



ASK THE EXPERTS

“I always struggle to make decisions – how can I be more decisive?”

Carole Ann Rice, life coach, (realcoachingco.com), says:

“Choice is supposed to give us freedom and yet, for some people, it seems to have blindsided them with confusion, stress and unlimited options. In a world of increasing options and possibilities, do you or someone you know struggle to make and commit to a decision? With so many incredible choices out there, of course it is important to choose the right path and deal with the consequences.

But, when you are crippled by procrastination and indecision, you may find that life passes you by as you ponder away the years. Here are a few coaching tips to help the flitter-minded settle on a path of purpose and passion:

- Get a new perspective – instead of always worrying about the worst that can happen, decide to think of the best outcome. Whatever the result, you will cope and survive.
- Start to know yourself better – whether this means understanding your likes and dislikes or your needs and values. Your confidence increases when you know your strengths and making decisions will become easier.
- Buy a small note book – this will be your ‘big-me-up book’ and list every good thing about you. Keep adding to it. Ask friends what your strengths are – self-belief has no room for doubt.

Don’t suffer in silence – our wellbeing wonder team of experts is on hand to answer your health questions.

“I’ve been really down lately, which isn’t like me at all. Could this be a sign of the menopause? And if so, is there anything I can do about it?”

Naturopath **Gemma Hurditch** at the College of Naturopathic Medicine (**CNM**) (naturopathy-uk.com) says:

“Menopause can bring on a range of emotions, feeling low is a commonly reported issue from women going through it. If you’re at that stage in your life, exercise is key as it supports your body in so many ways. Exercise helps to lift mood by increasing the production of your feel-good neurotransmitters. It staves off stress and helps our body to metabolise – so hormones, toxins and other waste products are more efficiently removed from your body, making you feel more energised and alive. Coupled with good nutrition and regular daily exercise that you enjoy, you can dramatically improve your self-esteem and mood. Nutrition-wise, it’s best to adopt an organic, predominantly plant-based diet. Go for whole and unprocessed foods wherever possible. Get healthy fats from avocados, wild caught oily fish (such as sardines and mackerel), and take two tablespoons of freshly ground flaxseeds daily.”

“I have recently got into aromatherapy. What blends and oils can you recommend to promote a good night’s sleep?”

Sharon Lovett, marketing manager at Base Formula (baseformula.com) says:

“There are a wide range of relaxing essential oils that can help to promote a better night’s sleep. The most popular are benzoin, bergamot, clary sage, lavender, neroli, roman chamomile, sweet marjoram, sweet orange, valerian and vetiver. It’s always best to choose the oils that you like the smell of, as this is your body’s clever way of telling you what it needs. The oils can be enjoyed in an aromatic bath – try not to have the water too hot though, as this can have a stimulating rather than relaxing effect. Diffusing the oils in the bedroom works well, too. A lovely combination for the bath is two drops of bergamot, two drops of lavender, one drop of roman chamomile and one drop of neroli in 15ml of fragrance-free bath oil. Alternatively, you could try Base Formula’s Sweet Dreams essential oil, which has been pre-blended with lavender, chamomile, valerian, cedarwood and mandarin. This can be used in the bath, for massage or in an aromatherapy diffuser.”