



Doses.

Doses.

Small helpings of good stuff

words *Elizabeth Bennett*
illustrations *Amber Griffin*

WONDER WORDS

Little-known expressions that cast light on the human experience



DUENDE

A heightened state of emotion when engaging with a type of art (traditionally flamenco)
[Spanish]

MAMIHLAPINATAPEI

A silent look shared by two people who both desire each other but are reluctant to say so
[Yaghan, an Aboriginal language]

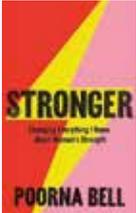
SAUDADE

A longing for an absent something or someone that you love but might never return
[Portuguese]



SHELF HELP

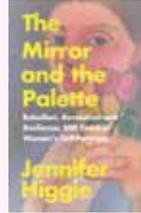
Books to illuminate the mind



Stronger: Changing Everything I Knew About Women's Strength

by Poorna Bell (Pan Macmillan)

Following the death of her husband Rob, Poorna realised she had been relying on men to do the heavy lifting. Now she's an amateur power-lifter who can lift over twice her own body weight. In *Stronger* - part memoir, part manifesto - Poorna discusses women's strength and fitness in terms of wellbeing not weight loss.



The Mirror and the Palette: Rebellion, Revolution and Resilience: 500 Years of Women's Self-Portraits

by Jennifer Higgin (Orion)

With art history traditionally dominated by white men, many stories have been left out of the conversation. In this fascinating book spanning 500 years, Higgin shares some of them by introducing us to a cross-section of women artists who lived lives of great resilience, creativity and bravery.



One Pot, Pan, Planet: A Greener Way to Cook for You, Your Family and the Planet

by Anna Jones (HarperCollins)

Once again Anna Jones has hit the nail on the head with what we all want from our cookbooks: food that is quick, sustainable and extremely tasty. Packed with 150 vegetarian and vegan recipes from around the world, there's also advice on reducing waste, using leftovers and making your kitchen plastic-free.

DAILY RESCUE REMEDIES

Keri Perkins, yoga teacher and founder of We Are Boogie Sound, shares her tips for bringing movement and music into everyday life

Let off steam through Lion's Breath

Want to stop feeling annoyed or frustrated? Breathe in through your nose, open your mouth wide and then stick out your tongue as far as it will go towards your chin (pictured right). Now exhale strongly while making the sound of a roaring lion.

Get moving

Most of us spend too much time sitting, causing stiffness in our back and a tight and short front torso. Take a break by doing daily stretching: roll your neck and open up your shoulders. And go

outside for a walk in nature. Both are good for body and mind.

Use music to energise or calm

Sound has an incredible effect on improving our mood, performance and focus. Do a warrior sequence to an energising electronic dance track or do three rounds of morning sun salutations to chilled Indian beats. For a calming break, find a quiet space during the day and do a five-minute breathing exercise. Play ambient music to help you centre and then breathe in for four counts and out for four counts.



We Are Boogie Sound classes fuse the powers of music, vinyasa (flow) yoga and vibration and are designed to help you achieve heightened physical and mental wellbeing. weareboogiesound.com



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MAKE A COMMITMENT

When you move geographically away from a friend - whether it's to another town or the other side of the world - the friendship inevitably takes more work. It requires commitment from both of you to make it go the distance. Set clear boundaries and intentions and make it clear to each other that you want to make the effort.

SCHEDULE CATCH-UPS

It can be helpful to have an open conversation about how often you think it is appropriate to catch up properly. While you may speak regularly by text message, a phone or video call is where you will cover the most ground. Discuss what is a realistic time period. For some it may be weekly whereas for others it may be monthly or quarterly. Then schedule these catch-ups and stick to them like you would an in-person coffee or dinner.



LOOK BEYOND SOCIAL MEDIA

We all know social media isn't a true reflection of someone's life but it can be easy to assume otherwise. However, just because someone is posting seemingly happy content doesn't mean something isn't going on behind the scenes. Take the time to check on friends regardless of what they're sharing online to discover what is really going on.



