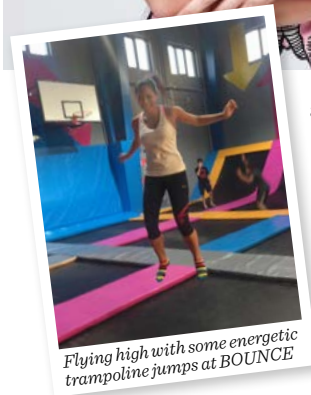


Reflect and rewind



Flying high with some energetic trampoline jumps at BOUNCE

Somewhere in the past several years, being busy seems to have become a trend. There's no doubt about it—this region is constantly buzzing with a thriving social scene, and even as we climb out of the aftermath of the global recession, increasingly demanding work pressures have put a strain on many of our schedules. But while back in the day being busy all the time might have suggested that we're perhaps unable to manage our time as well as we'd like, in the modern day it seems to have become a badge of honour. An always jam-packed calendar has become a virtue that suggests we have a full and worthy life—that we are important.

I'm guilty of it too: It's become a knee-jerk reaction for me to respond to friends asking how I am with, "I'm so busy!" without even thinking about it. It's true—more often than not I wish I had more hours in a day,

and it's not easy finding the time to fulfill all of my hopes for my career, family, hobbies or other relationships. The ability to multitask has become second nature to most of us, and now that it's socially acceptable to say we're busy all the time, this status symbol has reached an absolute frenzy. And honestly, it's absolutely exhausting. As much as I'd like not to, I have to admit that a fair amount of my busyness is self-imposed. In the quest to have it all, it's hard to say no to that new workout class, those extra projects at work or social outings. Yet with each year that passes, I realise with growing certainty that time and our relationships with those who are special to us

are the most precious commodities we have, and it's up to us to choose to make time for the things that matter to us most, lest they end up suffering from our often over-wrought schedules. That doesn't mean we have to give up our full lifestyles—we just have to learn to prioritise and do things more effectively. It's not only important for recharging our batteries, it's also essential for giving our minds some space to reflect and let our creativity flow. As the city slows down for Ramadan and the summer, there isn't a better time for us to vow to stop the glorification of "busy"—and also take the time out for a little fun. I recently checked out Bounce, where a couple of hours spent flying on a trampoline made me feel more mentally, emotionally and physically free than I have in a long time, and I can't recommend it enough. I hope you all have a restful yet productive summer, and we'll see you in September!

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TIME FOR A CHANGE

IF YOU HAVE...

1 MINUTE

Take the time to write someone a thank you note be it via email or a handwritten note—it's better late than never! "You The Instant Expert: Thank You Notes," p.109

5 MINUTES

Apply a second coat of sunscreen before you head into the sunshine to make sure you're applying enough and that you've put it on evenly. "6 New Sun Care Secrets," p.27

10 MINUTES

Before winding up in an argument with your guy, if you're irate at something he's said, first pause to consider his motive and you may actually even grow closer. "Hey, He May Have A Point!," p.95

15 MINUTES

Read all about and get to know the five finalists in our search for the next big thing in fitness, then vote for your fave at TheNextFitnessStar.ae. "Who Will Be The Next Fitness Star?" Fitness Bonus, p.2

20 MINUTES

Too busy to fit in your regular workout? Try this intense but effective sprint routine for fast results. "The Body You Want In The Time You Have," p.56

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