free and available to anyone to use. You just have to be able to apply them in the right moment, with full presence as well as with the right intensity and consciousness.

Start practising today or when your life is calm so that when challenges or negative stress come your way, you are ready to create an inner state that supports peak performance in your everyday life.

By Jeanette Szymanski

Jeanette Szymanski works as a Performance Coach. She is also an NLP & Mental trainer, an instructor, and a very popular lecturer based in Finland. For many years, she has been helping top athletes, business executives, musicians, television and radio hosts, and others who wish to develop themselves personally and/or in their careers.

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HOROSCOPE FOR SUMMER 2025

Summer 2025 was always going to be one to watch from an Astrological point of view. It's the completion of what I like to call "The big, slow shift". What do I mean by that? To find out, we must go all the way back to November 2024, when Pluto, the planet of endings, new beginnings and rebirth, took up residence in the fixed air sign of Aquarius, where he will stay for around the next 18 years or so.

Since then, both Neptune and Saturn have moved into the dynamic fire sign of Aries, which took place in March and May, respectively. The planet of luck and abundance, Jupiter, moved into his favourite sign of Cancer in June, and finally, Uranus moved from Taurus to Gemini in July. Whilst this won't be a permanent move for Uranus as he will Retrograde back into Taurus for a short time in November until April 2026, wrapping up a transit which began in May 2018.

The reason this is such a significant period in our history is due to the rarity of all the outer planets changing signs in the same year, not only changing signs but moving from Water and Earth signs into Fire and Air signs. We have been used to a more passive and emotional energy in recent times. However, we are now facing a time where the overarching energy is far more reactive and dynamic, dare I even say, more unpredictable.

2025 is, in many respects, a year of transition, endings and rebirth. Entering into this brave new world that is unfolding before us. Now, I know you are wondering what this means for you and those around you. Read on, and all will be unveiled.

Aries

You're used to being at the forefront of the action, Aries. This summer, you are coming to terms with the changes that have taken place. Yes, it may feel like a fog; this is the Neptune effect, and it's an energy you must learn to adapt to. The hard lessons will continue as Saturn asks you to work harder on yourself and how you approach life.

As Uranus moves into Gemini, this may cause you to develop some radical new thinking in terms of how you communicate with those near and dear to you: exciting times ahead, my friend.

Taurus

If you are reading this in hopes that all the upheaval, sudden changes, and what has felt like utter chaos in the parts of your life you love the most might be coming to an end, then I have good news for you, Taurus. Mark your calendar because, as of July, Uranus has moved from your sign.

Now, it's not forever, but until November, you will have some sense of your new reality. No other sign has been tasked with changing so much. You have been shaken to your very core, and for many, you are a completely different person, and it is glorious to witness! What a glow-up!



Gemini

Have you been sensing change is afoot? Then you would be right! Uranus comes storming into your sign in July, where he will stay until November; this will give you a taste of what the next 7-8 years will feel like.

You are on the precipice of unexpected and surprising changes that could see you waking up one day and deciding to completely change your career, your physical appearance and your approach to life, out with the people pleasing. It's ALL about you now.

Cancer

It's a funny old summer for you, Cancer. On the one hand, the lucky planet of Jupiter is visiting for a year and is bringing joy and expansion. However, it's dulled slightly with Saturn in Aries, causing all sorts of challenges in your career and, perhaps, even how the world sees you.

Fear not, as Saturn rewards just as much as he challenges. With this combination, you could end up with that promotion or a big deal that nobody, not even you, expected to land! Trust your intuition; it will not lead you astray.

Leo

As your birthday approaches or perhaps just gone, Leo, there is a quiet optimism in the air that the past few years have provided you with an extra level of strength and wisdom. Yes, hard-fought battles have ensued, and at times, you wondered if it would ever end.

This wisdom you now have needs to be shared with the world. Don't go too bold too soon, as it is in your nature; start with those around you at a family and community level, and watch as the word spreads. Oh, what fun you shall have!

Virgo

There is a feeling of inevitability with you this summer, Virgo; your thoughts may even surprise you, with some of you deciding to relocate once you complete a deep dive into your finances and assets. Your friend group is coming under the spotlight with some potential of meeting new people on some surprise trip. Yes,

I did say surprise and trip in the same sentence; do try not to freak yourself out. Relax and enjoy a well-earned break. There will be plenty to work on in that new house once you return.

