

**GOLDEN GLOBES  
SPECIAL ISSUE**



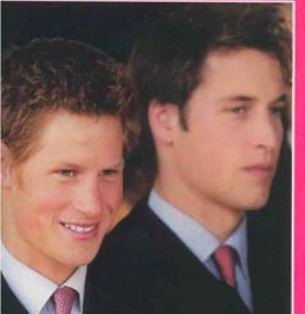
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**OF GOWN  
& GOSSIP**

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# Woman's Day

**CALL TO END  
MONARCHY**



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HEALTH EDITOR  
DONNA GIBSON



ASK  
DR ANDREW

your medical  
questions answered

## Finish the blues

"I've just had my first child and while I'm feeling fine now, I know my mother suffered post-natal depression. Am I at risk, and can I do to avoid it?"

Joanna, Perth, WA.

Pregnancy and childbirth are two of life's biggest challenges and during the first week after giving birth, 80% of women will experience the "baby blues". The symptoms, mood swings, usually subside within a day or two. Post-natal depression, however, is the name for clinical depression that occurs in the months following childbirth. It can occur any time during the first year and it's estimated that around 15% of mothers suffer some degree of post-natal depression. Physical, psychological and social factors all contribute. Symptoms include:

- A history of depression
  - Depression during pregnancy
  - Relationship difficulties
  - A lack of support
  - Stressful life events
  - Severe "baby blues"
- By modifying the risk factors, you can help decrease your risk of suffering from this full condition. Simple things, such as asking for help, can ensure you enjoy one of the best special times in your life.

Send your question to Dr Andrew, Health Editor, GPO Box 5245, Sydney, NSW 2001, or email [womansday@p.com.au](mailto:womansday@p.com.au). Advice given is a guide and should not be treated as medical advice for independent professional medical advice. Sorry, no personal replies. See contents page for location of our privacy notice.



# 5 WAYS TO MAKE holiday happiness LAST ALL YEAR

Those relaxed summer feelings don't have to disappear when you go back to work...

**T**he holidays are over. It's back to your usual routine and you feel as though you've never even had a break. Why do those feel-good memories disappear as soon as you unpack your suitcase?

Lindsay Tighe of Inspirational Coaching, a life-coaching company helping people bring balance to their lives, says it's all to do with our frame of mind.

"When we're on holiday we're more optimistic. We have

more freedom and we look at the world in a different way. Things don't bother us as much," she explains.

"We have time to think about where we are in life and what we want to do. We have time to notice the sun's shining, the sky's blue and the flowers are out."

"For some reason we tell ourselves those happy moments can only happen while we're away on holiday – but life doesn't have to be that way."

So how can you enjoy holiday happiness 365 days a year?

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### PAMPER YOURSELF

Book a massage or have a pedicure. Find activities that make you feel relaxed and happy and do them at least once a month. "While you're away, perhaps you unwind by walking on the beach," suggests Lindsay.

### SPEND TIME WITH FRIENDS – OR ALONE

Studies around the world show the importance of talking to friends to release stress, and a support network is also vital in beating mental illnesses such as depression

### PREPARE SPECIAL MEALS

Almost 60% of Australians are overweight or obese, and they're at increased risk of suffering type 2 diabetes, high blood pressure and heart disease. Not enough exercise and bad diets are mostly to blame.

### GET UP AND GO

In an ideal world we'd all do 30 minutes of moderate physical activity every day, says the Heart Foundation. Mowing the lawn or going for a walk, a swim or cycling are fine. "On holiday we have more time, and

### ENJOY NATURE

Researchers at Deakin University in Victoria are studying how vital it is for people to have easy access to parks and open spaces. It seems our health is given a boost simply by the sight of trees or the ocean.

"Keep doing these things that make you feel happy. We have about 60,000 thoughts a day and the next day about 95% of them are the same. Pamper yourself, still your mind and you'll become more conscious of your entrenched way of thinking."

– which affects about 20% of Australians. "But it's also important to have 'me' time so can you reflect," says Lindsay. So find a few minutes in the day to be alone. Slow down your breathing and enjoy a mini-meditation session.

"On holiday we have time to prepare nutritious meals," says Lindsay. "That goes out the window when we get back to work. The key is to plan meals ahead and make sure you have plenty of fresh fruit and vegies at home to snack on."

because we're happy, we feel we have the energy to get moving," says Lindsay. "When we go back to work we feel exhausted. But you have to break through the tired barrier, go for that walk and you'll feel energised afterwards."

Overseas research suggests being close to nature reduces crime, boosts our immune system and helps us to deal with stress. "Find some time to look at the ocean or the bush to still your mind," says Lindsay.

Story: Sarah Marinos