

Body and soul

Model Lisa B shares her tips for a healthy and positive outlook, with lifestyle secrets from her new book



Get organised

I firmly believe that if you're organised in your personal life, it will have a positive influence on all other aspects of your life, helping you achieve and enjoy a fulfilled lifestyle. To manage time efficiently, prioritise the things you need to achieve and allocate a suitable amount of time in your day to each.

Health

Avoid very restrictive diets. Anything that dramatically

A food journal will help you analyse your diet

limits your calorie intake is neither sustainable nor healthy. Instead, take a real look at your diet by keeping a food journal

for a week. It will clearly show if you are lacking balance in your diet. Record the quantities, the time you ate, where you ate and how you felt before and after you ate, so you can recognise how your emotions affect your eating.

Embrace change

Creating a better life for yourself almost always involves change. Change can often be difficult, both to make and adjust to. This means that change must come from within yourself, as it will only happen if you want it to happen. You need to have a passionate reason to change and a beneficial outcome – whether it's to increase your fitness to keep up with your kids, be organised to reduce stress levels or get out of a bad relationship to regain self-confidence. Once you grab hold of a strong reason, you're halfway there.

Find balance

Perhaps the biggest cause of stress is our perception of losing control. When this happens, stress manifests itself in negative thoughts, anxieties and anger.



You need to accept you will not be able to do everything, so learn to delegate. Having an unrealistic expectation of yourself will exhaust you and lead to stress, unhappiness and failure.

Stay focused

Take time to think about what you want to gain from life. Create a picture of your ideal life in your mind and write down all you hope to achieve. To stay focused on what you want, you need to review this regularly. Don't underestimate the power of positive thought! Every year, I make a new list and keep it on the fridge. A few friends have a chuckle, but I always have the last laugh – you'd be amazed how

much of it comes to fruition.
Lisa B Lifestyle Essentials: Get The Most Out Of Life (£12.99, Icon Books) is out now.