

*1st Edition*

# Be Better

M A G A Z I N E

BETTER Life

BETTER Mind

BETTER You

BETTER Nutrition

BETTER Health

BETTER Fitness

BETTER Style

A portrait of Mary Scott, an older woman with short blonde hair, wearing blue-rimmed glasses, a yellow top, and a gold chain necklace. She is smiling and has her arms crossed.

MARY SCOTT

THE CONFIDENCE COACH



# EDITOR'S NOTE



Welcome to the inaugural issue of Be Better magazine! It is with immense pride and excitement that we launch this publication, dedicated to empowering you to be the best version of yourself.

We are often bombarded with noise, distractions, and pressures, it is easy to lose sight of our own potential. Be Better is here to remind you that self-improvement isn't about perfection, but progress—and it's a journey worth taking.

In this first issue, we are diving deep into the essence of self-responsibility. At its core, the journey to being the best version of ourselves begins with owning that responsibility. It's about recognising that we are the authors of our own lives, capable of shaping our futures by the choices we make today. No one else can do it for us. It's about growth, self-awareness, and sometimes, confronting the uncomfortable truths that hold us back.

Throughout these pages, you'll find inspiration, practical tools, and real-life stories from people just like you—individuals who've faced challenges, embraced change, and are striving every day to be better. Our goal is to help you embrace your own potential, one small step at a time.

This issue serves as a reminder that becoming the best version of ourselves isn't a destination, but an ongoing process. It's not always easy, but it's always worth it. By committing to small, consistent improvements, we can unlock a life of fulfillment, purpose, and joy.

Thank you for joining us on this journey. Together, let's rise to the challenge of self-betterment and discover what it means to live life fully, with intention and purpose.

Here's to being better, every day..

**RANYATHWALL**

# CONTENTS & FEATURES

---



06

Special feature  
on  
**Mary Scott**

**The  
Confidence  
Coach**

---





14

**Celia Conrad**

The Power of  
Self-Love



16

Mastering your  
life through  
chunking



20

**Jen Legaspi**

What Nobody  
Tells You About  
Change



22

The art of  
taking time-out

# INSIDE

# INSIDE

---



26

**Tamzin Hall**

Playful Minds,  
Powerful Results  
Neurodiversity in  
Action

28

**The power  
of kindness**



34

**Paul Corke**

How To Escape  
The Perception  
Prison





38

**How a life  
coach/mentor  
can make  
you better**

40

**Tina Kaczor**  
Unlock the Secret to a  
Healthier Brain



44

**Yvonne B**  
Youthful Living, Squeez-  
ing the  
Juice Out Of Life.



46

**Leon Lloyd**  
The Power of  
the Breath and  
Freezing the Fear.



BE BETTER FEATURE STORY

# MARY SCOTT





Curiosity has always been my compass, driving me to strive for more and to give more in every facet of my life. From a young age, I felt a deep inner push to break boundaries, constantly seeking new opportunities to learn and grow.

I take immense pride in having shaped my own path, embracing the challenges and triumphs that come with being a self-made woman.

As the youngest of four children—two boys and two girls—I was raised in a small town on the South Island of New Zealand. In this humble yet nurturing environment, I first developed the resilience, determination, and relentless curiosity that guided me throughout my life's journey.

These formative years instilled in me a profound understanding of the importance of perseverance and the courage to forge my own destiny, no matter the obstacles.

I didn't care much for school; I was highly motivated and successful in my sports. Hockey, swimming, and cricket were my life. It was my love of sports that I discovered how passionate I was to strive and flourish.

My entrepreneurial endeavours started when I was about 10, delivering newspapers from house to house on my push bike. We would start at 4:30 a.m.

During the summer school holidays, I would pick raspberries with my friends. We were paid by the bucket, and the money earned went towards my sporting equipment. At 12, I taught children to

swim at my local club and absolutely loved it. At about the same age, before winter set in, I would first clean our chimney, and then the neighbours would pay me a shilling to clean it. I find great magic in sitting in front of an open fireplace with friends.

I loved to make money as it was a way for me to feel more independent from an early age. After completing my fourth form, I left school to become a Community Nurse, which was my preferred career for 20 years.

During this time, I worked in Fiji as a volunteer, firstly as a nurse and then looking after kids in a boarding school in a more remote part of the Islands. From the children I cared for, I learned the true beauty of swimming in the ocean daily. This experience brought me immense joy and personal satisfaction as I worked and lived within a beautiful, warm, and inclusive community.

Since the late 70s, I have been extremely passionate about personal development. I was driven by an inner conviction that there had to be more to life, and I immersed myself in numerous personal development courses. This journey deepened my understanding of both me and those around me, unveiling new dimensions of growth and potential.



‘THE EXPERIENCE WAS  
SOUL-DESTROYING AND,  
AT TIMES, HUMILIATING.’

---

After moving to Australia, my passion for personal development quickly evolved (despite not finishing my schooling). I studied to become a psychotherapist and launched myself into a lifelong career. I eventually established a thriving private practice in Melbourne, Australia, that flourished for 16 years.

In retrospect, I worked too hard, mostly seven days a week, five days in my practice, and the weekends were often spent facilitating Personal Growth workshops in rural communities. One of my weekend “growth” groups has continued for seven years. We meet in person for five full weekends each year. The women in this group were profoundly committed to their personal and emotional growth, demonstrating an unwavering dedication to transforming their lives.

As we entered our seventh year together, I proposed that we culminate our journey with an unforgettable experience: walking the Milford Track in New Zealand. I believed this would be a remarkable way to challenge ourselves physically, in contrast to the emotional challenges we had navigated over the past years.

Known as one of the Seven Natural Wonders of Oceania, the Milford Track offered the perfect setting for such a transformative milestone. The project was an astonishing journey for these remarkable women. All completed the walk with great gusto. We supported each other through the challenge of the lush rainforest, along the pristine rivers and lakes, with at times steep climbs and forest-clad cliffs.

This ended our formal learning together; they were well on their way to true greatness! After my sixteen years in private practice, I burnt myself out. What I found is I pushed myself too hard for too long. I closed my practice. Despite this, I absolutely loved what I was doing and the difference I was making in my client’s lives. I knew then it was something I was born to do.

I moved interstate, and a couple of months later, due to various personal and business matters, some of which were out of my control, I found myself insolvent and bankrupt. No money to pay the rent and no job! I found this quite shocking and humbling. Asking for help didn’t come easy for me in those days. Wow! What a vertical learning curve that was.

I created a workshop for people who found themselves (like me) bankrupt. What I found was for some, this was a very “shaming” and significant event in their lives that many people never ever recovered from. The workshop didn’t amount to much as most of the people in this position found it too shaming to even turn up to the event and face other people.

Going bankrupt had a profound effect on my life. To this day, it still impacts what I can and can’t do professionally and personally. After a few days of crying and despair, I got to work to find a job. I applied for 500 jobs, most of these were counselling-type jobs. This resulted in two interviews and no job at the end of it.

The experience was soul-destroying and, at times, humiliating. No one wanted to employ a 50-something-year-old woman who had a mind and an opinion and clearly enjoyed working autonomously.

I was not going to be beaten. I approached a guy I hardly knew who had a business servicing cars. He had quite a team of mechanics. He gave me my first job after bankruptcy, selling door-to-door service vouchers for car servicing. It was confronting and very character-building.

From there, I worked in a call centre selling holidays. I worked six hours a day, and the team consisted of 12 people (including me), all of whom were half my age. We did a lot of laughing, and I made some excellent bonuses.

Soon, I found a job in security (after I undertook some formal training), drive-in, drive-out, seven days on and seven days off working in the gas fields.

It was wonderful to work in nature, and on the night shift, I enjoyed the night sky, as we were in the country with no competing lights. The nights were quiet and a great time for contemplation.

Later, I progressed to fly-in-fly-out work in open-cut coal mines and underground coal mines. This was an entirely new world for me, and there were so many regulations and rules to adhere to. Compliance was my number one priority.

I was offered the opportunity to work offshore for three years in an Australian government-operated detention centre for Refugees seeking asylum. The Centre was situated on the small Island of



Naura, 21 km round, in the middle of the Pacific Ocean. This was not a job for the faint-hearted. The staff lived in small “Donga’s” (a small modular transportable building usually previously used as containers for transporting goods)

For the last 18 months of my work on Naura, I applied for a position as manager of the “Family Camp.” My title was Command Four (a very military-run facility). At one time, I had almost 1000 men, women, and children in my care. If I had thought coal mining was highly regulated, this experience would have been on a whole different scale, and for good reason. I had to stay on high alert, constantly aware of my surroundings and conscious of my spatial awareness.

The refugees were housed in massive marques, with each family allocated a space with wooden walls and floors. This was an extremely stressful job,

‘IN JULY 2024, I WAS  
HONOURED TO RECEIVE  
THE “GLOBAL SUPER MINDS  
2024” AWARD.’

---

confronting and stimulating at the same time. I experienced the deep rawness of humanity at the coalface. Being in the Pacific, the heat was relentless day and night.

Managing incidents like riots challenged me to the core and further developed my character. Parents sewing their children’s lips together in demonstrations took it to a whole new level for me.

Most days, I had to dig deep to stay focused and productive. It helped to have a staff of 30-70 people to focus on and support them in their various roles. Even when I think of the context of these incidents, they are still extremely confronting and abhorrent. After three years, my contract ended, and I was relieved when they did not renew it.

I slept and recovered from the onslaught of that job for a couple of weeks. I took some time out for serious reflection. Being home with my family and feeling loved and appreciated was good.

I felt as though I had come full circle, returning to the path I was always meant to walk. After being distracted for too long, I realized it was time to realign with my true purpose in life. The pull to reconnect with my deep passion for personal development was undeniable.

I knew I had to once again devote myself to supporting others, helping them grow, and empowering them to rise and embrace their true potential. This renewed commitment wasn’t just a choice but a calling I could no longer ignore—a return to the essence of who I am and what I am here to do.

I had never worked online before and birthed a new vertical learning curve here. Working in the Pacific, using social media platforms was forbidden. At the time, I had no idea how FB worked. I was the new kid on the block!



