

Fabulous DAILY

Edited by
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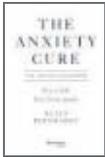


ONE in six of us in Ireland will experience a mental health problem every year, with anxiety and depression being two of the most common.

Reading about the condition can help to bring understanding, whether you are suffering yourself or caring for somebody who is. **NATASHA HARDING** chooses some of the most useful books about mental health.

READS TO HELP EASE YOUR MIND

THE ANXIETY CURE, by Klaus Bernhardt (*Vermilion*, €12.95): Ireland ranks among the top 10 countries for anxiety disorders, with 6.3 per cent of the population affected. Many will suffer from constantly recurring panic attacks. The author, a psychotherapist, draws upon the latest research as well as clinical experience and teaches the reader about rewiring negative thinking.



OUT OF THE MADHOUSE, by Michael Maitland and Iain Maitland (*Jessica Kingsley Publishers*, €18.19): It was in 2012 that Michael Maitland hit his lowest ebb. His battle with depression, anxiety and anorexia meant he had to seek residential treatment or face being sectioned. The book, told in diary format, charts Michael's remarkable recovery. It is full of tips and techniques that might help others with self-management. Searingly honest, incredibly useful.



A SERIES OF UNFORTUNATE STEREOTYPES, by Lucy Nichol (*Trigger*, €13.70): The author is a mental health campaigner and passionate about challenging stigma. She explores the stereotypes of mental health problems and what is behind the labels narcissist, hypochondriac and psycho. Those with a friend or relative who is suffering will find this particularly useful.



WALK A MILE, by Chris Young (*Trigger*, €16.79): The author had a happy childhood until his mother died. Combined with that early childhood trauma and faulty brain wiring, Chris was diagnosed with borderline personality disorder. In 2011, he began a campaign called Walk A Mile In My Shoes to raise awareness of the condition. His book offers a raw account into the disorder and dispels many of the myths.



OBSESSIVE COMPULSIONS, by C. Thomas Gualtieri (€15.99): We all have personality quirks but for some people being a perfectionist can take over. This book explores where obsessive compulsive traits come from and what we can do about them. It also highlights the positive sides. Combining stories and up-to-date research, the book is fascinating.



REMEMBER THIS WHEN YOU'RE SAD, by Maggy Van Eijk (*Lagom*, €20.99): This work about tackling anxiety and depression is subtitled "a book for mad, sad and glad days (from someone who's right here)". Maggy has had panic attacks, bulimia and dissociation. At 27, her mental health nosedived. This book reveals how small things can make a big difference to someone in a similar situation.



TEN HACKS TO SAVE MONEY ON MAKE-UP

LOOKING good does not come cheap.

With make-up bags and bathroom shelves groaning under the weight of so-called essentials, the cost of cosmetics can feel frightening.

But there are plenty of ways to save cash while still looking and feeling fantastic.

Make your money go further with ten cash-saving beauty tips from **LAURA STOTT**.



How to cut beauty costs with a spoon

POWDER REVIVE

If your favourite powder compact, blush, bronzer or eyeshadow has shattered into pieces, don't rush to replace it.

Rescue broken powders by smashing all the remains into pieces, then decant the crumbles into a small container.

Carefully add a few drops of rubbing alcohol or surgical spirit (from pharmacies) and stir to make a smooth paste. Allow to reset then press firmly back into the original packaging.

Result – a revitalised powder that looks as good as new.

DIY NAILS

Don't splurge on pricey salon manicures. You can achieve incredible nail art at home using clear Scotch tape and an old flat toothbrush.

Use the brush to stencil patterns and shapes on top of a base colour for results as good as any professional manicure.

For razor-sharp lines, zig-zags, geometric patterns and stripes, or just immaculate contrasting tips, apply sticky tape to shape, paint on your colour, then peel off to reveal perfect digits. A cheap-as-chips way to nail it.

MIX IT UP

There's no need to splash out on a separate tinted moisturiser for those minimal make-up days.

Instead, mix equal parts of your

everyday foundation with a day cream or serum to create your own lightweight base.

A home-made formula also means you can adjust colour and texture to perfectly suit your skin – just add more or less cream, serum or colour to dilute to your exact preferences.

Serum will give a sheer finish, while cream will feel heavier.

Bespoke beauty for just a few pence.

LONGER-LASTING LASHES

Make the most of your mascara within its three-month lifespan by using every last drop.

Towards the end of the container, mascara can start to dry out, making it clump. But don't bin it – add five eye-drops or drips of contact lens solution to the tube and shake well. Alternatively, submerge the sealed mascara in a cup of hot water for 30 seconds before using. Goodbye gloop, hello glossy, smooth lashes.

SUPER SCENT

Love the smell of the perfume you got for Christmas but can't afford the matching body cream?

Create your own for a fraction of the price. Buy some bargain fragrance-free body lotion (try *Boots Essentials*, €1.99) and add in

a few drops of your favourite scent. Use the same trick with unperfumed shower gel for a high-scent, low-cost matching body wash. Instant designer pong – saving a fortune.

PORTION CONTROL

Only use as much product as you need. Many everyday items could last twice as long if applied correctly and most of us regularly use too much.

Generally, you need a blueberry-sized dot of face cream, a ten-pence-sized blob of shampoo and conditioner and a broad-bean dollop of foundation.

LIP-SMACKING COLOUR

Don't chuck out lippy stubs. Round up all the old stumps and scrape leftover coloured wax out of their plastic swirl-up holders.

Gently warm all the dregs together in the microwave or in a pan on a low heat until they soften, then mash together to create a new shade.

Pour the soft mixture into a small empty pot and pop in the fridge to set firm.

You can also mix your new shade with Vaseline to make a tinted lip balm.

SPOON SAVES

Save a fortune on speciality make-up kit by ransacking your kitchen draws for spoons instead.

Hold a metal teaspoon upside down at the base of your lashes to shape and fan as you brush on your mascara.

Use the back of a large spoon to shape brows and the handle as a guide to follow as you shade cheekbones, hairline and jaw.

MULTI-TASKING

Streamline beauty products to save cash. Hand cream is great as a frizz tamer for curly hair. Turn pencil eyeliner into a gel liner by sharpening and warming with a hairdryer before application.

Double up sheer lipsticks as a cheek tint or eye colour. Layer loose powder between applications of mascara for a mega-lash look without the need for falsies. And use your conditioner as a hair-softening shaving foam.

HAIR HACKS

Don't spend on fancy hair-care products when it's easy to make your own.

For a leave-in frizz-tamer, decant a small amount of conditioner into a spray bottle with still water. Use one part conditioner to three parts water for fine hair, and for thicker hair, adjust conditioner to suit.

For bargain beachy waves, mix a tablespoon of salt into a spray container of water. Shake well then spritz over clean, damp hair for the perfect holiday look.

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