



Makes taking fibre easier!

[Click here to win](#)

Clear • Taste-free • Dissolves easily



THE AUSTRALIAN Women's Weekly

[MAKE AWW MY HOMEPAGE](#) | [SUBSCRIBE AND SAVE TODAY](#) ▶

[VIDEO](#) | [GALLERIES](#) | [BOOK CLUB](#) | [RECIPES](#) |



[Home](#) | [Food](#) | [News & Features](#) | [Diet & Health](#) | [Living](#) | [Family](#) | [Style](#)

[Diet and nutrition](#) | [Health news](#) | [Fitness](#) | [Expert Q&A](#) | [Quizzes](#)

You are here: [Home](#) > [Diet & Health](#)

Top tips to beat the blues

By Pamela Allardice Friday, May 6, 2011



Be the first of your friends to like this.



Thinkstock

Banish stress, beat the blues and re-energise with these mood-boosting techniques.

Think like an astronaut

Along with elite athletes, policemen and airline pilots, astronauts are taught autogenic training as part of their space-training programs.

Developed by a German doctor, Johannes Schultz, in the 1920s, this technique has been scientifically proven to relieve tension, lessen anxiety, lower blood pressure and cholesterol, and even improve communication, decision-making, business and sporting skills.

In pictures: Ten bad things that are actually good for you

Autogenic training teaches you to focus your attention inwards through mental exercises that are designed to switch off the body's "fight or flight" stress mechanism and let you deal with traumas and challenges calmly.

Typically, people report feeling that they are in control of their lives, rather than feeling that life is controlling them. Find a qualified teacher at www.autogenics.com.au.

More about Health:

- ▶ [What is homoeopathy and is it safe?](#)
- ▶ [Fall in love with food](#)
- ▶ [Can diabetics eat sugar?](#)
- ▶ [How to change your bad habits for good](#)
- ▶ [Top tips for beating insomnia naturally](#)

Topics:

[Health](#)

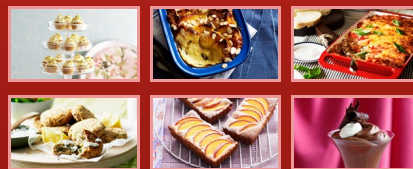
Recipe Search

e.g. thai or pizza

Search

Tip: Try "lamb & potato" or "Low GI"

Latest Recipes Triple Tested for quality



ADVERTISEMENT

The Australian Women's Weekly on Facebook

Like

1,942 people like **The Australian Women's Weekly**.

Rach

Ula

Kristy

Shaneen

Colleen

Facebook social plugin