What I found extremely helpful was videos explaining how to set myself up on the various platforms. From there, I would play, pause, action the instructions and then go back to play. It tested all my patience.

These days, I am more patient than ever when learning new tasks or teaching others how to become “old hands” when using various platforms. Before I knew it, I had a personal and business page on Facebook, and LinkedIn was another new adventure.

I put myself to work, being determined to become successful once again. I was like a machine as I gathered new skills to operate an online business. I partnered with a personal development company for six years and was one of their top income earners. After six years, I wanted to be autonomous once again. I resigned from that company.

I set myself up as a Confidence Coach, although I have to say that once a therapist, always a therapist. It is in my blood to be extremely enquiring and ask my clients deeper questions. It is hard to explain how amazing it was to tap back into all the knowledge I had gained over more than thirty years in the people business. I experienced such freedom and joy in being able to share my own knowledge with willing participants.

I set about becoming a dedicated advocate for personal development, combined with teaching business success, as this gives me great joy. I make



it my business to teach others what I have learned over many years, and I am a diligent student of personal development. I have found it incredibly advantageous to have been in their shoes, right where they are now on their journey to becoming great.

From my experience, especially with women over 50, I've noticed that they often feel afraid or nervous about reclaiming their power after raising a family or not feeling appreciated in their corporate position. Having a seasoned Coach in my corner has been pivotal in me attaining the success I experience today. She tells me I am an ideal client who has done everything she has suggested to create success.

They say I am widely recognized for my authenticity and wisdom. My clients tell me my approach to coaching is warm and humorous. And I possess unwavering encouragement underpinned by a profoundly positive mindset. I love to tell stories, and I shine when I am on stage. I captivate audiences with the adventures and insights I have gained over my extensive journey through life. I have been privileged to speak to audiences all over the world. My biggest audience is in Dallas, Texas, with over 5,000 people.

This experience was transformative, engaging with the audience and teaching them while having fun. My most captivating and fun-filled "gig" was sharing the stage with my partner of 26 years in Puerto Rico. We had so much fun and everything we said needed to be interpreted. It was a challenge to remember what I had just said, as when our good friend Rosa repeated it in Spanish to 150 people, they would jump to their feet, clapping and shouting words of joy and great satisfaction at gaining new knowledge. This was a time of focus and discipline.

I am a published author...

I wrote about my journey to accomplish a 17-year goal of running the prestigious Boston Marathon. I was inspired by watching the Marathon with my brother on a small black-and-white television 17 years before. You can see from my photos that I am "not a runner," but I ran! Completing the Boston, Rotorua and Melbourne Marathons was a very "Sweet" thing for me, and I savour it to this day. What do they say "What you think about you bring about"

In April 2023, I proudly reached the Global Evolutionary Women Entrepreneur Awards finals in the Solopreneur category. In July 2024, I was honoured to receive the "Global Super Minds 2024" award from the Expert Profile Magazine. For this, I am truly grateful.

My career trajectory has been a remarkable evolution, reflecting my deep commitment to growth and transformation. After 20+ years of experience as a Coach, Mentor, and Psychotherapist, I have been privileged to impact countless lives, guiding others to unlock their full potential and embrace profound change.

My greatest joy comes from witnessing others conquer their fears and setbacks, guiding them toward new levels of success and fulfilment, and, ultimately, helping them step into their own greatness.

In August 2024, I faced the heartbreaking loss of Jean, my partner of 26 years, after a terminal illness. Our journey together was a privilege—a profound experience of learning, growth, and deep connection. I will forever cherish the vibrant spirit and boundless zest for life that we shared. I am eternally grateful for the remarkable impact she had on my life.

**For me, magic moments matter.**



CONNECT WITH ME

[www.facebook.com/mary.scott.33](https://www.facebook.com/mary.scott.33)

[www.linkedin.com/in/maryscottinfluence](https://www.linkedin.com/in/maryscottinfluence)

[www.maryscottinfluence.com](https://www.maryscottinfluence.com)



## **The Power of Self-Love**

### **Nurturing Your Greatest Relationship**

Self-love is a concept that is both profound and yet often overlooked in our lives. It is the foundation upon which our well-being, relationships, and happiness are built. So, what exactly is self-love, and why is it so important?

Self-love is not to be confused with conceit. At its core, it is the act of caring for and valuing oneself. And about treating yourself with kindness, respect, and compassion, just as you would a beloved friend. It involves accepting your flaws, embracing your strengths, and understanding that you are worthy of love and happiness simply by being who you are.

If you do not believe you deserve to be loved, you cannot expect love in return. How we offer love is how we receive love. If you do not give love to yourself, how can you hope to gain it from someone else?

Some compelling reasons to demonstrate the importance of self-love...

Self-love is the cornerstone of emotional well-being. When you love and accept yourself, you cultivate a positive self-image and a strong sense of self-worth. This, in turn, leads to greater emotional resilience. You become better equipped to cope with life's challenges and setbacks because you trust in your ability to overcome them. Self-love helps shield you from the harmful effects of self-criticism and self-doubt, allowing you to lead a more balanced and fulfilling life.

Self-love is not selfish; it's a prerequisite for healthy relationships with others. When you love yourself, you set the standard for how you expect to be treated.

You are less likely to tolerate disrespect or mistreatment because you recognize your worth. Moreover, by loving yourself, you have more love to give to others. It enables you to nurture deeper, more meaningful connections as you approach relationships from a place of abundance rather than neediness. We cannot use others to top up a lack of love for ourselves or use them to meet that need. People who are co-dependent – reliant on a partner for their happiness – are seen as 'needy' or 'clingy.'

Self-love fuels your ambition and drive. It empowers you to pursue your dreams and passions without the fear of failure or the weight of perfectionism. You understand that making mistakes is a part of growth and that setbacks do not define your worth. With self-love as your ally, you are more likely to take risks, embrace challenges, and persist in the face of adversity. It becomes the driving force behind your personal and

professional success. Now that we've established the importance of self-love let's look at how to practise it.

**Self-love involves self-compassion.** Treat yourself with the same kindness and understanding that you would offer to a friend in times of struggle.

**It necessitates positive self-talk.** Replace negative self-talk with words of encouragement and affirmation. Challenge the inner critic and replace it with a nurturing voice.

**Self-care is a prerequisite.** Prioritize self-care activities that nourish your mind, body, and spirit. This includes exercise, meditation, hobbies, and spending time with loved ones.

**Boundaries are key.** Set healthy boundaries that protect your emotional and mental well-being. Learn to say no when necessary and prioritize your needs.

**Forgiveness.** Forgive yourself for past mistakes and let go of grudges. Holding onto self-blame and resentment only hinders your ability to love yourself.

Self-love is not a destination; it's a lifelong journey. How you regard yourself directly impacts your relationships with others. In order to attract the right person into your life, you have to be the person you want to attract. It means your relationship with yourself is the most important relationship of all.

I invite you to embark on this journey of self-love. It's a journey that will not only transform your relationship with yourself but also with the world around you. When you practise self-love, you attract people to you who treat you in the loving way you treat yourself. Anything less would not be self-love.

Always remember that you are deserving of love, and by loving yourself, you unlock the door to a life filled with happiness, purpose, and boundless possibilities.

**By Celia Conrad**

Celia Conrad, your Relationship Guru, is a former family lawyer and relationship expert offering emotional and practical support on dating, thriving relationships, break-up and divorce, personal loss and bereavement.

[www.yourrelationshipguru.com](http://www.yourrelationshipguru.com)







# Mastering Your Life Through Chunking

## A Practical Guide to Managing Multiple Aspects

Life can often feel like a juggling act, with various aspects vying for your attention: work,

family, personal development, health, hobbies, and social obligations. The stress of managing all these areas can leave you feeling overwhelmed and unfocused. However, there's a strategy that can help you regain control and boost your productivity—chunking.

Chunking is a cognitive process that involves breaking down large pieces of information into smaller, more manageable units. In the context of life management, chunking allows you to take the broad and often overwhelming areas of your life and break them down into smaller, actionable steps. Doing so can reduce stress, increase focus, and make consistent progress in all areas of your life.

**Clarity and Focus:** Chunking helps you clarify what needs to be done by breaking down complex tasks into simpler ones. This prevents you from feeling overwhelmed by the enormity of your responsibilities. **Improved Time Management:** By chunking your tasks, you can allocate specific blocks of time to different activities. This helps in avoiding multitasking, which often leads to inefficiency.

**Reduced Stress:** A well-chunked life feels more organized and manageable, reducing the anxiety that comes from trying to juggle too many things at once.

**Enhanced Productivity:** When tasks are broken down into smaller chunks, they become more accessible to start and finish. This creates a sense of accomplishment that can motivate you to keep going.

### Chunking Down Your Life: A Step-by-Step Guide

To make chunking a practical tool for managing your life, it's essential to approach it systematically. Here's how you can chunk down the different aspects of your life.

#### Career and Work

Your career is likely one of the most time-consuming aspects of your life. To chunk down this area:

**Identify Key Areas:** Break down your work responsibilities into daily tasks, long-term projects, skill development, and networking. By segmenting your work life, you can focus on one area at a time, making it easier to manage.

**Create a Weekly Schedule:** Allocate specific times during the week for each chunk. For example, Monday mornings could be dedicated to planning and setting weekly goals, while afternoons could be for deep work on critical projects.

**Set Micro-Goals:** For each chunk, create smaller goals. Instead of saying, "I need to finish this project," break it down into actionable steps like "Complete research by Tuesday," "Draft outline by Thursday," and "Review with team on Friday."





### Family and Relationships

Maintaining healthy relationships requires time and effort, which can be challenging when you're busy with work and other commitments. Here's how you can chunk down this aspect of your life:

**Prioritize Relationships:** Identify the key relationships that matter most to you—spouse, children, parents, close friends—and chunk down the time and attention you need to give to each.

**Designate Quality Time:** Set aside specific times in your week for family activities. For example, Friday evenings could be family game nights, while Sunday afternoons could be reserved for visiting parents or catching up with friends.

