

Wellness notes

Take an anxiety test • Gut cleanse • Natural mood boosters

MASTER YOUR STRESS

Whether it's pressing deadlines, juggling work and family or chipping away at a never-ending to-do list, 40 per cent of us feel stressed daily, reports the Health and Safety Executive. But are external factors really the main cause of our worries? South Korean energy practitioner Master Oh (masteroh.com), thinks not. 'Stress is really coming from within us,' he says. 'It is our inability to manage thoughts

and emotions that are causing our stress levels to soar.' Prolonged mental and emotional stress drains your energy, or Qi, believes Master Oh, which increases anxiety and fear — creating a self-perpetuating cycle. Practising positivity, self-reflection, gratitude and meditation will help to build your Qi — and, therefore, your ability to manage stress. Try the new Stress Out Test at masteroh.com.



BREATHE YOURSELF FIT

You know breathing techniques can calm a busy mind or boost your mood, but do you know they can help boost your sports performance, too? To discover the benefits for yourself, head to fitness360.co.uk. Using the knowledge of functional exercise coach and sports science plus 10 years' experience of elite triathletes, Harrison will show you how breathing affects your muscular output and overall performance, plus answer any and all of your questions. £99. fitness360.co.uk

Balance your bugs

Are you a suffering from digestive? Apps know as microbial resistance, it takes as you could be — especially when you come on their feet of a dirty hand that the situations we find 80 years ago.

Repopulating your gut and clearing a healthy balance of microbes can have a dramatic impact on your overall health — boosting immunity, orientating sleep and even aiding the gut. Purge your gut bacteria cleanse is a 14-day program that will give you three-day cleanse that includes out-purges, juices and veggie broth, sauer and kombucha. Years, without stress, not make with organic, plant, clean and natural products, plus advice on your post-cleanse diet. Price from £54.95. paleohealth.co.uk



3 WAYS TO INCREASE HAPPINESS

Appreciate Beat the Blues Drops of Gold, £29. beattheblues.com

From the public gold, believed to support your emotional heart, beats with ginseng for apprehension, passion, to the healing of passion, set me for sensitivity and here is a powerful remedy to boost your positivity.



The Wellness Project

by **Alli Roff Farrar** (Asus, £16.99)

Wellness combines ancient wisdom and contemporary psychology to create life-enhancing transformations. This book teaches you how to make your own wellness plan for food, body, space, ritual and more using meditation, yoga, mindfulness and insight wellness tools.



Peak — Brain Training, New; App Store and Google Play

It's time to show the world what it's like to boost your mind, increase your productivity and get you a more positive outlook. Use games such as Decoder on the iPad 100 to train your brain to be more emotionally intelligent.



60%

The increased risk of insomnia due to low vitamin D levels. Take a supplement and enjoy a good night's sleep.