

Woman's World

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Picking a symbol

The Native Americans used individual "totems," usually animals, to symbolize traits they wanted to

Splurging on yourself makes you feel special—and tells you "I'm worth it!"

emphasize. And life coach Debbie Mandel, author of *Turn on Your Inner Light*, suggests that you follow their lead by choosing a totem of your own, whether it's a turtle for patience or a butterfly to remind you to be lighthearted. Studies show that looking at a totem helps people stay calm during times of stress. And that wards off the beauty-busting effects tension has on all of us.

Adopting just one better habit

Try an easy one, like eating a piece of fruit to see if it satisfies your craving for candy. The "easy" part is

up. But by picking something doable, you guarantee yourself a small win." And your pride in that success will put an appealing spring in your step.

Splurging on something special for yourself

Nevermind that you willingly spend on baby shower gifts and the kids' karate lessons, Moran's surveys reveal that you probably find it hard to "splurge" on the perfect pair of earrings that would make you feel special. But you shouldn't, she says. Every time you nurture yourself that way, you tell yourself "I'm worth it!" And the higher you are on you, the more highly others rate your appearance!

raunance, says Moran. But studies show this little tip has an even bigger beauty-boosting benefit: "You're never more attractive to others than when you're seeing the beauty in them," she points out.

Carrying a bottle of water

Ever notice how your droopy philodendron perks up as soon as you water it? Well, water can have just as dramatic an effect on you, says Moran. You need adequate H₂O for optimal brain and kidney function, and to keep your skin soft and clear, she says. "But research shows most of us downplay our water needs so routinely we don't even know when we're dehydrated," she says. So take a few sips whenever you notice your energy or mood starting to droop. You'll be amazed how much better you'll feel—and look!

—Barbara Hustedt Crook

The sure-fire way to get an instant inner glow!

It's easy! "While standing, let your head fall forward over your chest and let your arms go limp, then hang that way for 30 seconds," says Mandel. That's called the "rag doll," and as you do it, blood will

rush to your head and limbs, instantly relaxing your facial muscles and bringing a gentle flush to your skin. And not only will that give you a more relaxed expression, it'll make you glow!