**Communication Chunks:** Break down communication into manageable chunks. Instead of trying to keep up with everyone all the time, schedule regular check-ins. For example, you could call your parents every Sunday evening or have a coffee catch-up with a friend once a month.

### Health and Wellness

Your health is a critical area that should always be addressed. To chunk down your health goals:

**Segment Health Goals:** Divide your health and wellness into physical health, mental well-being, and nutrition. This helps you focus on different aspects of your health without feeling overwhelmed.

**Create Daily Rituals:** Incorporate small health chunks into your daily routine. For instance, allocate 30 minutes daily for exercise, a 10-minute meditation session before bed, and a weekly meal-prepping session on Sundays.

**Track Progress:** Break down your progress into chunks. For example, instead of saying, "I need to lose 20 pounds," break it down into weekly or

monthly goals, such as losing one pound per week. This makes the goal feel more attainable and keeps you motivated.

### Personal Development

Personal development is crucial for growth, but it can be challenging to find time for it. Chunking can help you stay on track:

**Identify Development Areas:** Break down personal development into categories like learning new skills, reading, journaling, or attending workshops.

**Allocate Time for Learning:** Dedicate specific chunks of time each week for personal development. For example, you could set aside 20 minutes each day for reading or 30 minutes every Saturday morning for online courses.



**Set Learning Milestones:** Instead of aiming to “learn a new skill,” break it down into chunks. For example, if you want to learn a new language, chunk it down into beginner, intermediate, and advanced levels and set goals for each level.

### Hobbies and Leisure

Hobbies and leisure activities are essential for a balanced life. However, they often get pushed aside when life gets busy. Here’s how to chunk down your leisure time:

**List Your Hobbies:** Identify the hobbies that bring you joy. List them, whether painting, playing a musical instrument, or gardening.

**Time Block for Leisure:** Allocate specific chunks of time for your hobbies. For instance, you could dedicate Saturday afternoons to painting or Sunday mornings to gardening.

**Set Small Creative Goals:** Break down your hobby into chunks. For example, if you’re learning to play the guitar, you could set a goal to learn one new song every week. This keeps your hobby enjoyable without becoming overwhelming.

### Financial Management

Financial health is a significant aspect of life that requires attention. Chunking can help you manage your finances effectively:

**Break Down Finances:** Divide your financial responsibilities into budgeting, saving, investing, and debt management.

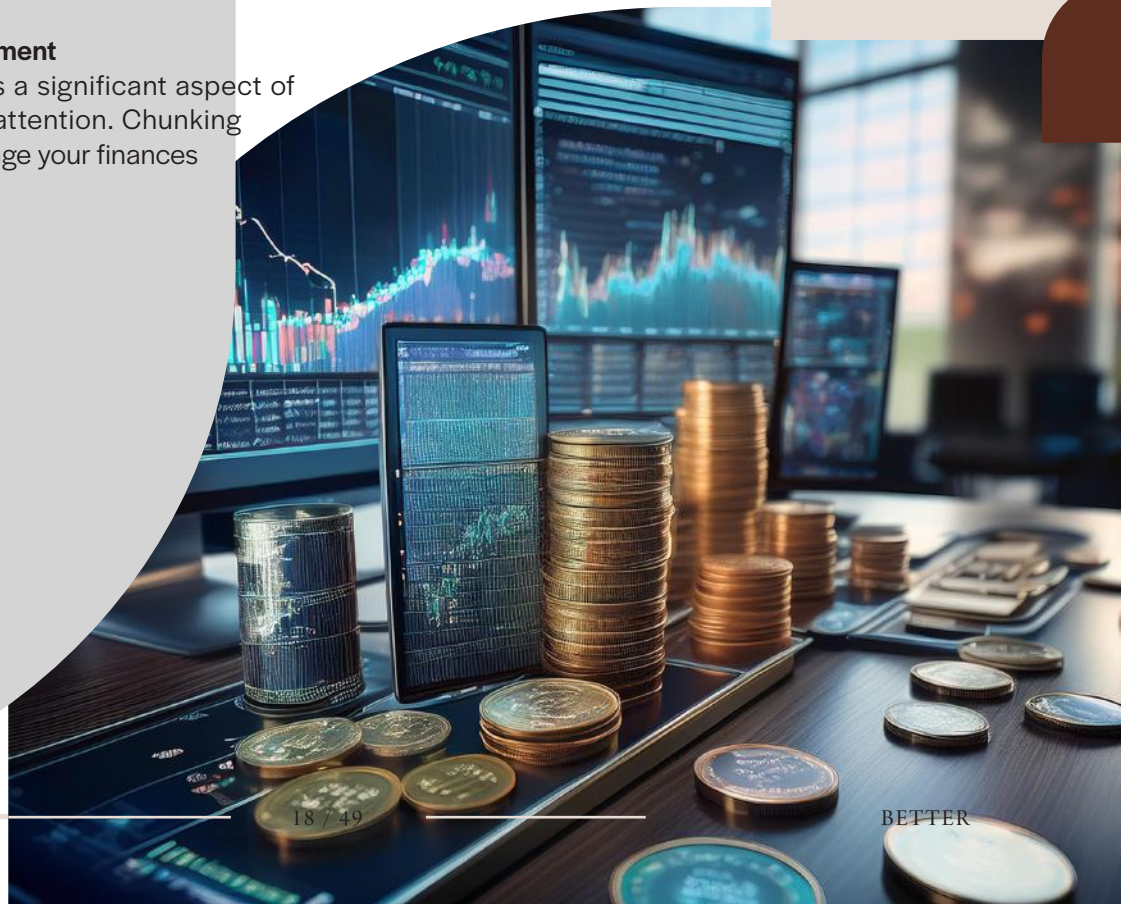
**Monthly Financial Review:** Allocate a specific time each month to review your finances. During this time, you can assess your budget, track your spending, and adjust your savings and investment plans.

**Set Financial Milestones:** Instead of focusing on significant financial goals like saving for a house, break it down into smaller chunks, such as keeping a specific amount each month. This makes long-term goals feel more achievable.

### Social and Community Engagement

Engaging with your community and maintaining a social life are vital for emotional well-being. Here’s how to chunk this aspect:

**Identify Social Priorities:** Break down your social life into chunks, such as networking events, community service, and social outings.





**Schedule Social Activities:** Allocate specific times for social engagement. For example, attend a networking event once a month or volunteer in your community every other Saturday.

**Set Social Goals:** If you want to expand your social circle, chunk it down by setting goals like attending one new event every month or meeting up with a new person for coffee every week.

Chunking is a powerful strategy for managing the various aspects of your life. By breaking down your responsibilities into smaller, manageable units, you can reduce stress, increase focus, and achieve your goals more efficiently.

The key to successful chunking lies in deliberately allocating your time and attention. With consistent practice, chunking can transform the way you manage your life, leading to greater productivity, balance, and fulfilment. So start chunking today and take the first step towards mastering your life.



# Brave Living

## What Nobody Tells You About Change



“Courage is the power to let go of the familiar.”  
- Raymond Lindquist

I moved from California to Mexico on the heels of a transformative time. I had a career transition, shifts in my inner circle and romantic life, intense introspection, and the launch of my book, *Brave Wise Woman*. This decision was born out of intuition. It felt effortless and exciting in my body.

In Mexico, my nervous system regulated, I softened inside, and I began experimenting with living from my heart instead of my head.

Seven months later, I traveled back to California for a five-week stay. I was looking forward to my trip, but once there, I realized I no longer felt completely at home in the place I grew up in. My familiar identity as a harder-edged city woman, constricted, protected, and defensive, had changed. I had hoped to feel grounded, but instead, I felt grief.

**This is what nobody tells you about change.**

### Grief Is Broader Than You Think

Change isn't just about what lies ahead; it includes acknowledging what was left behind. It is a process of letting go, unlearning, and relearning. Grief is an integral part of that journey.

Grief tends to be associated with death, but you can also grieve past versions of yourself, a life you won't live, or what you never had. When I take clients through a process of exploring the terrain of their inner child, more often than not, they grieve for the love, validation, and belonging they wish they had received.

This grief is often the pathway to making peace with the past to feel more empowered in the present moment. Empowerment enables us to take the steps forward into the new life we are creating.

### Create Your Own Closure

Brave living means not being afraid to feel—choosing not to suppress, ignore, or deny your emotions. Grief is no different. Grief is a personal journey that can take different shapes, and there is no one right way to grieve.



One of my favorite practices for honoring grief in change is to write a letter to a past version of self, the self-being shed. The letter is an acknowledgment and release of what's being left behind. I invite you to create your letter to help you let go of a past version of yourself. The letter can be organic and intuitive, but here are some prompts to get you started:

**What do you feel you are “losing” along with this past version of self? Is it an identity, old beliefs or behaviors, a protective barrier, or a sense of security? Everything counts, so don't be shy about naming what is true for you.**

**How do you feel about what you are losing? As you write, notice if emotions surface and give yourself permission to feel your feelings. Feeling allows us to heal.**

**What did this past version of self teach you? Name what you've learned. Express gratitude for the lessons if that feels resonant. Doing this will bring you closer to a sense of completion with what it is you're leaving behind. When we find the teaching in our experiences, we can let go of the need to hold onto the past and carry the wisdom forward.**

**What words, advice, or wisdom do you want to share with her? What do you wish she knew back then that you can impart to her now?**

Rather than read the letter, set it aside. When you are ready, ceremoniously burn it in a fire to represent letting it go.

Brave living is certainly about taking big leaps toward your freedom, but it's also about being vulnerable, feeling your emotions, and releasing their energy to clear space to fully embody your transformation.

Finding your way to honor grief is part of that journey.



**Transformational Coach**  
**Author, Brave Wise Woman**  
**[www.jenlegaspi.com](http://www.jenlegaspi.com)**  
**Instagram: [@jenlegaspi.coach](https://www.instagram.com/jenlegaspi.coach)**

# The Art of Taking Time Out

---

In today's fast-paced world, the concept of taking time out has become almost alien. We're bombarded with the idea that being constantly busy is the hallmark of success. We juggle multiple roles, endlessly striving to meet expectations from work, family, and society.