Libra

Have you been feeling like those closest to you are all of a sudden speaking a different language from you, Libra? It's not just you, the planet of dreams and illusions; Neptune is slowly making its way through that part of your chart.

This leads to a bit of turmoil when faced with the negotiation of any contracts this summer, be it business or personal. However, rest assured that with expansion being prominent, your time to shine is on the horizon. Showing your humility will win you the favour of those watching your rise to glory.

Scorpio

Hello, dark and dangerous. How is that Summer fitness programme working out for you? Think outside of the box with this one; the usual approach isn't going to cut it this time. Expanding your mind by learning something new could be just what you have been searching for, perhaps a leisure class on some extinct civilisation, which leads to a trip for further investigation.

Uranus moves away from directly opposing your day-to-day relationships and into the areas of intimacy and shared finances. How well do you know your bank account, Scorpio? It may be time to get up close and personal with it.

Sagittarius

Could this be the summer that you will look back on and say, “Yes, that’s where it all began”? There is a distinct feeling of dreams coming true, finally, for you, Sagittarius. There have been epic battles where victory wasn’t always guaranteed. However, with this “cosmic” change in fortunes, your rewards are on the way.

There are some surprise offers that could literally alter the direction your life has been heading until this point. As the adventure-loving soul of the zodiac, you are not in the least afraid; you are, in fact, filled with a sense of optimism that has been lost for so long. Trust and believe.

Capricorn

Your planetary ruler, Saturn, has taken up residence in the area of your chart connected to family, self-care and foundations. This summer sees you exploring who you really are within your family and the role you play in it. Putting yourself first, whilst it may not come naturally to you, is essential for the next part of your cosmic development.

Uranus is going to shake things up around your health and wellbeing, so be prepared to dust off those running shoes. There is nobody more surprised than you by this sudden desire to organise your physical and mental health.

Aquarius

This summer, it is time for you to get out and about Aquarius! Reconnect with your creativity. Things have felt very heavy since November, with Pluto taking up residency in the areas of self, attitude, and identity. Is it time you show the world another version of who you are? If anyone is a chameleon, it’s you.

Be the trendsetter and boldly take us into the new era. We will follow your lead. Trust in your vision. Your feeling at home in your emotions over this time, not exactly your comfort zone, but I suggest using this rare window of opportunity to follow your heart.

Pisces

There is a tug-of-war going on this summer, Pisces. You want to spend and buy all the pretty things, but with Saturn in your money and finances zone, it’s proving to be quite the headache to make the books balance.

You can keep your head in the clouds, or you can be brave and face the music. I promise it won’t be as bad as you think. There is a big shake-up happening with your family dynamics. Pay attention to those subtle changes in energy that you are so good at picking up on, and you will be okay.

ENERGY MATTERS


Everything Is Energy: How Your Thoughts and Words Shape Your World

We hear the phrase “everything is energy” a lot these days, but what does that actually mean, and why does it matter in everyday life?

Put simply, your thoughts and words aren’t just background noise. They carry energy. And that energy influences how you feel, show up, and even what you attract into your life. It’s not about being positive all the time or trying to “think your way to success.” It’s about becoming aware of the invisible power that shapes your reality every single day. And it starts with what’s going on in your head and what’s coming out of your mouth.

The Science (and Magic) of Energy

The brilliant inventor Nikola Tesla once said: “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” At the most basic level, science tells us that everything is made of energy—even our thoughts and emotions. Your brain waves have frequencies. Your words hold vibration. The energy you put out has a measurable effect on your body, your environment, and your overall well-being.



Japanese researcher Dr Masaru Emoto famously demonstrated this in his water crystal experiments. He labelled jars of water with words like love or hate and then froze them. The water exposed to loving words formed beautiful, symmetrical crystals, while the ones exposed to harsh language formed distorted, chaotic shapes.

Now consider this: your body is around 60% water. If water responds visibly to the energy of words, what do you think your cells are doing every time you speak to yourself with criticism, blame, or shame?

Your Thoughts Become Your Chemistry

Every thought you have is literally absorbed by every cell in your body. Let that land for a moment.



When you think something like “I’m a failure”, “I’ll never get it right”, or “I’m not good enough”, you’re not just saying words. You’re sending messages that ripple through your entire system. Your body listens. It reacts. Over time, these repeated thought patterns can affect your nervous system, stress response, immune health, and even posture. In contrast, empowering thoughts like “I’m learning”, “I’ve overcome so much already”, or “I’ve got this” send very different signals.

