

One more reason to... Send a postcard

According to Tony Wrighton, author of *Relax In A Minute* (£5.99, Virgin Books), you're more likely to stick to a stress-busting change if you jot it down on a postcard. Buy a postcard and write the date by which you'd like to achieve your relaxation goal. Post it to yourself and, when it arrives back, pin it on the fridge. 'Your commitment to being more relaxed is there for you and your family to see,' says Wrighton. 'By dating and postmarking it, you're committing it to posterity.' For a Postcard Plan template, log onto www.tonywrighton.com.

WELLBEING NEWS

Everything you
need to give your
mind a boost

By senior health
& beauty writer
Fiona Embleton



THE ART OF COMMUNICATION

Remember when you said: 'It's hot in here,' and rather than open a window, your partner took you straight to the bedroom? Well, according to US researchers, there's a good reason for his behaviour, known as the 'closeness-communication bias' – or an illusion of understanding. 'You stop seeing the other person's perspective simply because the two of you are so close,' explains Kenneth Savitsky, professor of psychology at Williams College in Massachusetts. The bottom line? 'The understanding, "What I know is different from what you know" is essential for effective communication,' he says.



Wellbeing inspiration 'The man who has no imagination has no wings'

MUHAMMAD ALI - heavyweight boxer and quote-giver

APP OF THE MONTH

We've got just the thing to put a smile on your face. Mappiness is a free iPhone app, developed by the London School of Economics, which collates data from thousands of people to find out when, where and why they're at their happiest. Mappiness will keep you twice a day, asking you how happy, awake and relaxed you feel, as well as who you're with, whether you're indoors or outdoors, and what you're doing. You can send in photos, too. For more, go to www.mappiness.org.uk.

Top Santé loves Diptyque Figurier Scented Oval

Green, woody fragrances not only capture the scent of summer, but also remind us of childhood. 'These smells are powerful arousers because the brain links them to being happy, excited and comforted,' says Dr Alan Hirsch from The Smell & Taste Treatment and Research Foundation in Chicago, USA. 'People can derive pleasure from smelling distinct scents on their clothes,' he adds. So slip this porcelain disc containing fig-scented wax into your chest of drawers to give your clothes a rejuvenating burst of fragrance. £32. www.spacenk.co.uk.



IF YOU ONLY DO ONE THING THIS MONTH...

End your yoga session sitting on a Shanti Sundays Heart Meditation Cushion. It encourages the pelvis to tilt forward, aligning the spine. The buckwheat hull filling also works to shape the contours of your bottom, which helps to release the hips. £48. www.glowgetter.co.uk.