But amidst this relentless pursuit, we often forget to pause and breathe. Taking time out is not just a luxury; it's a necessity for maintaining mental, emotional, and physical health. This article delves into the art of taking time out, exploring its importance and offering insights on how to incorporate it into your daily life.

Time out is about more than just stepping away from work. It's about creating a space where you can reconnect with yourself, recharge your energy, and reflect on your life. In a society that glorifies busyness, taking a break can seem counterproductive, even indulgent.

But the reality is that our productivity, creativity, and well-being suffer without regular breaks. Burnout has become widespread, affecting everyone from corporate professionals to stay-at-home parents. The constant pressure to perform leaves little room for rest, leading to fatigue, stress, and a sense of overwhelming dissatisfaction.


Incorporating time out into your routine requires a shift in mindset. It means recognizing that rest is as important as work and that downtime is not wasted but essential time. This shift is challenging. It challenges deep-seated beliefs about productivity and success, but it's a change that can lead to a more balanced, fulfilling life.

One of the key benefits of taking time out is the opportunity for self-reflection. In the midst of daily responsibilities, it's easy to lose sight of the bigger picture. We get caught up in the details, often reacting rather than acting with intention. When we take time to step back, we gain perspective. We can assess where we are, where we want to go, and whether our path aligns with our values and goals. This self-reflection is crucial for personal growth. It allows us to make conscious decisions rather than being swept along by the currents of life.





**‘When stressed and overworked,  
it’s easy to become irritable,  
impatient, and disconnected from  
those around us.’**



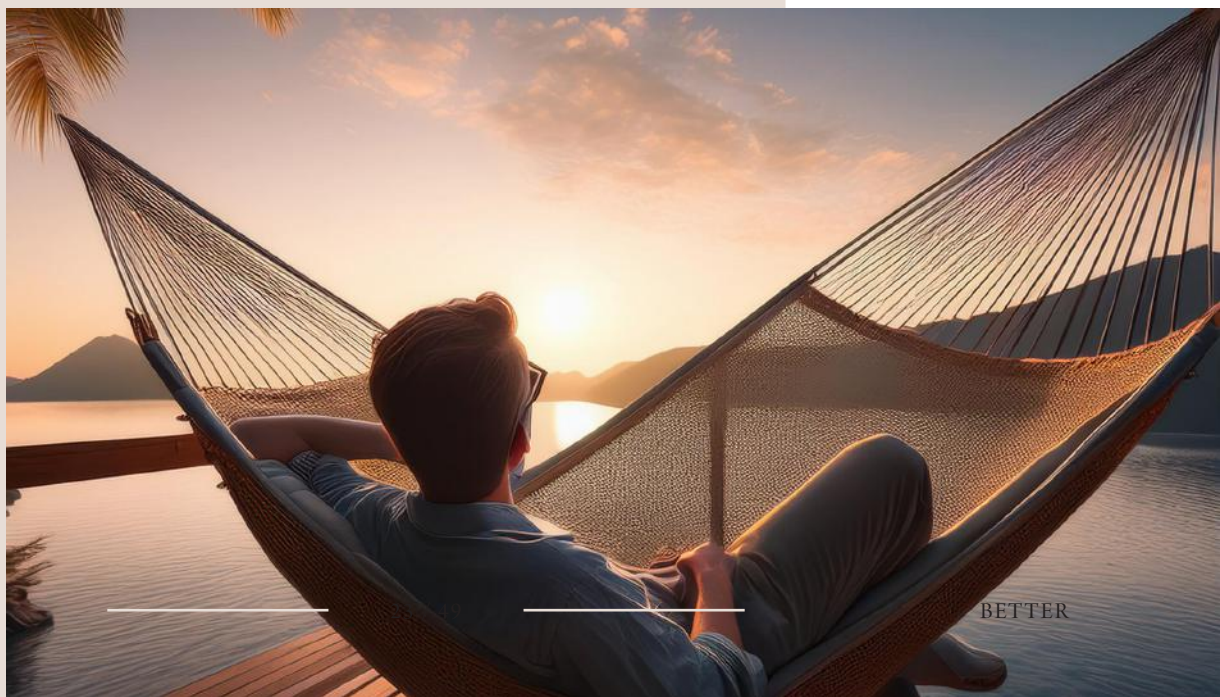
Time out also nurtures creativity. Creativity thrives in an environment of relaxation and open-mindedness. When our minds are constantly occupied with tasks and deadlines, there’s little room for the free-flowing thoughts that spark innovation.

By stepping away from our usual routine, we give our minds the space to wander and explore new ideas without the constraints of structure or time. This is why some of the best ideas come when we’re not actively trying to solve a problem—during a walk, showering, or even while daydreaming.

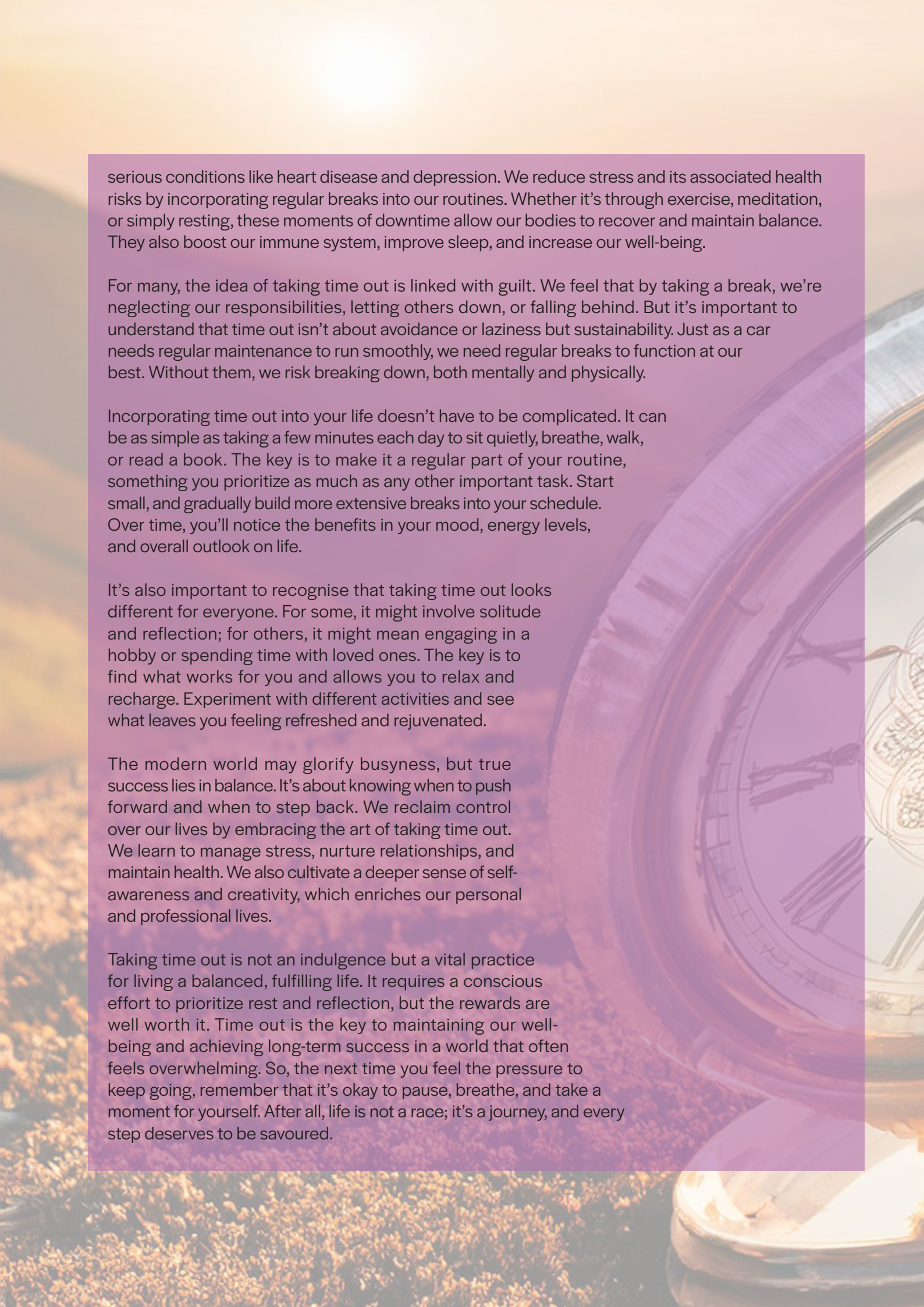
Moreover, taking time out strengthens our relationships. When stressed and overworked, it’s easy to become irritable, impatient, and disconnected from those around us. We may physically be present with our loved ones, but our minds are elsewhere, preoccupied with worries and to-do lists.

Regular time out allows us to be fully present in our interactions, to engage in meaningful conversations, and to truly listen. It also gives us the chance to express appreciation and gratitude, which are vital for maintaining strong, healthy relationships.

Physical health is another area that benefits from taking time out. Stress has a direct impact on our bodies, contributing to a range of issues from headaches and insomnia to more







serious conditions like heart disease and depression. We reduce stress and its associated health risks by incorporating regular breaks into our routines. Whether it's through exercise, meditation, or simply resting, these moments of downtime allow our bodies to recover and maintain balance. They also boost our immune system, improve sleep, and increase our well-being.

For many, the idea of taking time out is linked with guilt. We feel that by taking a break, we're neglecting our responsibilities, letting others down, or falling behind. But it's important to understand that time out isn't about avoidance or laziness but sustainability. Just as a car needs regular maintenance to run smoothly, we need regular breaks to function at our best. Without them, we risk breaking down, both mentally and physically.

Incorporating time out into your life doesn't have to be complicated. It can be as simple as taking a few minutes each day to sit quietly, breathe, walk, or read a book. The key is to make it a regular part of your routine, something you prioritize as much as any other important task. Start small, and gradually build more extensive breaks into your schedule. Over time, you'll notice the benefits in your mood, energy levels, and overall outlook on life.

It's also important to recognise that taking time out looks different for everyone. For some, it might involve solitude and reflection; for others, it might mean engaging in a hobby or spending time with loved ones. The key is to find what works for you and allows you to relax and recharge. Experiment with different activities and see what leaves you feeling refreshed and rejuvenated.