HOW TO KEEP LONG-DISTANCE FRIENDSHIPS ALIVE

Moving away doesn't have to mean growing apart



REMINDE THEM THEY ARE IN YOUR THOUGHTS

While the substantial catch-ups are key, the in-between conversation is important, too. Remember to send a short message or quick photo to let your friend know you're thinking of them. Don't worry about having something important to say, seemingly mundane updates (say new favourite foods or TV recommendations) can help reignite that closeness you get when you spend a lot of time together.

MAKE SOLID IRL FUTURE PLANS

With pandemic restrictions easing, it's time to plan your first 'back to normal' trip with friends. Whether it's a day out, visit to one another or holiday, this will give you something to look forward to, a hopeful and creative thing to organise and a positive topic of conversation. The quality one-on-one time you've planned will also help to strengthen your friendship after a long time apart.





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SHARING IS CARING

By Justin McCarron

There are any number of commonly held beliefs that turn out not to be true, including that the Great Wall of China is the only human-made object visible from space. Spoiler alert, it's not visible at all (but city lights are). Another misunderstanding is the idea that to be resilient you must be bulletproof, standing alone on a metaphorical mountaintop, like an SAS soldier, immovable despite the elements swirling around you. In short, that you must go it alone.

All of the research, however, paints a very different picture. The truth is that we get through the tough times mainly because of the support we receive from others. It's our relationships that help us not only survive but even thrive, despite the sometimes considerable challenges we face. Who are the people in your life that you can count on? We all need a circle

of trusted advisors, someone who makes us laugh, another who listens, a third who tells it how it is when that's what we need to hear.

Of course to receive help from others, we have to ask: we have to share our vulnerability. Most of us shy away from showing our sensitivities to others for fear that it makes us look weak. But as Brené Brown explains in her wonderful TED talk, it's precisely through embracing and articulating our vulnerability that we can connect with others and receive their love and care. Now more than ever, in the current political climate, having weathered the pandemic, we need to reach out to our support network. Yes, to be a shoulder to lean on, but also to ask for a shoulder to lean on, too. Oh and by the way, Marie Antoinette never said 'let them eat cake'...



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ART THERAPY

Dive into the picture below, adding thoughts, feelings and ideas, ripple by ripple





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OPEN-AIR ART AROUND THE UK

Ai fresco galleries

Photo: JR Harris



Yorkshire Sculpture Park

This outdoor gallery near Wakefield in West Yorkshire has an impressive selection of British and international artists such as Dennis Oppenheim (pictured above) and Ai Weiwei. Set within the 500-acre 18th-century Bretton Hall estate, it has one of the largest open-air displays of Henry Moore's bronzes in Europe. yvsp.org.uk

Folkestone Artworks

The UK's largest urban contemporary art exhibition can be spotted around the town and harbour in scenic and surprising locations. Free and open 365 days a year, you can currently spot works by the likes of Tracey Emin, Antony Gormley and Yoko Ono. creativefolkestone.org.uk/folkestoneartworks

Jupiter Artland

Set over 100 acres of meadow, woodland and indoor gallery spaces, this contemporary sculpture park and art gallery in the grounds of Bonnington House near Edinburgh is home to over 30 permanent and site-specific sculptures as well as a seasonal programme of exhibitions and events. jupiterartland.org

JUST BECAUSE

Apps that make sustainable living easier

GIKI

Shopping sustainably can be a minefield, especially when you're in a hurry. This free app lets you scan as you shop to check on your product's sustainable credentials. With info on 250,000 items and categories such as packaging, ingredients and employment ethics, it's bound to help you make better choices. giki.earth

OLIO

Sharing is vital when it comes to community living and the health of our planet for future generations. Olio is the number-one app for free sharing and will help you find neighbours locally who are giving away food and other household items. Olioex.com

TAP

Carrying a reusable water bottle is one of the easiest ways to avoid single-use plastic (and save waste and money in the process). Finding somewhere to top up while out and about or on a walk can be tricky but this clever app lets you search across the world for clean water fill-up points. Findtap.com



