

PSYCHOLOGIES

FIVE SENSES *health perspective*



Wellbeing expert
Sarah Owen
on the latest in
natural health



Don't leave
home without...

Bach Rescue Pastilles, £4.74 (020
8773 3803, bachshop.co.uk).
Blackcurrant jelly sweets infused with
flower essences for instant calm.

Time to tackle stigma

This summer, Time To Change (time-to-change.org.uk), an anti-stigma campaign financed by the Big Lottery Fund and Comic Relief, rolls out its second wave of magazine, newspaper and TV ads aiming to challenge attitudes about mental health. Even though one in four of us experiences a mental health problem at some point, research shows that 87 per cent of people with a condition say that stigma and discrimination have a negative impact on their lives.

Another campaign, Headroom, spearheaded by comedienne and psychotherapist Ruby Wax – who has experienced several episodes of depression – also helps to foster understanding about mental health conditions. 'People shouldn't be ashamed of mental illness,' says Wax. 'It used to be the C word – cancer – that



'This is a subject close to my heart as three generations of my family have had bipolar disorder'

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people wouldn't discuss. Now it's the M word. I hope pretty soon it'll be OK for everyone to talk openly about their mental health without fear of being treated differently.' See Ruby's Room at bbc.co.uk/headroom for more information or call the BBC mental health action line on 0800 0933 193 for advice about where to get support if you, or someone you know, is dealing

with mental health issues. Two more charities running excellent anti-stigma campaigns are Stand To Reason (standtoreason.org.uk) and Rethink (rethink.org). This is a subject close to my heart as three generations of my family (grandfather, father and sister) have had bipolar disorder. Shame has always been a factor, but I'm hoping that campaigns such as these signal the turning of the tide.

3 things you need ... on a hot day

These natural products should help you beat the heat this summer.

● **Salcura Foot Therapy Spray, £11.73** (01472 245681, salcura.co.uk).

Formulated with natural anti-bacterial and anti-fungal properties to help neutralise foot odour.

● **Temple Spa Chillicious, £15** (01903 719429, templespa.com). Dab this essential oil-packed, skin-cooling gel balm on to pulse points.

● **Tisserand Lavender and Lemon Deodorant, £5.25** (01273 224084, tisserand.com). An

under-arm roll-on, free from aluminium, parabens and synthetic fragrances.



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