The modern world may glorify busyness, but true success lies in balance. It's about knowing when to push forward and when to step back. We reclaim control over our lives by embracing the art of taking time out. We learn to manage stress, nurture relationships, and maintain health. We also cultivate a deeper sense of self-awareness and creativity, which enriches our personal and professional lives.

Taking time out is not an indulgence but a vital practice for living a balanced, fulfilling life. It requires a conscious effort to prioritize rest and reflection, but the rewards are well worth it. Time out is the key to maintaining our well-being and achieving long-term success in a world that often feels overwhelming. So, the next time you feel the pressure to keep going, remember that it's okay to pause, breathe, and take a moment for yourself. After all, life is not a race; it's a journey, and every step deserves to be savoured.



**‘For many, the idea  
of taking time out is  
linked with guilt.’**



# Playful Minds, Powerful Results

## Neurodiversity in Action

Success often hinges on innovation, creativity, and adaptability in the dynamic business world. For neurodivergent business owners, incorporating play into their business practices can unlock a world of possibilities and lead to fantastic results. In this article, we'll explore the benefits of play, why neurodivergent business owners specifically need play, and how they can infuse their business with fun and playfulness to drive increased performance.

### The Power of Play;

Play is not just reserved for childhood; it's a powerful tool that can enhance productivity, problem-solving skills, and overall well-being in adults. Incorporating play into business activities can stimulate creativity, foster collaboration, and reduce stress. Research has shown that playful activities can lead to improved cognitive function, enhanced social skills, and increased resilience – qualities that are invaluable in the dynamic world of entrepreneurship.

### Why Neurodivergent Business Owners Need Play;

Neurodivergent individuals often possess unique perspectives, strengths, and talents that can drive innovation and success in business. However, they may also face challenges such as difficulty focusing, managing stress, or maintaining work-life balance. Play provides a holistic approach to addressing these challenges by offering a structured outlet for creativity, reducing anxiety, and promoting self-expression.

For neurodivergent business owners, incorporating play into their daily routines can help:

- Improve focus and concentration
- Spark new ideas and solutions
- Reduce overwhelm and burnout
- Enhance communication and collaboration skills



### Making Your Business More Playful;

As we explore the list of strategies for Making Your Business More Playful, it's important to recognise the significant impact playfulness can have, especially for neurodivergent business owners. By incorporating playful practices into your business, you can create a dynamic and inclusive work environment where innovation thrives, and team members feel empowered to express their unique perspectives. Here are some ideas on how to incorporate play into your business;

- Designate Playful Spaces: Create designated areas in your workspace for relaxation and creativity. Consider adding games, puzzles, or art supplies to encourage spontaneous play and brainstorming sessions.
- Schedule Play Breaks: Incorporate short play breaks into your daily schedule to recharge and refocus. Whether it's a quick game of ping pong or a brief mindfulness exercise, taking regular breaks can improve productivity and overall well-being.





- **Encourage Playful Practices:** Cultivate a culture of playfulness and experimentation within your team. Encourage employees to share playful ideas, celebrate achievements, and embrace failure as part of the learning process.
- **Embrace Diversity in Play:** Acknowledge

that play can take many forms and may vary from person to person. Embrace diverse interests and preferences within your team, and encourage individuals to explore activities that bring them joy and inspiration.

- **Lead by Example:** As a neurodivergent business owner, lead by example and prioritise play in your own life. Share your experiences with your team and demonstrate how incorporating play into your business practices can lead to profound results.

### **Contributing to Increased Performance;**

By infusing their business with playfulness, neurodivergent business owners can create a dynamic and inclusive work environment where creativity flourishes and innovation thrives. Play promotes a growth mindset, encourages risk-taking, and fosters resilience – qualities that are essential for navigating the challenges of entrepreneurship. Ultimately, a playful approach to business can lead to increased employee engagement, improved problem-solving skills, and enhanced overall performance.

For further information on incorporating neurodiversity into your business practices or to work with an expert in neurodiversity, please get in touch with Tamzin at [tamzin@tamzinhallcoaching.co.uk](mailto:tamzin@tamzinhallcoaching.co.uk).

Tamzin specialises in coaching for neurodivergent individuals and businesses, providing tailored support and strategies for success.

In conclusion, embracing play in business isn't just about having fun; it's about unlocking the full potential of neurodiversity and driving profound results. By incorporating playful practices into their business activities, neurodivergent business owners can cultivate a culture of creativity, collaboration, and success. So, let's unleash our playful minds and reap the profound rewards that await us on the journey to business excellence.

**by Tamzin Hall**

**[www.tamzinhallcoaching.co.uk](http://www.tamzinhallcoaching.co.uk)**





# The Power of Kindness

Kindness is often overlooked as a soft or secondary virtue. With societal pressures to succeed, compete, and rush through life, it's easy to forget the immense power behind simple acts of kindness. However, the benefits of being kinder to your fellow beings extend far beyond just making the world a better place; they ripple through your mental health, physical well-being, and relationships. Kindness, both given and received, can transform your life and the lives of those around you in profound ways.

## Kindness Improves Mental Health

In a time when mental health challenges are more widespread than ever, one might wonder if something as simple as kindness could help. Surprisingly, science supports this notion. Acts of kindness release feel-good hormones like serotonin and oxytocin in the brain, which help combat anxiety and depression. It's often said that helping others helps you just as much, if not more, and this isn't just a metaphor.

Studies show that when people engage in random acts of kindness, their brain's pleasure centers light up, releasing dopamine, which promotes happiness and satisfaction. This phenomenon, often referred to as the "helper's high," creates a sense of euphoria similar to that experienced after physical exercise. Whether it's holding the door for someone, offering a kind word, or volunteering at a charity, these small gestures of goodwill enhance emotional well-being, reduce stress, and even lower symptoms of depression.

Moreover, kindness helps create a sense of purpose. When we contribute to others' happiness, we move away from the self-centered focus that often fuels anxiety and self-doubt. Engaging with others in a positive way creates a sense of belonging, strengthening social connections, and building emotional resilience. In this way, being kinder doesn't just benefit the person receiving the kindness but provides lasting mental health benefits to the giver as well.



## Kindness Improves Physical Health

Most people think of kindness in terms of its emotional impact, but its benefits extend to physical health as well. Acts of kindness are linked to lower blood pressure, reduced inflammation, and longer life expectancy. This is largely due to the production of oxytocin, often called the “love hormone,” which is released when we experience or give kindness. Oxytocin plays a key role in reducing stress-related hormones like cortisol, which in turn leads to better heart health, improved sleep, and overall enhanced well-being.

A study published by the University of British Columbia showed that people who performed daily acts of kindness experienced lower levels of inflammation and blood pressure. This suggests that being kind to others doesn’t just make you feel good, but also positively affects critical markers of health. Interestingly, kindness has been shown to boost the immune system, making individuals more resistant to illness.

Moreover, kindness can motivate us to take better care of ourselves. When you have a compassionate mindset, you are more likely to engage in healthy lifestyle choices, such as regular exercise, a balanced diet, and adequate sleep. Acts of compassion have a holistic effect, nurturing both mind and body.

## Kindness Strengthens Relationships

In any relationship—whether romantic, familial, or platonic—kindness acts as a binding force. It builds trust, reduces tension, and nurtures emotional intimacy. In fact, research has consistently shown that kindness is one of the most important predictors of a healthy and successful relationship.

It is well documented that couples who are kind to one another are more likely to stay together than those who aren’t. Small gestures, like actively listening, offering words of encouragement, or performing thoughtful acts for a partner, create a foundation of trust and emotional security. These behaviors deepen connections and allow for greater vulnerability, both of which are crucial for building strong, lasting relationships.

Beyond romantic relationships, kindness strengthens bonds in families, friendships, and communities. When individuals engage in acts of kindness, it signals a level of care and respect that is reciprocated, promoting mutual understanding and cooperation. This creates a positive feedback loop, where kind actions lead to increased feelings of affection and support, ultimately improving the overall quality of relationships.





In professional environments, kindness is also a game changer. Kind leaders inspire loyalty and creativity, while kind coworkers create a collaborative and supportive work atmosphere. Acts like helping a colleague with a project, giving positive feedback, or simply sharing

a smile can reduce workplace stress and improve job satisfaction. Over time, these small gestures lead to a more cohesive and harmonious work environment.

## Kindness Encourages Empathy and Understanding

In a world that is often divided by differences in opinion, culture, and values, kindness can be a bridge that encourages empathy and understanding. When we approach others with kindness, we are more likely to listen, to seek common ground, and to understand different perspectives. This doesn't mean we have to agree with everyone, but kindness allows us to engage in constructive conversations rather than confrontational ones.

Empathy, the ability to understand and share the feelings of others, is closely linked to kindness. Kind people are more likely to put themselves in someone else's shoes, imagining their joys, sorrows, and struggles. This sense of connection helps reduce feelings of alienation. In a time where loneliness and isolation are increasingly prevalent, empathy and kindness are essential tools for creating a more inclusive and supportive society.

By treating others with kindness, we acknowledge their humanity and dignity, even if their experiences differ from ours. This creates a more compassionate society where differences are respected, and conflicts are resolved more peacefully.

## Kindness Creates a Ripple Effect

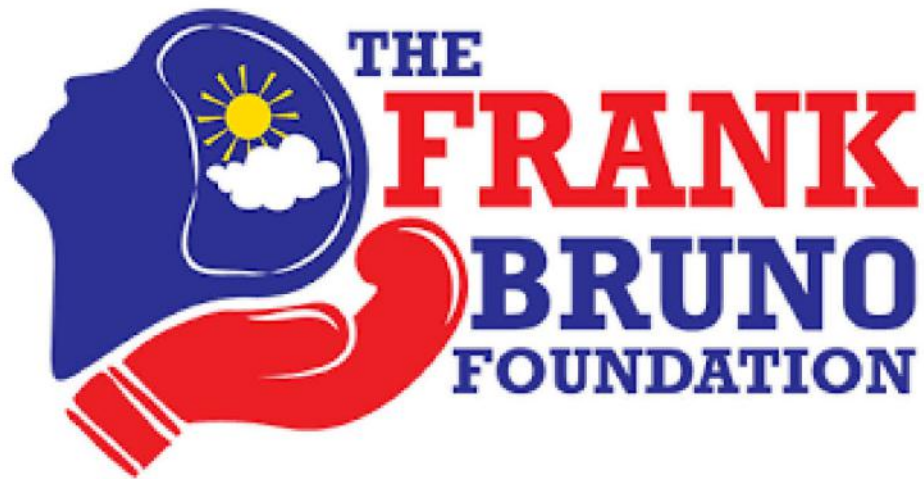
One of the most beautiful aspects of kindness is its contagious nature. When you witness or experience kindness, you are more likely to pass it on. This creates a ripple effect, where one act of kindness leads to another, spreading positivity and goodwill far beyond the initial interaction.

