

Life SKILLS:

HOW TAKING 10 MINUTES EVERY DAY CAN HELP YOU GET BACK TO YOU

We all need time to reconnect to ourselves. Twinings introduces you to its expert panel and invites you to Take 10 with them at a series of upcoming events

Being time-poor, finding the right work-life balance: notions such as these have become so familiar as to almost have become a cliché. But that doesn't make them any less real. The problem is that when the inevitable 'something' has to give, what we surrender isn't one of the many things we do for others, it's usually the time we set aside for ourselves. This might seem like the easiest option, but what can happen is that we forget to make that time at all. It's for this reason that Twinings initiated its Take 10 campaign, an invitation for women everywhere to make just 10 minutes every day to help you get back to you.

Small steps to a significant change

So why Take 10? Why not Take 20 or an hour? Ten minutes is the perfect place to start because 'it doesn't feel unrealistic', says spiritual psychologist Nicola Phoenix. 'It is the perfect catalyst for further changes in your life and looking after yourself.' In just 10 minutes you can go for a walk, meditate, dance with abandon, draw, or simply put the kettle on

and enjoy the satisfaction and fulfilment of a cup of tea. Ten minutes works because it's long enough to feel significant, but not so long that you can't justify it to yourself. 'We often learn that taking time out is a luxury or even selfish,' observes Phoenix. 'It is a basic human need to rest and taking 10 every day is a great way to do this.'

It only takes 10 minutes to unwind

It's not just our mental wellbeing that benefits, but our physical too. 'The mind and body are inextricably linked,' agrees Dr Liz Miller. 'It doesn't take long to readjust the balance of the body. Take a few minutes to relax tense muscles, to stretch, to enjoy a refreshing cup of tea. These few minutes help normalise breathing, lower pulse rate and blood pressure and get the circulation going again.'

Find your inspiration

'Getting connected to nature' is recommended by life coach Jackie Holder as 'one of the easiest ways to unwind and relax', but it could be that for you it's something else.

She suggests using your first 10 minutes to make a list of the many ways you could take 10 for the simple reason that, 'So often it's because we don't have a starting point that we don't bother to give things a go.'

Take 10 for you

'We have such busy minds and lives that we often have no idea of what we really want,' observes life coach and author Rasheed Ogunlaru. 'Just 10 minutes out will help shut out all that noise and help you to reconnect to yourself and what's really important in your life, home, work and relationships.'

Meet the experts at an event near you

At four dedicated events across the UK in the coming months, you'll get the chance to meet each Twinings Take 10 expert for a 10-minute coaching session over the course of a relaxing afternoon tea. Turn over to find out more about each expert and how you can join them at a Twinings Take 10 event soon. For ideas on how to take 10 today, visit redonline.co.uk/twinings >>

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FROM LEFT:
Nicola Phoenix,
Rasheed Ogunlaru,
Dr Liz Miller and
Jackee Holder

*'Just 10 minutes will help you to
reconnect to yourself and what's
really important in your life'*



THE CREATIVE LIFE COACH

'It's important to self-care'

Jackee Holder is a life coach, trainer and author of *Be Your Own Best Life Coach* (Infinite Ideas, £14.99)

With 20 years' experience as an executive and business coach across education, health and the creative

industries in both the private and public sector, Jackee Holder has helped thousands of individuals to enrich and transform their lives. She takes a spiritual and creative approach to training and stresses the importance of looking after yourself. 'What you give out,' she says, 'you must balance by putting back in.'

Holder stresses the importance of 'self-caring'. 'I focus on lots of different ways that I can top up my reserves,' she says, 'whether it's by taking a fragrant bath or buying myself a bunch of flowers. These are some of the simple ways I take care of me. That way I am able to give back from a place where I am energised and nourished and able to really be there for others.'

Take 10: 'Stand in your garden and breathe in the fresh air. Use the time to observe the world around you – nature is a great role model for knowing when to rest and when to work hard and grow.'

