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LIFESTYLE

# Light bright

*Sport pastel to beat the heat*

**D**ONNING A PASTEL coloured outfit is a refreshing and an ideal way to beat the heat when it gets unbearably hot.

Akhil Jain, creative director, Madame, suggests different ways to wear pastel:

• **Colour-blocking:** Always try to pair the darker shades with lighter pastels for a more sophisticated look. For instance, a black coloured bottom half can be worn with a baby pink coloured top. If you are trying pastels for the first time, go for a white bottom half with a pastel top or just start with small pastel accessories.

• **Mix and match:** Pastel coloured tops go well with printed bottoms like floral, Aztec or graphic printed skirts or pants.

• **Break the sync:** Pastels at times can make you look dull. To liven up the whole look, you can add a burst of neon accessories like neon coloured footwear, a clutch or a bright coloured statement necklace.

• **Pastel footwear:** When you wear pastel footwear in shades of light pink or mint green, pair them with a black or a bright coloured outfit.

• **Pastel all day and night:** When at work, pull a black blazer on your pastel dress for that formal look. For a casual day out, a white blazer on a pastel dress will go well. When you go out for an evening gathering, you can slip into a pastel gown in a light fabric. IANS



## Berry nice

*Make the most of strawberries*

**STRAWBERRIES ARE MAKING** their way in the summer menus, so get ready to eat them dipped in chocolate, smothered in cream, dropped in bubbly or simply eaten fresh. What's more - they can enhance your beauty and health too!

Neil Nugent, executive chef of product development at Morrisons, a chain of supermarkets in Britain, provides his top five ways to make the most of your strawberries this summer, reports femalefirst.co.uk.

• Try dipping in a good balsamic vinegar. It's a perfect appetiser.

• Serve whole with shaved parmesan cheese, a kind of Italian extra-hard cheeses. The salty cheese goes perfectly with the strawberries to create a sweet fragrant flavour.

• Try on a skewer-rub with a little olive oil, then barbeque quickly over hot coals and then serve with freshly ground black pepper.

• Strawberries are perfect for smoothies with a little yoghurt, banana and orange juice.

• Crush strawberries using a fork with a little sugar and freshly chopped mint. This is delicious served with vanilla ice cream. IANS

## ALIGN YOUR LIFE

*Stay Positive!*

**H**ow often has your mood got the better of you? Everything is going fine and then suddenly a dark cloud looms over your head. Before you know it, your mood has changed and a good day turns into a bad one. Once the dark thoughts seep into your mind, emotions such as anger, depression and loneliness take over.

Many of us go through this cycle of ups and downs on a daily, weekly or monthly basis.

So what causes mood swings? How can your emotions change so quickly and leave you bruised?

There are many reasons why your moods get the better of you. Sometimes it's stress at work, or tension at home, lack of good sleep, physical problems such as hormone imbalance or simply a rough phase in your life - anything could cause your mood to swing. The key is to manage your moods at all times and control how you feel.

If you have been suffering from mood swings off late and want to feel more in control, consume green vegetables, lean meats, oranges and beetroots. These are great mood boosters and elevate your mood instantly. Consuming large amounts of sugar causes emotional imbalance as well. So the key to good mental health is a balanced diet.

If you suffer from mood swings at home, then try repainting your home in shades of soothing blue or green. As per the practice of Feng Shui, green represents the wood element and blue is the water element. Both these colours bring about harmony and balance in your environment, leading to an atmosphere of calm and peace.

A daily practice of yoga is known to help in balancing mood swings. The breathing exercises in the practice of yoga are known as pranayamas. These help in balancing the inner energies and calming the mind. There are several postures in yoga that can be learnt to bring about hormonal balance and boost good health. And last but not the least the daily practice of meditation, helps calming the mind and improving mental health. So why succumb down to mood swings when you can easily manage to stay positive!

*Shivani Adalja is a Dubai-based wellbeing expert. She runs the Alignment Insitute which offers effective solutions that focus on stress management and overall wellbeing. E-mail align@shivaniadalja.com.*