Consider the scenario of a person paying for a stranger's coffee in line. The recipient, feeling uplifted by the generosity, may decide to help someone else later in the day. Perhaps they offer a compliment, give up their seat on the bus, or donate to a local charity. This chain of kindness, set in motion by one small act, can influence countless individuals, creating a wave of positivity in the community.





# SUPPORTING



# CALM

# SUPPORTING





# How To Escape The Perception

“Perception and reality are two different things.” –  
Tom Cruise, Actor and film producer

If you continually focus on what you can't control, you will find your life will start to become out of control. Try it and for sure you will find yourself if you haven't already at some point in life facing the abyss. Some people will say that they are able to focus on what they can control and what they can't, but Liam Festinger theory of cognitive dissonance says the mind cannot hold two contradictory ideas at the same time.

If you have seen the picture of the old/young lady normally you will normally see one over the other, which do you see? Which first if you have seen it before? It's the same with the famous black and blue dress v gold and white dress which do you see? Some people see the dress as Black and blue and others white and gold but who is right?

And what you see becomes your perception and, therefore your reality, especially if you can only see one and not the other. When you do see the opposite to what you have seen, your perception changes about what is possible. You have a paradigm shift. However, if you can only ever see one in your mind, your perception is set. And that is always what you will see because you are fixed in your mind. A mind closed to other possibilities and only facts you think you know.

“A man with a conviction is a hard man to change.” – Leon Festinger, American Psychologist

Enter the rabbit hole...

Every day, our five senses are subjected to millions of pieces of information that if we were consciously aware of, we would not be able to function properly. To prevent this, our brain uses a filter called the Reticular Activating System, which only lets information through to our conscious mind that is important or could pose a threat to us. Who is it that programs the Reticular Activating System (RAS)?

Well, we do for some of the time. For example, if we decide to buy a new car, our inbuilt RAS goes to work subconsciously to provide us with the necessary information to make decisions and to support our objective. And the car we want to buy, i.e., a white BMW we will start to notice white BMWs on the roads so much more because our RAS focuses in on what you are thinking about. The RAS serves us well and explains the things that we are most passionate (know most) about.

So, for example, I had no passion for chemistry in school and flunked it, but I knew every sticker in the English League Panini football sticker album off by heart as a young child. When you have a passion



and clear objective, your RAS will open and support you with information, resources, and possibilities. We become a sponge for the things we like, because the RAS is continually working to support and search for the things, we like the most.

From a negative perspective, it can lead to blind spots. Once we have made our minds up, our RAS will look for evidence to support our assumptions, generalisations, and impressions, which can lead to missing the full picture in certain situations or to only see one side of the story. If we have a fixed mindset, then the RAS will find evidence to support our beliefs – but it will also do the same if we are passionate and have a growth mindset. It is about understanding how to control our thoughts, and how to use our built-in RAS to our advantage. So going back to having control of our life, if we focus on the things we can't control guess what you will get more of the same and that is why your life will start to become out of control or feel like it because of your perception.

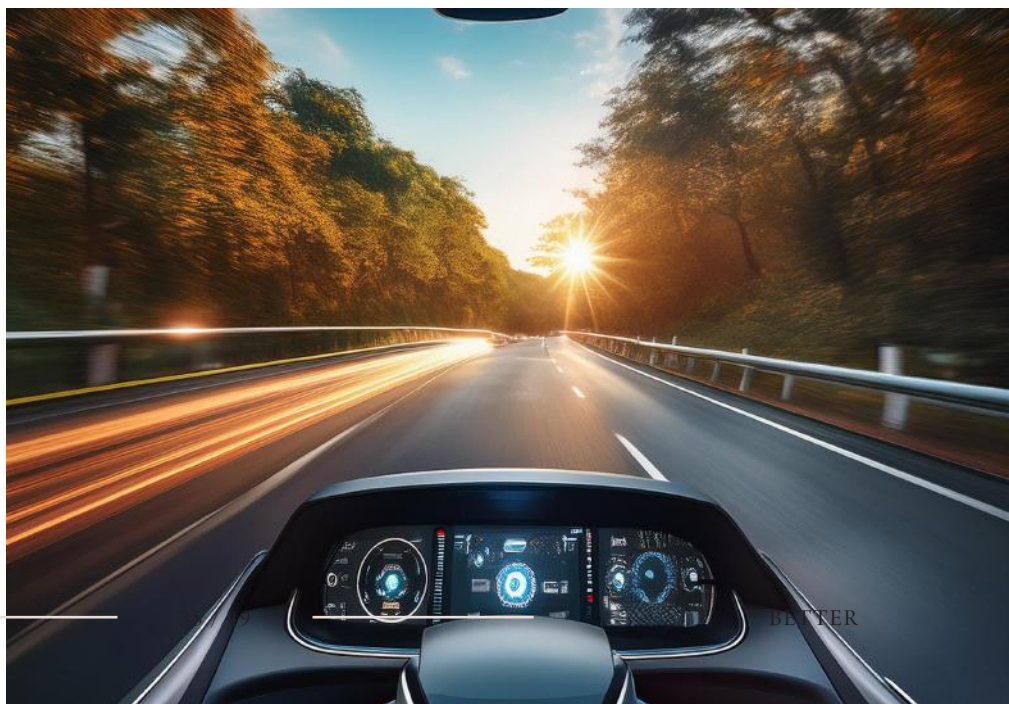
What we believe is then what we project out into the world...it's an old lady, it's a black and blue dress, I'm not good enough and so on. You get the picture. We can then react without thinking and develop negative habit patterns because of what we are thinking about the most if it is negative. Perception proceeds to Reality.

When you think about your mind, you have your own construct and default settings. You can program your mind to be who you want, when you want, at any given time, you can take back control. You can live based on negative thinking and focus on what you can't control and if you do you are in the perception prison. Edward De Bono said perception is real even when it is not reality...and so many become a victim of the perception prison.

**“Perception is real even when it is not reality.” – Edward De Bono, Psychologist, author and consultant**

Every experience in life leaves a mark. It is easy to become a victim of our experiences because those marks lead to conditioning that creates automatic reactions to new experiences. We react without thinking and if threatened, this may cause us to act aggressively for example. In essence, we become a victim of the perception prison, a prison for our mind. Have you ever driven your car but ended up at a different location? You were going to your parents who live around the corner, but you go home first. When this happens, our subconscious has completely taken over on autopilot, to give us such an obvious clue that we are driving without thinking.

Our subconscious was driving for us. We are on autopilot when driving for most of the time, and the same can be true for our life. Autopilot can serve us well at times, so we can get things done without thinking. However, there are lots of situations where we need to stop and think before choosing our response, as opposed to reacting.





Another example of when we can tell we are on autopilot is when it comes to listening to music in the car. We may sing along, but we don't need to concentrate on the music, or on our driving. Whereas when we listen to a book in the car, we quickly notice if we have drifted off because we miss what is going on in the book.

Your conscious mind will bring you back, because the book will not make sense and therefore, we stay in a switched-on state to pay attention to the book. In both cases though, we will still be on

autopilot when driving for most of the time. Another example is how quickly we switch on if a car doesn't indicate or cuts you up.

We switch on to how we are driving because of the other person's driving, but then we react to let the driver know how we are feeling. Once again, reactive behaviour to the situation; a lot of people become angry when driving their car if other people don't meet their standards.

The perception prison means we are already programmed to react in most situations without thinking. We are living without thinking about what we are doing most of the time. This then becomes a self-fulfilling prophecy, as we also stay in our comfort zones, because that is what makes life easy for us.

### **So how do we ensure we do not become a victim of the perception of prison?**

In his book *Maximum Achievement*, Brian Tracy refers to Homeostasis, which is another term for our comfort zone. Homeostasis is a natural mechanism that regulates the body as part of our standard equipment and, for example, keeps the body at 98.6° Fahrenheit. He explains that it is the unconscious tendency to be drawn to what we have always done before, because of this impulse. When we are doing something we have not done before, our mind will make us feel uncomfortable.

Because the homeostatic impulse brings us back to our comfort zone, where we can feel safe, it's comfortable for to take the easy option and stay in our comfort zone. To learn and grow, it is essential to look for new experiences and challenges. Otherwise, our minds can become a victim of our conditioning, keeping us within our perception of prison and influencing us to choose the easier and more comfortable option that will keep us safe. Thus, at times, preventing us from experiencing personal growth.





To add to our obstacles of the mind, Psychosclerosis is the hardening of attitudes. As Tracy also goes on to say, we tend to fall in love with our own ideas and then vigorously defend them against anything new. The reason people then tend not to change is that they become too rigid and inflexible about their ideas, especially about themselves. This means developing their mindset and perception is difficult because it is fixed. So, if we have a growth mindset, we will look to continually learn new things, keeping ourselves up to date and able to adapt to the future.

And last but not least if we focus on what we can control instead of what we can't it enables us to have a proactive and positive outlook and take back control of our life. If you see your mind as an opportunity that you can shape each and every day you will build psychological intelligence to be the best and remember your perception will create your reality. "Perception precedes reality." – Andy Warhol, American Artist

***By Paul Corke***



# How a Life Coach Can Make You Better



We often find ourselves overwhelmed by challenges, doubts, and the sheer weight of our ambitions. Many of us desire to live our best lives, to reach new heights in our personal and professional lives, but feel stuck or unsure of where to begin. This is where a life coach steps in—acting as a mentor, strategist, and motivator, guiding you to become a better version of yourself. But what exactly does a life coach do, and how can they help you thrive?