THE PSYCHOLOGICAL HEALTH SPECIALIST

'How we feel reflects not just our mental, but also our physical health'

A health practitioner for over 30 years, Dr Liz Miller is also a qualified psychologist and author of *Mood Mapping* (Routledge, £8.99)

Dr Liz Miller trained and worked in neurosurgery, then later within accident and emergency medicine, before coming to her current roles



'Taking 10 will help you to appreciate and nurture yourself'



THE MOTIVATIONAL COACH

'I start with fulfilment'

Rasheed Ogunlaru is a life coach, motivational speaker, business coach and author of *The Gift of Inner Success* (rasaru.com, £9.99)

'We're misled that success leads to fulfilment,' says Rasheed Ogunlaru. 'It does not. So I start with fulfilment.' Understanding who we are, what our natural role is and how to develop and make the most of that is at the core of

Ogunlaru's work. 'We often have no idea of what we really want or what's really important as we're often overwhelmed with all the roles we play and all the ideas of what we should be and achieve,' he explains. It's a process that can begin with taking just 10 minutes each day to help you get back to you. As Ogunlaru says: 'It will help you to appreciate and nurture yourself, and from there you'll be able to meet life from a more balanced and settled space.'

Take 10: 'Be still and silent. Doing nothing is something so many people struggle with, but being still will centre you and help ease your mind.'

In general practice and occupational health. Her own diagnosis with bipolar disorder and the techniques she developed to help overcome it, led her to seek ways to help improve others' mental health. One of the key results was the development of the Miller Mood Map, a tool that helps you to first identify your moods, then adjust them to a more positive – or workable – frame.

Dr Miller's personal and professional experience has led her to encourage a truly multifaceted approach to healing. 'How we feel reflects not just our mental wellbeing but also our physical health,' she says. She believes that stress has both mental and physical effects and advocates positive intervention and self-management of health and wellbeing. 'Being able to relax, to take exercise, make sure we get enough sleep, avoid too much alcohol, reflect and talk are some of the simple strategies that we can use to improve both our mental and physical wellbeing,' Dr Miller says.

'To give your best to others, it is essential you look after yourself'

Take 10: 'Turn up the radio, turn on your video and dance like you're Ann Widdecombe. Pull as many silly moves as you can, then upload the video onto YouTube (though I tend to leave out that last part).'



THE SPIRITUAL PSYCHOLOGIST

'The key is to move towards what feels right for us'

Nicola Phoenix is a psychologist, yoga teacher, radio talk-show host and author of *Reclaiming Happiness* (Findhorn Press, £8.99)

Nicola Phoenix's work brings her grounding in the principles of Western psychology together with 17 years' experience of living and, more recently, teaching Eastern yogic practices and philosophies. Her clinic is based in Covent Garden,

London, and promotes a system that guides, supports and empowers her clients.

Phoenix believes that making real change is about treating the underlying cause of any problem we might have, not just the symptoms. 'Learning the benefit of listening to your own inner needs allows you to learn how to empower yourself to live a life that works for you in every way,' she explains.

The key is to give ourselves time to 'tap into our own intuition', she says, and find out the best, most effective way to reconnect with ourselves. This will be different for everyone, Phoenix stresses: one person's energising walk is another's rejuvenating lie-down. Discover yours and the benefits will be manifold. After all, 'In order to give your best to others, be it as a parent, friend or at work,' says Phoenix, 'it is essential that you look after yourself.'

Take 10: 'If I'm sitting at my desk, I find a great way to take an invigorating break is to get up and do a few simple yoga stretches. It opens my body and releases any tightness or tension I'm feeling.'

MEET THE TAKE 10 EXPERTS

Over the coming months, Twinings is hosting a series of intimate events based around an afternoon of tea and 'speed-coaching' sessions with each of the Twinings Take 10 experts – 10-minute sessions in which you can learn more about the Take 10 ethos and how it could work for you.

The first Twinings Take 10 event will take place on November 29th at London's Chesterfield Mayfair Hotel and costs just £15. Come along and, as well as your time

with the experts, you'll have the chance to learn more about – and enjoy – Twinings teas. You can also enjoy relaxing activities such as 10-minute head or hand massages, plus a goodie bag to take away. What better introduction for you to learn to get back to you?

To sign up and to learn more about this and future Take 10 events, visit redonline.co.uk/twinings

TWININGS
gets you back to you

