

# A time to heal

## Tips to restore faith in love post break-up

**T**HE END OF any relationship leaves behind scars and the ability to trust again becomes a challenge when you start a new relationship. Take it slow, be honest and all will be fine.

Rachel MacLynn, psychologist and relationship expert, shares trust commandments that will help put the faith back into love, reports femalefirst.co.uk.

• **Accept that you are stronger than before:** After the end of a relationship, you become wiser and ultimately a stronger person than you were before you experienced the difficult time. And that means that you now have more to contribute to a new relationship, and that you can be an even better partner to the right person.

• **Go slow:** Take your time and offer yourself slowly, watching for how the person responds. Show a few smaller parts of yourself in the beginning; then, if the new person responds in a way that makes you feel safe, try offering a bit more.

• **Be honest:** It can be very healthy to openly discuss your reluctance to make yourself vulnerable again. It can also create a sense of connectedness between two people, which can lead to more trust and caring. You might even find that the person you are sharing your experiences with has a similar story.

• **Not everyone is same:** Remember that your new partner isn't your old one. Don't treat him as the person that hurt you, remember he hasn't done anything wrong.

• **Trust yourself:** In many cases, the fear of trusting another person is more about your own fear of not being able to handle a betrayal. But you know you can. You know you will be able to cope with a broken heart and trusting yourself to be able to cope will make it much easier for you to learn to trust again. IANS



## Stay safe

### How to treat sunburn



**IF YOU STEP** out of your house without sunscreen and if your skin turns blazing red, it's better to move inside. Also bathe with cold water and use aloe to treat sunburn.

**Here are some tips to repair skin, reports huffingtonpost.com:**

• **Stay away from sun:** As soon as a sunburn becomes evident, get out of the sun. Some damage has already been done, and you don't want to harm your skin any more. Stay out of the sun until the burn fades.

• **Assess the damage:** If a couple of small blisters pop up, it's safe to treat the burn at home. But if you develop blisters on more than 20 per cent of your body, seek medical attention immediately.

• **Take a cool bath:** It's also important to cool the skin

down. But skip the shower. The continual blast of water on your scorched skin will not feel good. Take a bath to cool down the skin gently. Also skip the soap, which will dry the skin out even more. Instead, add a few scoops of baking soda to your bath. It's cooling and helps your skin retain moisture.

• **Use aloe:** If you're away from home and can't catch a bath, apply aloe vera. Aloe is a cooling agent and anti-inflammatory. Get the oozy juice straight from an aloe plant if you have one, or else use a store-bought gel.

• **Apply lots of lotion:** After your bath, slather on lotion. But if you have any small blisters, leave those spots alone. When choosing a lotion, reach for something that is both moisturising and hydrating. IANS

## ALIGN YOUR LIFE

### The Real Detox

**E**ver so often I meet friends or clients who are going through some kind of detox treatment. After bingeing on junk food for months, many think detox will cleanse them of all the toxins and help them lose the extra pounds. However after a few weeks of detox treatment, most people go back to the same old way of life. They start living the life that they know is not good for them or simply go back to eating junk food at all times. So the question is, do detox treatments work?

Many years ago, I had gone for a detox retreat in a remote location in Thailand. There was no electricity or cinemas. We lived by the beach, enjoying the fresh air and eating healthy in small quantities. Within ten days I had lost a considerable amount of weight and was sleeping better. However besides the changes in my physical appearance, something was changing mentally. I was more focused and alert. My thinking improved and I was able to see things clearly. I was no longer sleepy or tired, but instead I was raring to go. Was it the effect of the detox or it was my imagination?

The truth is that detox treatments work on a physical level but are equally beneficial for your mental health. As your body starts to release toxins, your mind is also clearing up. Both work hand in hand. In fact in my opinion detox treatments work first for the mind and then for the body. If you are in the habit of eating junk, or drinking too much coffee or are addicted to sugar – more than your body it's your mind that needs cleansing. The body reflects what's in the mind. So if your mind is full of thoughts, has no focus and is always on the run, then your body is likely to reflect that. The chaos in the mind impacts your overall wellbeing. Therefore it is best to focus on getting your mental health in order and the rest will fall into place.

If you have been through some emotional trauma, or a major crisis, your mind tends to store these events deep down in your subconscious. This causes an imbalance in your emotions that lead to erratic eating and sleeping patterns in your life. No amount of detox will help you to fix these issues.

A detox treatment is successful only when the mind and body are being cleansed together. If you are going in for a detox treatment for your body by following a special routine, it is very important to focus on the mind as well. Ask yourself, "How did I get addicted to food or coffee? What is making me eat junk food all the time?"

If you are able to address and work through your emotional issues, then your body will also follow suit and heal itself. And that in my opinion is a real detox.

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