

# NIRVANA

Tips and tricks for mind, body and spirit

This week, our columnist **Alison Canavan** looks at anger and how it can be repressed. She also has a fertility-friendly addition to your diet, and shares her secret to heavenly sleep



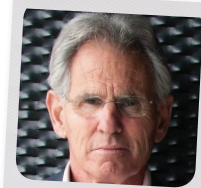
## Could you be angry and not know it?

Anger — we all experience it, but it can become destructive quite quickly. Most people don't even recognise the level of anger that they have, because it doesn't fit into their idealised version of who they think they are and the image they want to portray to the world. This can be for many reasons, including religious or parental reasons, or being told they have to behave in a certain way for people to like them, or to fit in.

However, as anger will arise for all of us, it's important we have ways to process it. There are many different types of anger, and, believe it or not, there is healthy anger, too. For example, when someone pushes your boundaries or you feel violated, you can become angry. Know that we wouldn't survive without anger, so if you are the person who always comments that they are never angry, maybe ask yourself: when is the last time you really expressed how you feel?



## Quote of the week



*"Meditation is the only intentional, systematic human activity which, at bottom, is about not trying to improve yourself or get anywhere else, but simply to realise where you already are"*  
— Jon Kabat-Zinn

### DID YOU KNOW?

## Fertile-friendly addition to your diet

The antioxidants in sun-dried tomatoes are mainly fat soluble, which means they protect fatty areas of the body, including reproductive organs, eggs and sperm! In other words, they are great for fertility! They make tasty snacks and are a superb addition to salads. The essential minerals sodium and potassium are also provided in good amounts by this fruit, keeping our bodies alkalized and hydrated, ensuring the efficient removal of toxins.



## Self-care corner: Turn off the TV



The average person watches nearly five hours of TV a day, and yet constantly complains about having no time. Do yourself a favour and turn off the TV for a full 24 hours once a week. Once you start to notice the positive change in your thoughts and behaviour, you'll knock it off more. Instead of watching the box, read, see friends, cook, redecorate — the sky's the limit!



### MINDFUL MOMENT

*Stop throughout the day and consciously identify what you are able to appreciate in this moment. It could be something about yourself, another person, your environment, or what your body is doing or sensing.*

## Meryl Streep has learned what is important in life

"Don't waste so much time thinking about how much you weigh. There is no more mind-numbing, boring, idiotic, self-destructive diversion from the fun of living," she says.

## Product of the week Organic Peace Silk Pillowcase

This pillowcase, right, is like sleeping on a piece of heaven. White & Green is an incredible Irish company that uses only the highest-quality charmeuse silk for its pillowcases, creating an incredibly soft texture that's great for your skin and hair. 'Organic Peace Silk' means that no silkworms are boiled alive in the process, unlike in the majority of silk production. There are no toxic chemicals or dyes used, either. If you wake up with unruly hair or sleep wrinkles on your face, then you need a silk pillowcase. This is the best-kept beauty secret of Hollywood celebrities! *Peace Silk Pillowcase, €65, see [whiteandgreenhome.com/products/silk-pillowcase](http://whiteandgreenhome.com/products/silk-pillowcase)*