They help your body shift into safety, balance and growth. Thoughts create feelings. Feelings create responses. And over time, those responses create your experience of health or disease.

From Inner Critic to Inner Coach

We all have an inner critic. That voice that says. You’re not smart enough.
You can’t do it.
You’ll never be good enough.

The voice that compares criticises and convinces you that you’re falling short. But what if you started to replace that voice with a more supportive one - your inner coach?

Imagine hearing:
You’re doing the best you can - and that’s enough. You’ve faced challenges before, and you’ll get through this, too.
This is a learning curve, not a final judgement.

Your inner coach encourages. It lifts you up when things get messy. It reminds you of your resilience.

And it’s always available - you just have to tune in.
Words Have Weight - Use Them Wisely
Here’s a simple example: the word should.

“I should go to the gym.”
“I should have done better.”
“I should be further ahead by now.”

Heavy, isn’t it? Should is often rooted in guilt, pressure, and comparison. Now switch it to could:

“I could go to the gym.”
“I could choose to try again.”
“I could do things differently next time.”

Feel the difference? “Could” opens space for choice. It feels lighter, more expansive, and more empowering. That tiny shift in language moves you from shame into possibility—and possibility is where change lives.

Three Easy Ways to Shift Your Energy Through Language

Here are three simple, practical tools to help you become more conscious of your thoughts and the words you use:

1. Pause and Reframe

Catch yourself in the act. Notice the thought. Ask: Would I say this to a loved one? Is it helpful? Is there a kinder way to say it?
Reframe it to something supportive - even if it feels unfamiliar at first.

2. Stop, Breathe, Assess, Reset

When you’re triggered or spiralling into old patterns, take a moment. Stop. Breathe. Assess how you’re feeling. Reset with intention. This helps you respond, not react and brings you back to conscious choice.

3. Get Curious, Not Critical

Instead of saying, “What’s wrong with me?” try, “What’s going on for me?” Curiosity softens the energy. It keeps you open to insight rather than shutting you down.



Your Words Are Your Wand

You don't have to get everything right. You don't need to become a guru. But when you start becoming aware of the energy behind your thoughts and words, you give yourself the gift of conscious choice.

You move from autopilot into presence. From reaction into intention. From self-judgement into self-leadership. And that's where real empowerment begins. Remember to have compassion, understanding, and forgiveness for yourself. You're simply a work in progress.

Final Thought: You Are the Energy You Bring

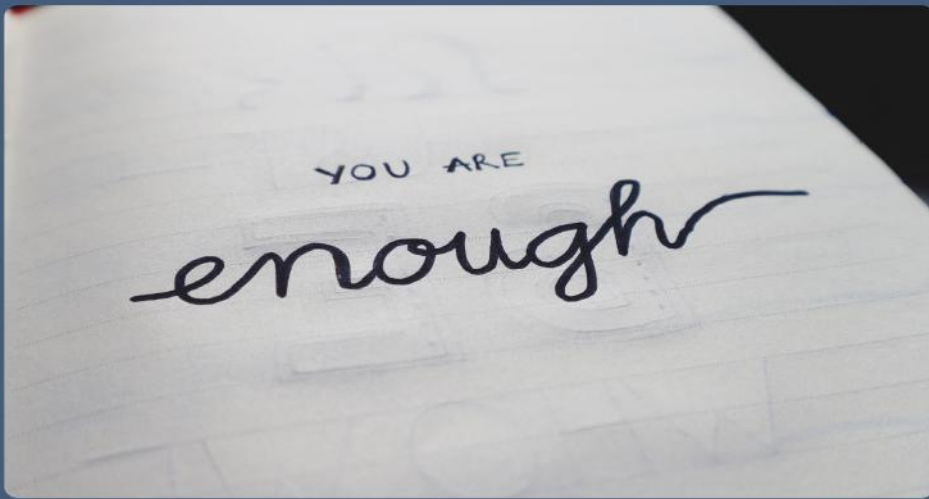
Every word you say to yourself and others has an impact. It sends a ripple through your body, your mind, and your environment. When you choose more empowered thoughts, you lift your own vibration and that changes everything around you.

So next time that old inner script pipes up with, "You're not enough," take a breath and ask: "What's a more empowering thought I could choose right now?"

That small choice? It's where big change begins.

Want more support on living with empowered energy?

Visit www.sallyestlin.com for simple tools, empowering card readings, conscious clothing, and real conversations to help you raise your energy - one choice at a time.



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