

prima

Making life simple

1001
tricks, tips
& clever
ideas

75 ways to look gorgeous this summer

- * fashion to flatter you
- * gorgeous shoes & bags
- * new hair & make-up ideas

The best plants for problem places

Diet delight

- * Surprising foods for losing weight
- * Shoes that tone your legs

Give your life a makeover in just 2 weeks tried & tested by readers

Dinner in minutes fast, fabulous and fresh

Add **WOW** factor to your home how to make first impressions count

Less stress forever

* feelgood foods, time-savers and
the tips that work for you





Less *stress* forever

Take the *stress* test

Do you have too much stress in your life, or too little? Use our flow chart to help you identify whether you're so laid back you're horizontal, or so wired up you're on the verge of a breakdown...

Box 1:

You have a fulfilling work and social life and always have plenty to do. You occasionally have to work harder before a deadline – but this burst of activity gives you a buzz of excitement, and you get a real thrill out of achieving your goals.

YES
go to
Box 3

Box 3:

Your to-do list is growing, and you're occasionally missing deadlines or turning up late for appointments. Your eczema is flaring up – or you may be getting spots or IBS. Instead of giving you a buzz, your deadlines are now causing you heart palpitations and a knotted stomach. You're ratty, and craving more coffee than usual.

NO
go to
Box 2

NOT ALL STRESS IS BAD!

Stress is the primitive response that gives us our get-up-and-go. It energises the body and motivates us to succeed. Without it our ancestors would never have found the strength to run from predators, or the motivation to hunt for the family's next meal.

NO
go to
Box 3

ACUTE STRESS SYMPTOMS

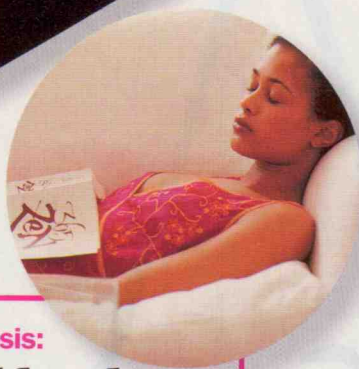
Under acute stress, you become more aggressive (your body's preparing for fight or flight). Your heart rate speeds up and blood flow to the muscles increases (so you can run faster). Skin histamine levels go up too (causing spots and eczema, if you're prone). It's your primitive way of either camouflaging yourself or warning a foe that you're ready for action. Too much stress can lead to aches and pains, spotty skin and a bad temper.

NO
go to
Box 3a

Box 2:

Your diary's empty, your to-do list non-existent, and you wonder what to do with all your spare time.

YES
go to
Box 2a



Box 2a Diagnosis:

You're too laid-back

'You may genuinely love under-achieving. Or the tiniest bit of stress may make you so uncomfortable you can't bear to put yourself through it,' says stress expert Dr Malcolm VandenBurg. 'Your attitude to life could be a reaction to having had too much pressure put on you as a child, and now you have chosen to opt out. There are some laid-back types who achieve just as much as the classic work-driven adrenaline junkies – but without the stress. However, if your life is lacklustre and you have time on your hands, you could benefit from pushing yourself a bit harder. Join a club, meet new friends, or study for a new exam and see what kind of a buzz you get from it.'

Box 3a Diagnosis:

You thrive under pressure

'Your traffic lights are on green and you have a positive reaction to stress. Keep on going in the same direction, as you're doing just fine,' says Dr VandenBurg, stress expert. 'Your sympathetic nervous system is appropriately turned on and your brain's driving an increase in hormones to help you keep on doing and achieving more. Your body is geared up to run a marathon and win, and the adrenaline you're pumping out gives you that glorious sense of exhilaration. You know from experience how much stress is enjoyable, and you're keeping it at just the right level.'