## What Is a Life Coach?

A life coach is a professional who works with individuals to help them identify, pursue, and achieve their personal and professional goals. While therapists often focus on helping people overcome trauma and emotional struggles, life coaches are more forward-looking, concentrating on personal growth, self-actualization, and achieving success. Life coaching draws upon various disciplines, including psychology, personal development, and behavioral science, but its core mission is to guide clients toward taking actionable steps toward a more fulfilling life.

### Life coaching covers a broad spectrum of areas, such as:

- Career growth and transitions
- Personal development and self-confidence
- Health and wellness
- Relationships and communication
- Financial stability and goal setting

Regardless of the area of focus, life coaches help you understand yourself better, define what success means to you, and create actionable plans to move forward. Here's how a life coach can make you better.

## 1. Clarity of Purpose and Vision

One of the greatest benefits of working with a life coach is gaining clarity about your goals. Many people have vague aspirations—such as “I want to be successful” or “I want to be happier”—but they struggle to define these goals in a meaningful way. A life coach helps you dive deeper, unpacking your true desires, values, and passions.

Through strategic questioning and reflective exercises, life coaches guide you toward identifying your true purpose. For instance, if you’re unhappy at work, a life coach will help you pinpoint why—is it the job itself, your lack of growth opportunities, or a misalignment with your values? From there, you can create a concrete vision for your future, whether that means switching careers, seeking a promotion, or starting your own business.

Once you have clarity, everything else falls into place. You’re no longer shooting in the dark. With a clear sense of purpose, you’re empowered to make decisions and take actions aligned with your long-term vision.

## 2. Developing a Growth Mindset

Personal growth is often stunted by limiting beliefs and self-doubt. Many people get trapped in a fixed mindset, believing that their abilities are static and that failure is a reflection of their inherent limitations. A life coach helps you break free from this pattern by encouraging a growth mindset—the belief that your abilities can be developed through effort, learning, and perseverance.

Coaches offer tools and techniques to reframe negative thought patterns, challenging the inner critic that tells you “I’m not good enough” or “I can’t do this.” Through consistent coaching, you learn to view obstacles as opportunities for growth and to embrace challenges as stepping stones toward success. This shift in mindset

is crucial in all areas of life, whether you’re trying to improve relationships, advance your career, or build self-confidence.

With a growth mindset, you’re more resilient, optimistic, and willing to take risks. Instead of fearing failure, you view it as part of the learning process. In the long run, this change in perspective opens the door to greater success and fulfillment.

## 3. Accountability and Motivation

One of the biggest reasons people struggle to achieve their goals is a lack of accountability. It’s easy to make plans, but much harder to follow through when no one is checking on your progress. Life coaches serve as accountability partners, helping you stay on track with your goals and commitments.





## Brain on Fire

### Unlock the Secret to a Healthier Brain

Most of us assume brain fog and memory loss are typical aspects of getting older. However, the reality is that these symptoms indicate inflammation and damage occurring in both the brain and body. Various causes, such as processed foods, blood sugar fluctuations, pesticides, heavy metals, infections, and stress, can negatively affect the nervous system. These elements can impair cognitive function and lead to irregular sleep and mood cycles. Likewise, chronic infections such as Lyme, mold, and viruses like Eppstein-Barr are suspected of causing mental health issues such as depression, anxiety, irritability, and poor attention and memory.

Pathogens and toxins are the root cause of inflammation, spreading throughout the whole body or just to the brain. An inflamed brain can lead, amongst others, to autoimmunity within the brain, resulting in compromised cognitive functions, and can be dangerous if it is severe.

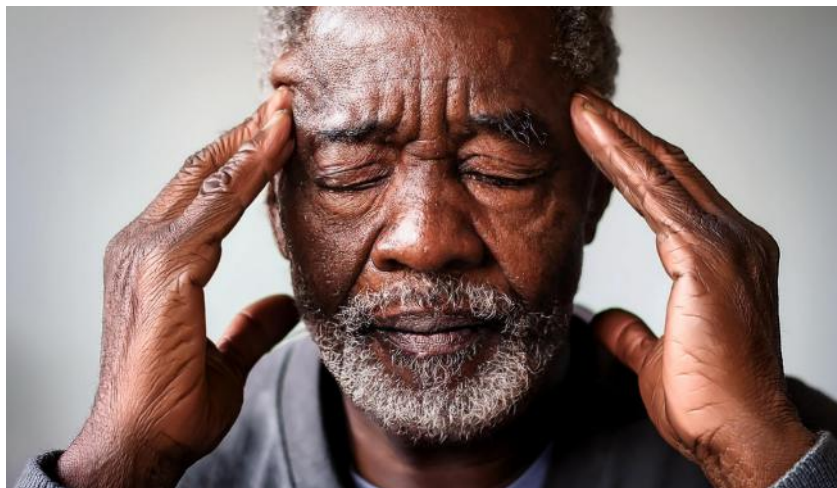
#### Brain Drainers: Stress, Mycotoxins & Heavy Metals

Chronic stress floods your brain and nervous system with cortisol, the leading stress hormone — which significantly impacts your mind. Have you ever attempted to think clearly while facing intense stress? Even consistent, mild stress can escalate inflammation and deplete your cognitive abilities.

When humans are exposed to Mycotoxins — poisons produced by mold, they may experience neuropsychiatric symptoms and inflammation. Those who cannot effectively eliminate mold from their bodies may have symptoms such as pain, tiredness, anxiety, depressive feelings, and problems with thinking and memory when they come into contact with mold-infested surroundings.

Mycotoxins have a negative influence on brain function, and they can potentially contribute to the onset of Alzheimer's disease. Mycotoxins are present in various places, including packaged food items and moist indoor settings.

Toxic heavy metals such as mercury, aluminum, and lead can be detected in our food, water, and surroundings. When they invade the brain and nervous system, they ultimately lead to Neuroinflammation and impair cognitive abilities. Research establishes a strong connection between heavy metals and degenerative conditions like Alzheimer's disease and dementia, as these harmful substances have the potential to cause various forms of brain damage.



## Ways to Improve Your Clarity and Brain Power

Numerous studies have shown that there are efficient natural ways to preserve brain function, enhance memory and cognition, and keep one's overall well-being at its best. Because the decline in brain function associated with aging should not be taken for granted.

You can start implementing these natural strategies; however, you should consult a health practitioner to determine the root cause of chronic and systemic inflammation and treat it accordingly. Several laboratory tests are accessible for identifying underlying factors of mental health. Please talk to your healthcare practitioner about it.

- 1) Stick to an anti-inflammatory diet. Eat plenty of antioxidants to neutralize harmful free radicals.
- 2) Dietary supplements might help to reduce inflammation.
- 3) Balance your microbiome to support the gut-brain axis for your mental and emotional health.
- 4) Detox your body and brain from mold, heavy metals, and other toxins.
- 5) Accomplish a gut and liver cleanse.
- 6) Re-balance your hormones.
- 7) Practice stress management to cool off inflammation.
- 8) Exercise to increase oxygen to your brain.
- 9) Release trauma.
- 10) Enjoy a lymphatic drainage massage to drain toxins out of your body.
- 11) Hyperbaric Oxygen Therapy enhances the growth of new brain cells.
- 12) Red and near-infrared light therapy might help in combatting depression and anxiety.
- 13) Float tank visits help to ease symptoms of anxiety and PTSD, bringing about numerous benefits for physical, mental, and emotional well-being.

Inflammation in the brain can have a profound impact on your health. But what if I told you that you could reduce or even eliminate inflammation through diet, anti-inflammatory supplements, and other health pillars?

Imagine waking up with a clear mind, sharp focus, and improved cognitive function. Eliminating brain inflammation can help you to enhance your memory, concentration, and overall mental performance. Say goodbye to brain fog and hello to a vibrant mind! Take control of your brain health today.

Discover my scientifically backed nutrition and supplement program explicitly designed to reduce inflammation in the brain. Start nourishing your brain now!

**By Tina Kaczor**  
*Certified Holistic Nutritionist*

[www.nutritionibiza.com](http://www.nutritionibiza.com)

Don't forget to read our other publications



[www.expertprofilemagazine.com](http://www.expertprofilemagazine.com)



# Expert Profile & Ranath Media Group

The image shows the cover of 'Expert Profile Wellness Magazine'. It features a portrait of a man, Gerrard Finlayson, with his arms crossed, wearing a grey t-shirt. The magazine title 'EXPERT PROFILE WELLNESS MAGAZINE' is at the top left. 'Issue 5' is at the top right. A quote on the right says 'More from our global experts on wellbeing'. At the bottom, a text box contains the title of the feature: 'The Story 'so far' of Gerrard Finlayson Tragedy to Triumph'.

*The Story 'so far' of  
Gerrard Finlayson  
Tragedy to Triumph*

[www.ranathmedia.com](http://www.ranathmedia.com)



When was the last time you had a 'first' experience?

One of the things with ageing is that we can become relatively staid in our approach to living, which can age us physically and mentally.

So, what's a better approach?

### **Start Living!**

If you want to squeeze the juice out of life, open up the channels to explore it and do more of the things you love. Every day is an opportunity to test drive a new experience.

Create a list of things you have wanted to do but, for whatever reason, just haven't happened. Let's not call it a bucket list (what's with the bucket?!), instead a 'living my life to the full' list. Work out the resources you need to bring each item into reality; time allocation, funds, a friend or two to share the experience with, help with planning, and whatever is required. Then decide what is realistic right now, what is the first thing you know you can do with a degree of ease to get the ball rolling. And just do it!

### **Stop Focusing On Getting Old!**

Age is a number, not a state of being. If you want to feel youthful, start thinking of yourself as young. You get to define what that means, and you get to be it. The truth is, if you think of ageing as a downward spiral, it will become just that, and what you deserve from life will spiral down too.

