

ood \* home \* looks \* creative ideas \* health

# prima

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1001  
tricks, tips  
& clever  
ideas

7-page special

## Stress busters

Put the bounce  
back into  
your life today

**NEW**  
Spring styles  
to make you  
look slimmer



10 plants  
every  
garden  
should have

Creative ideas

\* make Mum's  
day \* simply



How to add  
value to  
your home  
what's worth  
doing, what's not

Miracle Diet  
Get younger,  
glowing skin  
in just 3 days

'IN AN INSTANT,  
MY MOTHER'S DAY  
DREAM WAS  
SHATTERED'

How to...  
\* do a French  
manicure  
\* brighten a  
dark room

Delicious  
one pot





# 7 days to a stress-free you

Find out if you're coping, skating on thin ice or rushing headlong into a life crisis



## How stressed are you?

- you can't concentrate
- you can't listen attentively
- you talk too much - or too little
- you have unpaid bills
- you're drinking or smoking more than usual
- you're eating badly
- you can't sort priorities
- you have unpredictable outbursts of temper
- you're clumsy
- you look untidy
- you have less energy than you'd like
- you have difficulty making decisions
- you plan your time badly, ending up with a tight schedule
- you hate to delegate
- you have no time for hobbies or socialising
- you're forgetful
- you don't get round to exercising
- you're not completing tasks
- you sleep badly
- you get frustrated by small delays

Some of us are more prone to stress than others. 'High neuroses' types have a tendency to try to force a quart into a pint pot - even though they also react more acutely to stressful situations than 'low neuroses' types. The more of the following symptoms you suffer, the more stressed you are likely to be, says stress expert Dr Malcolm VandenBurg.

For each of the above symptoms, score **1** for **never**, **2** for **occasionally**, **3** for **frequently** or **4** for **consistently**

