

Tina Dunne



Settle into September

The season has changed and we can now enjoy autumn time. A season where the climate brings damper weather, sharper winds and darker days. Warm soupy foods, root vegetables and early nights are all hearty autumnal fare.

THIS IS the time to renew and review lifestyle patterns and prepare to be indoors tucked beside a big warm open fire and lounge in long soapy soaks in the bath.

Here is a quick list with some suggestions to help stir you in the right direction this September

Take at look at your autumn wardrobe

(And for those of you who have never done this exercise- prepare yourself for pleasure)

Pack away the summer gear- Remove them from your wardrobe and store either in a separate wardrobe space or in a suitcase you can tuck away. Take a look at the clothes you have from last year or perhaps a few years. Be constructive- remove and place in a black refuse bag anything that feels or looks as if it has passed its sell-by date. Perhaps you have a suit or pair of trousers that you are willing yourself to squeeze into for the past two years or so. Get with the programme and swiftly place them in the black bag. Why hold onto them. All you are doing every time you see that garment is beating yourself up for either gaining the extra pounds or for your inability to shed them. Well what is the point? Move on, let it go. As by the time you fit into the 'rigout' it will probably be the wrong style for the season anyhow. Don't think about how much it cost you at the time or the memory of when you could fit into it- get ready to treat yourself to the new and fresh autumn you. Place a bunch of fresh lavender in the wardrobe to keep the fragrance fresh and make a list of the new articles that you will need for this year. You can then go about

building your new look and remember you do not have to do it all in one go. Get yourself a scrap- book/ note pad and a couple of magazines. Look at the clothes and style you like, tear the images out and stick them into the new image for autumn book that you have complete control of. When you go shopping you will have a much clearer idea as to what exactly you want to design for yourself and you will not be as likely to make boo-boo purchases. As for your old things bring them around to the local charity shop and open the way to someone else gratefully benefiting from your new make over. Or alternatively arrange a small autumn clothes revival party with your friends. A great way to have a laugh and do a clear out. Good luck and remember to be adventurous!

Start a new hobby or evening class

This is a brilliant time to start a new creative pursuit- learn to paint, do a photography class, make a jug in pottery, stain glass, woodwork, cookery, surf the net, play the sax, learn a foreign language, do a start-your-own business course, learn to salsa or stretch to yoga. Drop around to your local morning/evening class centre. Pick up a prospectus and take a gander through it and see if anything takes your fancy. These classes are very reasonably priced and will open a whole new window of opportunity for you. Remember to be adventurous - do not be put off that you may not have done anything like this for a couple of years or ever before as everyone

there on the first day will be filled

with the same vibes of anticipation. Enrol and enjoy. Take a

look at your

l o c a l

supermarket

n o t i c e

board as

t h e s e

always have

the latest ads

for exercise and

fitness classes and

the like.

You are

guaranteed

to find something

that suits you. Hook

up with a friend or

partner and make

autumn a fun time.

Buy a book

Go around to your

local book-store and buy a book that takes your fancy. Or arrange to meet up with a local book reading club. Move outside your comfort zone. If you are always reading intellectually stimulating pieces, get something light and fluffy to bring out perhaps a softer side of your personality. Maybe indulge in the realms of fancy and illusion or romance. Perhaps travel books, where you can enjoy planning your next trip in Ireland or further a field. The selection out there is infamous - the world is your oyster. Reading is good for the mind and feeds the soul and makes for a pleasant change to watching TV.

Change the menu

Autumn brings with it dampness and chill. Therefore this is not the season to be eating cold plates and salads. Your system requires warm foods to prevent dampness manifesting in the body. Symptoms will include dark circles under the eyes, thrush, and lethargy and a weakened immune system leading to colds and flues and general malaise. Eat the fruits and vegetables that are in season such as apples, pears and plums in the fruit sector. Root vegetables such as carrots, parsnips and beets. Soups, stews and casseroles make excellent autumn fare.

Buy yourself an exquisite bubble bath foam or gel

Get into the habit of soaking in the tub at least once a week. It's so good for you. It will soothe the body and ease your mind. Get some music that makes you tick and escape from all your responsibilities for at least one hour. Go on you deserve it. Release the goodness in you.

Until next week...

Live a lot and have a laugh.



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