

Onwards and Upwards



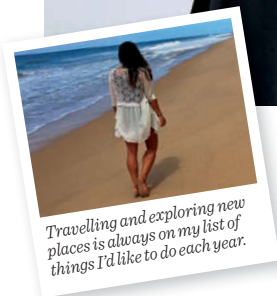
I've never really been one to cling on to New Years resolutions too tightly—perhaps it's due to the fact that my rebel heart has never enjoyed chasing the status quo, or maybe it's because I've never believed that you have to wait until the start of a new year to make a conscious decision to improve something in your life, and actively start working towards that. What can I say, I do drag my heels as much as the next person for little things, like hitting the snooze button one too many times after a long night, but if there's one thing adulthood has taught me when it comes to actually getting things done, it's how important it is to not procrastinate—at least when something really matters to you.

That's not to say you should just jump into everything headfirst without thinking: It is important to think before you speak, and make sure that you are sure of your decisions before you go through with the actions that support them, but once you have decided that, then what's stopping you from setting it into motion?

But even I can't deny that there's something about a fresh calendar—or indeed, reflecting upon the closing of our previous one—that makes it easier to gain a little perspective over what we accomplished in the past 12 months, and what we'd like to achieve in these next ones. Every time I have a bad day, I always remind myself that your entire life can change in a mere moment. Yes, sometimes that's for the worse—all it can take is

seconds for you to receive a phone call or hear certain words that could change

your life, and not necessarily for the better—but in the same way everything can turn upside down seemingly instantaneously, it can also turn the right side up again just as quickly. And when you look at it that way, 12 months of countless moments that all have the potential to turn things topsy-turvy is quite exciting, since it's full of possibility. And whether that leads to something good or bad in that moment, those little ripples will certainly change your life, and the growth that results from that will always leave you for the better, should you let it. That was a key lesson I learned in 2016: That with each battle I faced, I came out stronger if I simply took away the lessons from it once the painful aspects of the learning process had been burned away. And that it's ok to let yourself fumble at times, if you're struggling in the school of hard knocks. Sometimes, you have to let yourself self-destruct in order to be put back together stronger than ever before—just don't forget to actually do the latter once you've come out of it! The power of closure that can be gained from perspective is an immense tool in helping us move on from one chapter of our lives to the next, and one more lesson I learned from last year? You don't need anyone else to give you that closure. All you need is to take the time to understand yourself a little better, and self-awareness is a gift that keeps on giving. So with that in mind, my resolution for the year ahead is to keep learning, be that through the countries that I travel to, the people that I meet, the adventures that I experience, the people that I love, and the highs and lows that come in between. The blank pages of my diary are actually already full of hope and a promise to evolve, and I can't ask for anything more. Here's to a great start to 2017—we hope you have a great January, and we'll catch you in February!



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TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

Play that funky music by sticking your headphones in and blasting your favourite upbeat tunes at work: Studies show listening to happy music can make us more collaborative in the office. "Discuss: Mind," p.18

5 MINUTES

When packing for your next trip, put the first outfit you want to wear on arrival at the top of your suitcase. You'll be thankful for it when you get there. "You: The Instant Expert", p.98

15 MINUTES

No trainer, and not much time? No problem. This simple workout that requires not much more than a band and your body will leave you toned all over. "Best Shape Of Your Life," p.60

30 MINUTES

Whether you're feeling stressed, depressed, or just overwhelmed by life, go out and talk a walk. And definitely leave your phone behind. "Spirituality: No Crystals Required," p.63

60 MINUTES

Schedule in time for intimacy with your beloved, even if it's just cuddling and talking. It sounds boring, but it's better than letting your busy lifestyle weaken or break your bond. "Sparks!" p.84

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