

**FIT FOR LIFE** with Carol Westmorland

## How the power of colour can change your life

It's easy to tell if you are a motivated person or not. When you wake in the morning, what time is it? If it's after 7.30 then, all 'usual' exceptions ignored, you're not motivated. Once awake, how enthusiastic are you to get out of bed? Not too keen? Perhaps this is a sign that something is amiss.

My energy levels are irrepressible and I believe it's no coincidence that my colourful life is just that – colourful. From our cobalt blue SMEG fridge, orange Roberts radio to our raspberry coloured TV, it's all about using brightness and light for the feelgood factor. I ignore anything dull.

Have you seen the new colours this season? Wow! I've been giddy with the excitement. Orange, pink and yellow are hot! Did you know

that the human eye has more receptors for the colour yellow than any other colour. Are there any other colours that better sum up that gorgeous, vibrant glow of sunset?

I bet you have bright colours to wear, but what do you do? You save them for parties or special days. Forget that. Every day is special. Put them on now and set out to be noticed. Not in an outrageous way – but in a way to achieve self-worth. Begin to believe in you.



For example, I have a special pair of pristine white cycling shoes that I wear for championship events. They look fantastic so I feel fantastic too and they always do the trick.

Besides, do you think you deserve to be seen or would you rather be clad in black, grey or sludge and blend into the background? Goodness knows, there are plenty that do and, in fairness, it's the easy way. After all, if you neglected your hair this morning, didn't give yourself enough time to apply lipstick or hadn't the minutes remaining to change the top you spilt your muesli down, then disappearing into your surroundings is a good thing. You'll remain unmotivated to improve your lot and easily set aside the attention that colour brings for fear of being noticed.

On the other hand; Why not make a point of being noticed in whatever you do? If you adopt the attitude that you deserve to be seen, your attitude will change. You'll want to make more of an effort, and in doing so will find that you have inadvertently provided yourself with the motivation to brighten up and be counted.

Your message will then be positively dazzling.

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**LIFE COACH** with Marion Dunlop

## How can you mend a broken heart?

Statistically this time of year has the highest rate of relationship break ups. If you've been through this recently it's tough but there are some things you can do to survive.

You've invested time and energy in the partnership no matter how long or short, comfortable or painful it has been. It's OK to feel sad, hurt, angry, guilty or low before you begin to see a possible way forward. In fact I would encourage you to connect with these feelings.

At the end of the day you need to grieve for what you had and lost. The relationship has 'died' whoever was at fault and you need time to adjust to losing your partner and everything associated with him or her –

their friends, their interests, sometimes their family. At first it might feel like you will never trust again, particularly if there was someone else involved in the break up.

Don't deny your feelings. Ask for help or a shoulder to cry on from people who love you. Let work colleagues know so they understand if you need extra breaks or get tearful or bad tempered. If you're angry express it but do it safely. Keep a journal, write letters and burn them, break a few plates, shout and swear in the comfort of your own home – get it out! Suppressing emotions isn't healthy.

If you've no-one close to talk to then consider visiting a counsellor or therapist who

can support you through this 'letting go' stage: however tough the experience might be, you will become stronger and know yourself more than you thought possible.

Give yourself time to be comfortable with you as a single person before moving into another relationship. Start doing the things you always wanted to do but never gave yourself time to enjoy. Then focus on the future and allow yourself to love again.

■ Relate [www.relate.org.uk](http://www.relate.org.uk) can help with break-ups as well as staying together.



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