

Crank up your creative dial

Are you stuck in a rut? Is everyday life wearing you down? Sarah Ewing meets four women who prove you can find inspirational solutions to your problems in the most surprising places

Sometimes it's easy to get bogged down by the day-to-day trials and tribulations of everyday life which, in turn, makes it hard to see the bigger picture. But giving yourself a nudge in the right direction is pretty simple. Sometimes if you're seeking inspiration or a different outlook on a situation, you just need to find something to put things in perspective, and give yourself a fresh new outlook. "We can change the way we are feeling by looking at our life situation from another angle," says Dr Mark Atkinson, author of *Holistic Health Secrets for Women* (£12.99, Piatkus). "To access creative insight and inspiration sometimes we just need to put ourselves in a situation that allows us to connect on a much deeper level." Here, four successful women reveal the places they go to for a creative boost.

"Meditation makes me feel rested, relaxed and calm. I like to think of it as daydreaming with a purpose."

Victoria Wills

33, lives in Devon and is a hypnotherapist at NuBeginnings bootcamp (nubeginnings.co.uk)

Victoria's meditation room is her 'window to the world' with its glass roof. Lying on the floor helps her to unwind and brainstorm new ideas for her business.

"I work from 7am until 9pm every day – no weekends, no days off. I love what I do, but it's sometimes hard to get space and time to myself. Meditation is therefore really important to me.

"The meditation room has glass walls and ceiling, a wooden floor, and it overlooks the organic vegetable garden as well as the gorgeous Devon countryside. I meditate every evening once my workday is over. It's part of my routine and makes a huge difference to the quality of my life.

"Meditation makes me feel rested, relaxed and calm. Whatever is happening in the world around me meditation affords

me space and time to focus on myself and enjoy the moment. It reduces stress levels and allows me some serenity that can be hard to come by.

"Once, I was meditating using positive affirmations and suddenly the thought popped into my head that we needed some more amusing exercise classes to make people laugh – now we have belly dancing and cheerleading classes.

"If you've never meditated before, take it slowly. Play some music (without singing) in

the background, have beautifully scented candles, and enjoy the peace and quiet.

Sitting uncomfortably, in dead silence wondering what to do is not going to tempt you back to keep practising, rather think of meditation as daydreaming with a purpose."

