

7 Ways To Beat 'Janxiety'



We've just had Blue Monday, officially the most depressing day of the year. Then again, the whole of January can be grim. Here's how to banish the winter gloom and feel a-h-mazing...

1 START YOUR DAY RIGHT...

'Complex carbs such as freekeh and oatmeal allow a sustained release of feel-good hormone serotonin,' says Dr Michelle Storfer of thefoodeffect.co.uk. 'They also stabilise blood sugar levels.' Goodbye, mid-afternoon slump!



2 SWITCH UP YOUR WORKOUT...

Reboot your fitness routine. 'Aim for at least three hour-long sessions a week combining aerobic (HIIT, circuit training, jogging) with low-intensity exercises such as yoga,' advises trainer Anna Reich. 'Morning exercise releases endorphins and boosts energy throughout the whole day.'

3 MAKE IT MATCHA...

Ditch the coffee for a cup of Matcha Green Tea [Pukka, £2.29] in the morning. 'This superfood is packed with a concentrated dose of vitamins and antioxidants and will aid alertness and boost energy,' says Michelle.

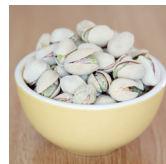


4 THINK POSITIVE...

Even doing just a 10-minute mindfulness session a day will help to clear your head, relieve stress and get you motivated. 'Psychology is really important to help unwind your body and focus the mind,' says Anna. Actress Emma Watson is a huge fan of the meditation app Headspace.

5 THE PISTACHIO PICK-ME-UP...

'Eating 40g of pistachios a day has been shown to lower blood pressure so your heart doesn't have to work overtime,' according to Michelle. Try sprinkling on a veggie salad at lunch for your daily fix.



6 SWAP COLA FOR CACTUS WATER...

Stock up on this new super-drink [Sainsbury's, £1.50] for a natural health kick. This ultra-hydrating fruity water is rich in antioxidants and amino acids such as taurine – which helps increase energy and boost your immune system. Drink one bottle a day for a week and you'll feel the benefit.

7 GET YOUR OMEGA FIX...

'Omega-3 fatty acids – found in food such as salmon and mackerel – has been shown to stabilise mood levels and boost metabolism as well,' says Michelle. For a steady supply, aim to eat 100g of oily fish at least twice a week.