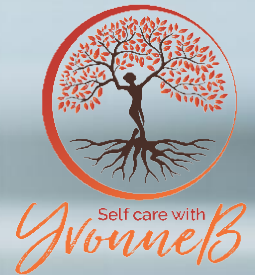


You not only have a powerful mind to decide what you want to get out of life, chances are you have the means, experience, and wisdom to make it a reality. Utilise them to create the best of your life for the rest of your life.

### **Treat Your Body Right!**

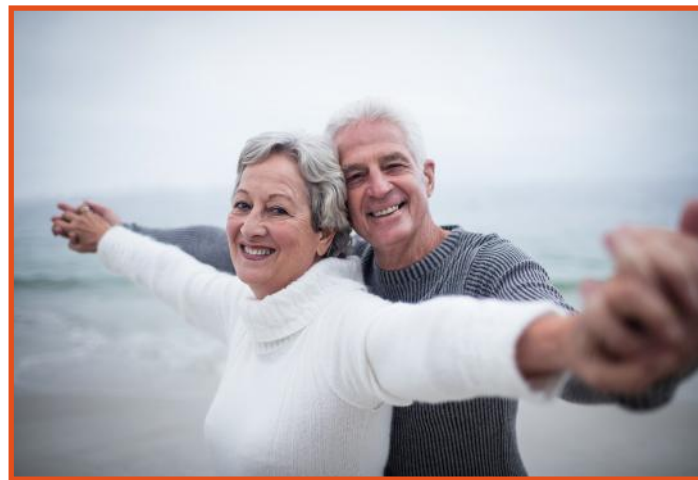
You simply cannot get away from this requirement. How you treat your body will show up in how you feel about yourself and life. If you abuse your well-being with excesses (alcohol, smoking, no exercise, poor diet), and fail to maintain good health, don't expect your body to deliver the goods!

# Youthful Living, Squeezing the Juice Out Of Life!



To live fully and youthfully, you need a good energy supply. That supply comes from what you put into your body. Processed foods simply won't cut it. Getting the full-colour palette of fruit & vegetables into your diet, along with lean meat if you are that way inclined and sufficient water is necessary. On that note, let me reiterate hydration is not a nice to do it is a must-do for keeping your body in good condition. Given our body is made up of 60-70% water and given most humans can't live for more than three days without it, its importance for keeping our skin, cells, organs, and joints functioning is all the detail you need to know you are missing a youthful magic bullet by not implementing it.

Sadly, we humans spend too much time sitting down. Sitting for prolonged periods is not good for your body. Like any car or machine built to move, your body requires fine-tuning, an MOT, and a daily run-out (no, you don't have to actually run, walking is good enough).



## Take Time To Connect With Nature!

Nature has always been here, waiting for us to rekindle our connection with her so that she can continue to do the job she does so well; provide the oxygen we need, reminding us of our true nature and relationship, lighting up our world with her natural beauty.

Let the sun kiss your face, the rain wet your cheeks, and the wind blow your hair. Let the trees whisper ancient stories to you and feed you simultaneously. Walk through nature so that you can feel alive and inspired by her ability to continuously renew into her youthful blossoming self without fighting the process. We can learn so much from nature's ability to accept, embrace and replenish.

It's time to squeeze the juice out of life and live your best years yet with a pep in your step.

Yvonne Bignall - AKA YvonneB

[www.yvonnebselfcare.com](http://www.yvonnebselfcare.com)







## The Power of the Breath and Freezing the Fear!

I have been delivering keynote and mastermind sessions for over 15 years, and I vividly remember my first one and how nervous I was—worrying that I couldn’t speak unaided for 30 whole minutes.

What transpired was very different, and when the adrenaline kicked in and I sat down afterward, I remember the speaker who was going up after me, asking how I thought it went. I replied with my heart still beating so loud that I was confident everyone in the room could hear it. “I think it went ok, but I’m disappointed that I couldn’t last the full 30 minutes, and it felt like I was dragging it out at the end” His reply was, “What are you talking about? You spoke for nearly 60 minutes. . .”

I must have been in the zone, which I initially thought was great, but 60 minutes was not what I was booked to deliver, and it had negative knock-on effects for the other speakers and the event organiser. My anxiety turned into fear, which at that moment turned into adrenaline, which turned into tunnel vision and losing track of time and the self-awareness of what I was doing. Have you ever felt or experienced anything like that?

It was a great learning experience for me and one I can share with others that are considering either embarking on an exciting speaking career or who are looking to improve their public speaking for personal growth or aspirational career purposes. What I have learned is to control the controllables, and believe it or not, the anxiety, adrenaline, and fear are all controllable.

Last year, many people were introduced to Wim Hof and his Wim Hof Method (WHM) on the celebrity reality TV show, Freezing the Fear. We saw celebrities break down emotionally and become stronger before our eyes through their experiences on the show.

Rewind two years and through our Bespoke Elite Speaker Training (BEST) we introduced breath work and the WHM to our high-achieving delegates, with the aim to help them control their heart rate and breathing in the most extreme conditions. If you can control your heart rate in freezing temperatures, you can control it anywhere.

# ‘Suddenly, a very visible calmness was evident not just in her face but in her whole body.’

A person's heart rate can increase when they are taken out of their comfort zone, and public speaking is often regarded as one of life's biggest fears. Therefore, how can we recreate that feeling so we can learn to manage and ultimately overcome it?

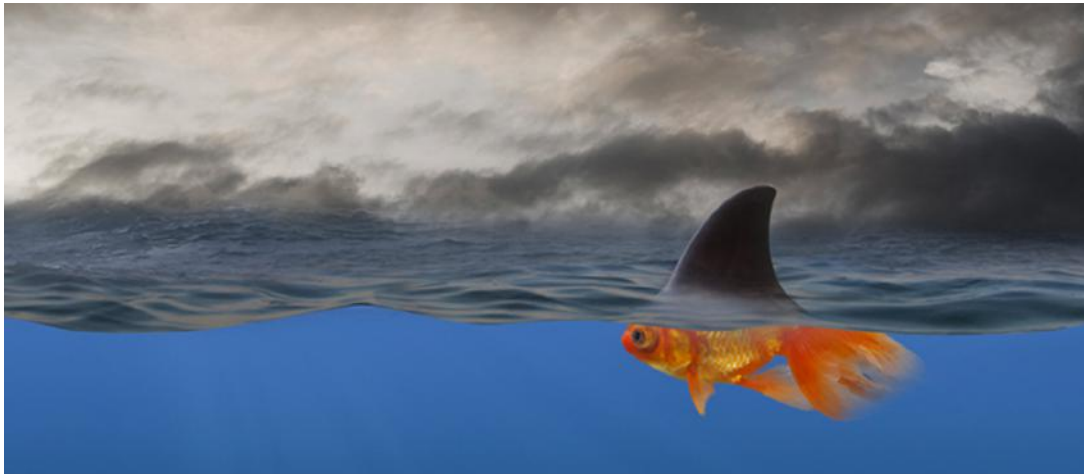
One thing we do know is that the ice does not care how successful, wealthy or experienced you are and treats us all the same. Failing to prepare mentally for this type of physical challenge is a big mistake, and I have experienced myself where my focus has been broken, the ice is merciless, and the countdown clock seems to slow down to a near standstill.

Through the meditative work we do, we learn that we can achieve far more than we think, and through the power of teamwork and shared vulnerability, we help each other through tough times.

Hearing feedback from high achievers and captains of industry who have scaled businesses to over \$ 1 billion, won Premier Leagues and Paralympic Gold medals, and even flown super-fast jets at over 500 mph, say things like “it was life-changing” “The best thing I’ve ever done” and “more than I could ever have wished for” provides the motivation to continue to promote the benefits of what we do, so I recently invited some close friends to experience it. This was largely to give the context behind me banging on about it all of the time when at social gatherings and them thinking I was crazy.

Eventually, a group of good friends and parents were up for exploring the session one sunny Saturday afternoon, and each had their motivation for attending. However, they all shared a fear of the dreaded ice bath at the end but were brave. What I was hoping was that by the time they were invited to fully submerge in a bath full to the top of ice, was that the breathing tips and tools they had been given would equip them to be brave and lean into the challenge. Everyone accepted the challenge, some more reluctant than others, if I am being honest, but nonetheless, the sense of achievement upon hearing the five-second countdown was exhilarating for them and very rewarding for me.





**BE BRAVE**

**Even if you're not, pretend to be.**

One high-flying female exec panicked when she first stepped in, and instantly, we could all see the colour drain from her face as her fight-or-flight response kicked in. She wanted to get out and didn't say it verbally, but her body language and hyperventilating were clear to see. Then, after about 10-15 seconds of weathering the initial shock, something super impressive happened, and she zoned into the breathing she had just learned.

Suddenly, a very visible calmness was evident not just in her face but in her whole body. She could have stayed in for much longer by the time her countdown started, and she left with an inner confidence that I knew was always there.

So, why am I sharing this experience, well, many other friends and contacts responded to the invitation with the obvious (and probably how I would have sarcastically responded a few years ago) by saying that they already knew how to breathe and have been doing it successfully for the whole of their life. Now that is correct, and so it's very difficult to argue against. However, this is more than just breathing; it's more than just submerging into an ice bath.

The afternoon reminded me of when I reluctantly did my first WHM session on our very first 5-day speaking residential back in 2020. This was reinforced by observing my 15 superstar individual friends that now share a unique bond. We rarely ever take and prioritise time to actually clear our minds and do nothing except just breathe. Let alone find 3 hours out of our very busy lives on a Saturday afternoon with conflicting family and social commitments to completely switch off to their immediate surroundings. I am also guilty of this from time to time even though the results are clear to see.

So, my ask is simple, next time you are invited to try something different that might push you to new areas that may initially make you feel uncomfortable. Lean into the discomfort as magic is on the other side of our comfort zones.

As the great Wim Hof says;

**"If we always choose comfort then we will never learn the deepest capabilities of our mind or body".**



**LEON LLOYD**  
**INSPIRING PEOPLE & ORGANISATIONS**  
**TO FULFIL THEIR POTENTIAL**







**CATHAY PACIFIC**

Contact our **PROMOTIONS TEAM**  
[promotions@expertprofilemagazine.com](mailto:promotions@expertprofilemagazine.com)

