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## well-being

FEELING KIND OF BLUE? FROM SINGING TO “YOGA SNACKING”, Nina Karnikowski OFFERS SUGGESTIONS TO KEEP YOU LOOKING ON THE BRIGHT SIDE OF LIFE.

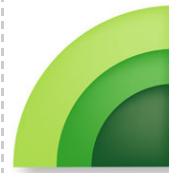
# 15 simple steps to happiness

**A**ustralians all let us rejoice, for whatever the secret to happiness is, roughly two-thirds of us have discovered it, according to the most recent national health survey by the Australian Bureau of Statistics. Unfortunately, that leaves about a third of Australians unhappy, showing some level of psychological distress and blue moods. Whether it's rising interest rates, global warming, the exorbitant price of petrol or the inability to find a decent cup of coffee that's getting you down, the fact remains that some of us may need a little something to enhance our mood. The answer? Find a way to enjoy yourself. Forget anything as serious as counselling, pharmaceutical drugs or a sojourn in Sorrento. Instead, check out our quick, simple ways to keep your mind, body and spirit in shape.

**1. “NEXT TIME YOU WANT TO TAKE A PHOTO, DRAW IT INSTEAD.** Even if you're no good at drawing, it makes you look at what's in front of you. It's amazing how incredible the world is when you look at it carefully for a few minutes.” – *Professor Sean Cubitt, school of culture and communications, University of Melbourne*

**2. OFFER TO HELP SOMEONE** with a stroller up the stairs. This small act of kindness will last the whole day and you'll feel great, too. It's no secret that helping others is one of the simplest ways to achieve happiness.

**3. EMULATE DOCTOR DOLITTLE** and talk to the animals by volunteering to work with the RSPCA. They offer programs throughout Australia – go to [rspca.org.au](http://rspca.org.au) for info.



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**4. "SING A LOUD SONG**

while putting petrol in your car. People will walk past and smile at you." – *Jacob Galea, life and business coach*

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**"REALLY NOTICE WHAT YOU ARE SEEING, SMELLING, HEARING, SO YOU CAN APPRECIATE WHERE YOU ARE RIGHT NOW AND BE HAPPIER IN THE PRESENT."**

**5. IMBIBE AND REWIND.** The Retreat Treat package at Body Freedom day spa will see you sipping bubbly while having a foot scrub, massage and facial – \$155, 392 Clarendon St, South Melbourne, [bodyfreedom.com.au](http://bodyfreedom.com.au), (03) 9696 4584 – while the Get Carried Away deluxe manicure and pedicure at Sydney's Observatory Hotel is accompanied by a complimentary glass of pink bubbly – \$155, 89-113 Kent St, Sydney, [observatoryhotel.com.au](http://observatoryhotel.com.au), (02) 9256 2222.

**6. CHILL OUT TO SADE'S SOLDIER OF LOVE** – it's the original smooth operator's first album of new material in a decade. The combination of those legendary velvet-smooth vocals over jazzy, soul-infused beats makes for the ultimate relaxed soundtrack.

**7. LOVE BEING A RECLUSE.** RedBalloon will send a masseuse to your home any day of the week, so you don't have to fight traffic to experience a luxurious holistic facial and massage. \$150, from [redballoondays.com.au](http://redballoondays.com.au), 1300 875 500.

**8. TAP INTO THE POWERS OF YOUR CHI** with an outdoor tai chi class. Melburnians can unwind in a variety of locations through Tai Chi Australia – [taichiaustralia.com.au](http://taichiaustralia.com.au), (03) 9889 9999 – while Sydneysiders can zen out in Centennial Park, The Domain or Hyde Park – go to [www.larryfriedberg.com](http://www.larryfriedberg.com), (02) 9661 9328.

**9. "THE KEY TO A GOOD SEXUAL RELATIONSHIP** is to have a relationship with yourself first. Get to know your body and get rid of your inhibitions through masturbation." – *Matty Silver, sex therapist*

**10. DO SOME "YOGA SNACKING".** "Put your legs up against a wall so your body forms a 90-degree angle. It's a supportive way to relax all your muscles, and soften and deepen the breathing so that more oxygen gets to all parts of the body. It's almost like it drains us out of our head and into our heart, bringing us back into a loving, 'natural' state of being." – *Adriana Cortazzo, yoga instructor*



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**11. COMBINE DRAWING AND DRINKS.** Sydney's Arthouse Hotel hosts life drawing every Monday night – \$4 per session, 275 Pitt St, [thearthousehotel.com.au](http://thearthousehotel.com.au), (02) 9284 1200 – while Dr Sketchy's Anti-Art School offers burlesque life-drawing classes for \$15 on the last Sunday of each month at The Order of Melbourne, Level 2, 401 Swanston St, [drsketchymelbourne.com](http://drsketchymelbourne.com), (03) 9663 6707.

**12. "BUY SOME FLOWERS FOR YOURSELF,** and a bunch for Mum, too."  
– *Cimone-Louise Fung, intuitive mentor*

**13. "TRY NEW THINGS.**  
Drive a new route to work. Have a chat with a workmate you've never really talked to. Tune the radio to a different station

Eat at a new cafe. Life is too short not to experiment."  
– *Professor Andrew Leigh, research school of economics, Australian National University*

**14. GET A LOW-MAINTENANCE HAIRSTYLE.** "Just pop some product in when it's wet and walk out the door, ready for the day ahead."  
– *Paloma Rose Garcia, hairstylist, Oscar Oscar salons*

**15. BEAT STRESSING ABOUT THE FUTURE** by taking note of the here and now. "Really notice what you are seeing, smelling, hearing, so you can appreciate where you are right now and be happier in the present. It's a great way to avoid the 'grass is greener' mentality and diffuse that feeling you should be somewhere else."  
– *Limor Babai, meditation teacher* ●