MOVE TO IMPROVE

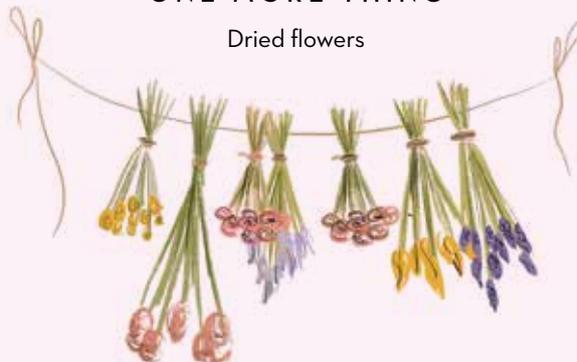
Exercise for wellbeing

While we often place emphasis on the physical benefits of exercise, the virtues of moving your body go beyond strength and fitness. The endorphin-release boosts mood and combats stress while it also helps with sleep. Exercising outside gives you a healthy dose of fresh air, nature and vitamin D while group activities provide a social opportunity (see our first-person story 'Ride' on page 30). Remember, there's much more to it than simply lifting weights in a gym (although there's nowt wrong with that either). Whether you run with a playlist pumping, take a cycle ride with a friend, dip in the sea, join a local dance class or walk a few miles with a podcast or audiobook, finding an exercise you enjoy is fundamental to keeping motivated and committed.



ONE MORE THING

Dried flowers



Flowers brighten any room but having a constant supply of fresh ones can be an expensive and wasteful habit. Dried bunches are a longer-lasting and much more planet-friendly alternative. To dry your own flowers at home, pick ones that are naturally drier and sturdier. Good examples include hydrangeas, straw flowers and gypsophila. Herbs such as lavender and leaves such as eucalyptus also work well once

dried. For the best results, pick flowers at their peak and dry upside down in a cool, dark place such as an airing cupboard for two to three weeks. Once dried they can then be arranged much like a fresh bunch. Best of all, they need little to no maintenance. Keep out of direct sunlight (to avoid fading) and clean them by holding them out of a window and blowing away any dust using a hairdryer on a low, cool setting.



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BALM FOR THE MESSY MIND

This or that? Anxiety expert Cathy McKinnon unpicks what's holding us back

If you're prone to anxiety or intrusive thoughts, there's often a trio of beliefs hiding beneath the surface that prevent us from finding greater peace. The first one is "There's something wrong with me," the second one is "I need to fix myself", and the third one is "Once I do, my life will be better." These are three painful beliefs that put a pause on life and prevent us from living happily and expansively. If you believe there's something wrong with you and that once you fix yourself you will be able to get on with life, what you're actually saying is "My thoughts and feelings are not OK and need to go away before I can live my life fully." Have you ever told yourself "I'll go to the event when I feel more confident"? Or "I'll join the art class once I've learnt the basics first"? Or "I'll go for a run when my stamina improves"? Have you noticed that these sentences all require something to be fixed before you'll consider doing them? Stress is caused by being 'here' but wanting to be 'there', or having 'this' but wanting 'that'. And that crafty little trap keeps us perpetually not OK.

In truth, our stressful thoughts are echoes of our personal history. They're recycled morsels of information and they tell us one very important thing: that we're using thought - our remarkable, conceptual mind - in a way that isn't serving us in that very moment. Everything we think about ourselves is all belief-based and beliefs are not

the truth. Before "There's something wrong with me" clicked into life, there's space. An untroubled benevolence that exists prior to the noise. When we begin to realise this, we're no longer completely identified with our personal stories. It's like rising above smog.

When these thoughts and feelings next arrive, can you allow them to be there without controlling them or trying to make them go away? Are you able to notice them, like watching leaves skip and hop on a blustery autumn day? Can you notice them with an attitude of kindness even if you feel you might pop? When we can begin to sit with our experience rather than trying to run from it we have the opportunity to be less afraid. We have the opportunity to witness the sparky, intense, wondrous, difficult and dazzling dance of the mind without attaching ourselves so tightly to the stories it creates.

So maybe next time, when this tricky trio of thoughts turns up to make mischief again, you'll welcome them like old friends. Sit them down in a comfy seat in the corner, set yourself at a slight distance and wait for curiosity to creep in. ♦

Cathy McKinnon is a coach specialising in freedom from anxiety. She is the co-founder of Wise Bodies and runs online coaching and nutrition programmes for greater peace of mind. wise-bodies.learnworlds.com; Instagram @wise_bodies