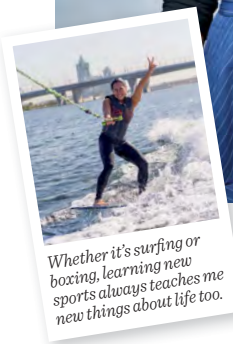


Learning Curves



Whether it's surfing or boxing, learning new sports always teaches me new things about life too.

Are you a coffee or a tea person? Right-brained or left-brained? Introvert or extrovert? A lover or a fighter? Whether you're trying to answer that for the sake of your own self-development or yet another online quiz, it's human nature to want to constantly learn more about ourselves; figure out who we are and what makes us tick. No matter how narcissistic or altruistic we are, research has shown that self-disclosure is intrinsically rewarding. Experts found that talking about the self—which is quite common, considering that studies have shown a majority of people spend 60% of conversations talking about themselves, with this number jumping to 80% when communicating across social media platforms—corresponds with increased neural activity in areas of our brains associated with motivation, reward, and general feel-good vibes.

So does that mean we're really all just a bunch of self-obsessed fools? Not necessarily. Sure, don't take it too far, but a bit of introspection—and sharing what we've learned from that—can

be good for us. In fact, revealing that kind of personal information to others has been found to help boost interpersonal liking, and to form and strengthen social bonds: The more vulnerable you are about sharing with others (within comfortable boundaries, of course), the more likely they will be to open up to you as well. A journey of self-discovery doesn't usually result in a set-in-stone

answer, either. Much in the same way many of us hated broccoli as children and now can't get enough of it (#truth), while the essence of our characters may stay the same, our interests, likes and dislikes, and whether we are, in fact, a chocolate or vanilla kind of person, will most likely keep changing as we evolve throughout the different seasons, or chapters, of life. And most often, you'll find that you don't have to choose one: Perhaps you love your coffee in the morning but like to opt for tea at night. Maybe you're a creative at heart with a great analytical head on your shoulders too. Perhaps you're an "ambivert"—and who says you can't be both a lover *and* a fighter, depending on the circumstance? Another internal battle that all of us face on an even more regular basis is that delicate dance of head versus heart. It's something that we deal with day after day, throughout the day, and in more of our decisions that we realise, be it in our careers, relationships, friendships, or heck, in my case, even when trying to decide what to have for dinner sometimes. Ok, maybe that last one is a little more head vs. cravings, but you catch my drift. Knowing when to choose what your head is telling you over where your heart is leading you isn't an easy choice, but the way I see it is, as long as you know deep down—and if you lie to yourself about it, the only person who will really be losing is yourself—that you can live with that decision when you lay your head down to sleep at night, then that's probably the right choice for you. Neither one is "smarter" than the other. What is intelligent, however, is choosing to live your life in a way that feels true to you, on your own terms, while still maintaining the values you hold dear. With just a couple of months left until the end of the year, here at WHME we're vowing to make every decision of ours count a little bit more, and living with intent so that these last weeks see us finishing the year stronger than ever. Who's with us? I hope you have a great month, and we'll see you in December!

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TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

The next time you're scrolling through your Instagram feed, pause and make sure your neck isn't craned down. You could be straining yourself with a case of "tech neck". Ouch. "Discuss: Health," p.14

5 MINUTES

Sprinkle your next meal with a few edible flowers for a bit of extra flair, and perhaps a few health perks too, and you'll wow your guests (and social feeds!) "Serve's Up!," p.83

15 MINUTES

Grab a buddy and some dumbbells and power your way through this high-energy routine that will torch calories and burn fat, and get you digging deep. "The Buddy System," p. 69

30 MINUTES

Whip up one of these so-good-they-taste-difficult-to-make meals that are actually so simple pretty much anyone can cook (and enjoy!) them. "Real Food, Real Easy," p.79

60 MINUTES

Take a squiz through this for tips to help you better navigate the open-plan, network, snag a corner office, or just make the days better. "60 Career Tricks You Always Wanted To Know," p.104

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