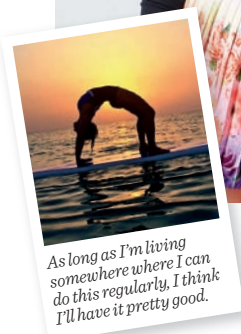


All I want is... everything?



I used to think that “having it all” meant a future that was entirely different to the one I want now. Let’s face it—this seemingly endless debate about whether women can really have it all is becoming a pretty worn-out topic, isn’t it? Whether you’re a man or a woman, or in your 20’s, 30’s, 40’s, 50’s or beyond, the bottom line is that, honestly, it’s just really tough being an adult sometimes. There’s a reason why we so easily relate to the omnipresent, hilarious Instagram quotes tucked between the endless shots of avo on toast and filtered selfies that wax lyrical about our struggles at “adulting.”

I can’t help but snicker when I look back at my 13-year-old self and think about how, in her eyes, grown-ups seemed to always have it together and know what they’re doing. Because here’s the truth we all realise when we actually do grow up: We *don’t* always know. Sure, we pay our bills, drive our cars and do our jobs but there will always be certain parts of us that have no idea what we’re doing and just have to wing it. And actually being aware of that is a huge part of growing up, in my

humble opinion. Knowing that when you’re feeling a bit clueless or helpless, that you can admit that to yourself, then pull yourself together and figure it out. It’s ok to not always have all the answers—I firmly believe that life should be a series of constant lessons whether we seek them out or not, and that the moment we feel like we know everything is when we’re truly in trouble,

because really, no matter who you are and how “together” any part of your life is, there’s usually always something more to learn. It’s how we grow into better people, not to mention stay humble and keep our egos in check—confidence may be something to strive for, but arrogance is not, and being self-aware is a huge part of that. But what does it really mean, to have your life “together”? In my world, that definition seems to change with each chapter of my life. Does it mean waking up early each day to make breakfast and hit the gym? Does it mean having a well-stocked fridge with labelled containers in your kitchen, an empty email inbox, or a beautifully decorated home with all of your appointments neatly scheduled into a calendar? Ok, some things like paying your bills and not getting into debt are a pretty non-negotiable part of being a functional adult who is “adulting” well, but for the rest of it, just because everyone else is doing it and you’re not doesn’t mean you’re failing—that’s the beauty of being a grown woman, you see. Setting your own standards and values of what it means to “have it together” and constructing your life in a way that works for *you*, makes *you* happy, and supports *your* values and needs, rather than having to fit yourself into a perfect package that someone else has dictated. To me, it means being held accountable for your actions and the way you treat others, acting in a way that is always genuine and true to yourself, and remembering to put yourself in other people’s shoes now and then. Being honest with yourself about what you want, and balancing what makes you happy without an entirely hedonistic approach to the people around you. And only engaging in relationships—whether romantic, platonic, or even familial—that you actually want to. I’m not going to pretend that I always know what I’m doing, to myself let alone anyone else, but in terms of keeping my promise to be my most genuine self, I don’t think I’m doing too badly. We hope you enjoy the issue—see you in August!

Yi-Hwa
YI-HWA HANNA
 Editor-in-Chief
 yihwa.hanna@itp.com

TIME FOR A CHANGE

IF YOU HAVE...

15 SECONDS

Grab the dental floss and get all the gunk out before you go to bed. Seriously, not only will it help prevent gum disease and cavities, it apparently also helps lower your risk of breast cancer. “Discuss: Health,” p.12

5 MINUTES

Go for a walk each hour that you’re stuck at your desk at work, even if it’s up the stairs and back. In a 16-hour day, it could add up to 80 mins of activity! “Discuss: Fitness,” p.13

15 MINUTES

Run through this super-easy, quick and effective yoga sequence before you get to work: It’ll help keep you amped up for the day, believe it or not. “Find Your Zeneryg,” p.55

20 MINUTES

Whip up one of these super simple, delicious, and healthy meals that don’t compromise on flavour for your new go-to weeknight dinner (or lunch). “Fast & Glorious,” p.61

60 MINUTES

Has your guy been down in the dumps lately? Take him out for anything from a long drive to a boxing session to help beat his stress and bring you closer. “PMS: It’s A Guy Thing Too”, p.87

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