



# STEAL a few minutes...

....and find your inner therapist, life coach and healer. Our easy mind/body strategies help soothe **stress, fatigue, anxiety and more...**

## Dream yourself confident

Feeling like the vanishing midlife woman? Hypnotherapist Ursula James has a neat, confidence-boosting trick. "Before you go to bed, choose your clothes and shoes for tomorrow. Dress for a good day – a day when good things are going to happen. Deciding on your clothes the night before helps you create a mental image of yourself which you then carry into your dreams, preparing you unconsciously for a successful day. You'll carry yourself differently, feel better, smile more, and others will react to you as if you are a confident and positive woman – which today you are!

**TRY IT WHEN YOUR EGO NEEDS A BOOST...** And Ursula urges that we never keep anything for "best"! [ursulajames.com](http://ursulajames.com)

## Locate your midlife marbles!

Ever walked into a room and wondered what you'd gone in there for? We have! "As we age, we can become a little spaced out," says therapist Madison King. "If hormone upheaval is making you feel off balance, try this hyperlink back to harmony."

- + **Place the middle finger of one hand** on your forehead between your eyebrows, fingertip pointing down. Using your other hand, place the middle finger in your navel.
- + **With a slight pull of the skin upward**

on both points, close your eyes, take a deep breath and relax. Stay like this for about 20 seconds, breathing normally. "This hooks up two channels of energy – the Governing, which runs up the back, and the Central, which runs up the front," says Madison. "It brings clarity of thought, so you remember why you walked into that room!"

**TRY IT AND SEE...** Lifting your brow sharpens your focus. Madison King is at the Mind Body Spirit Festival, Manchester, 19 to 21 November, [mindbodyspirit.co.uk](http://mindbodyspirit.co.uk).