

# Words to the wise



#GirlPower: Guest-speaking to some pretty smart women at the monthly Standard Chartered Women's Power Breakfast

Earlier this year, I read an article that proclaimed the ten smartest countries in the world (in case you're wondering, Singapore came out on top). Naturally, any intelligent person's first reaction would be to question what criteria was required to deem a country "smart"—and rightly so, since how exactly does one measure intellect, let alone that of an entire nation? And that's without even taking into consideration the accessibility and quality of education in each country. In this case, rankings were created based on countries' school systems using students' maths and science test scores. If you're currently raising your eyebrow, I'm with you. As someone who grew up between cultures that celebrated subjects such as science and mathematics, and somewhat disregarded creative pursuits such as literature or the arts, as an adolescent I often found myself questioning, with horror, whether I was actually smart or not. It took me years to realise that while I could—and did, thanks to my diligence—achieve high scores in all of my subjects, it was only when I

started focusing on the things I was naturally good at and enjoyed, such as writing and painting, rather than trying to force myself to excel at calculus, that I really flourished. Think of it like squeezing your foot into a shoe that's a little too small—sure, it'll fit (so to speak), but it will most likely continually pinch at your heels. Aren't you better off finding a pair that's actually right for you, so you can walk a mile in them instead of holding yourself back? In the case of that

list, I understand the reasoning behind their deciding factors—it was compiled by an international economic organisation, after all. However, in our daily lives, the way we measure our intelligence is based off so much more than just maths and science. If that's your skill set, great—or perhaps, like me, it's creative work that makes you shine. Just like how we all need both our right and left brain regardless of our dominant side, the world needs both rational and creative types, and we do our best when we figure out which one we are, then pursue it with passion. There's also the matter of IQ versus emotional intelligence—the modern take on "book smart" or "life smart", our EI, which is our ability to identify, evaluate, control and express emotions, is now considered just as important as our IQ, or our more academically-inclined ability to think critically, find reason and solve problems. One thing is for certain: Intelligence and a healthy mindset is always a good thing. Finding smarter ways to be better and stronger, physically, mentally and emotionally is what we at *WHME* are all about, and we're here to help with just that, be it how to push your body to its limits, ace your career, be savvy in all kinds of relationships, or even knowing how to use the vast array of beauty and fashion out there to your best advantage and bring out your natural assets. Here's to a month (and a lifetime) of more thoughtful choices—enjoy the issue, and we'll catch you in December!

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## TIME FOR A CHANGE

### IF YOU HAVE...

#### 10 SECONDS

Call your BFF and book her in for a workout date: Enlisting an exercise buddy can help to reignite your motivation to stay fit, push you to work harder, and outsmart an exercise rut. "Breaking Free," p.56

#### 5 MINUTES

Sling on your fave pair of "confidence heels" for your next meeting: the extra height and resultant walk will make you feel more powerful. "The No.1 Job Skill Need To Master," p.104

#### 10 MINUTES

Grab a handful of these simple and nutritious ingredients, flick on your blender, and whip up these tasty low-cal meals. You're welcome. "Souped Up 'Smoothies'," p.84

#### 15 MINUTES

Head outdoors and spend a little time in the sunshine. It'll help boost feel-good chemicals in your brain, making it easier not to turn to food for a mood lift. "School Yourself Slim," p.87

#### 30 MINUTES

Try these simple moves to strengthen muscles around your knee and help protect your joints to ward off a whole host of other health-related problems. "How Old Are Your Knees?," p.53

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