

bellarae

VALUE + BEAUTY + PURPOSE



SURFING SISTERS | HOW TO HOST A CLOTHING SWAP | FAMILY HOLIDAYS
FRIENDS EPIC FAILS | SLEEPING SECRETS | GOOD GRIEF

do small things well, one day at a time

Isn't it exciting to dream about what's ahead? There is so much still to come! Where will I travel? Who will I marry? Where will we live? How many kids will we have?

I'm looking forward to dancing around the kitchen with them, and heading off on road trips together and singing in the car at the top of our lungs! (Yep, my family will be daggy, and loud, it's going to be great!)

Which amazing people will be my friends of the future? What worthy work will I do? How will I get there?

And suddenly... I'm nervous. What if...?

But wait! Hold it right there, kiddo!

I think there's a reason we grow up one day at a time. If you try to run before you walk you're likely to faceplant. I worked in a cafe for two years before I became a manager, and boy, was I glad I did. By the time I was asked to run a busy breakfast shift I knew the place like the back of my hand. I was ready to fly because I'd done my time flapping around on the ground.

Sure, sometimes we land in the deep end and have to learn to swim, pronto! But just because you're not always in the fast lane doesn't mean you're not heading somewhere fantastic.

It's a wonderful feeling to trust that today is enough – and enjoy where you are right now.

It's glorious to accept what is, here and now, and realise you're not yet ready for what's to come.

I look forward to meeting my mate but am having a rad time on my own in the meantime. I would love to someday have children, but today – hand me a baby to cuddle and I'll likely hand it right back. Plonk me in a car full of kids and I'll promptly leap out the window. But when I find myself there, one day at a time, I'm sure it will be swell.

Some of the biggest choices you'll make are in the little things you do every day.

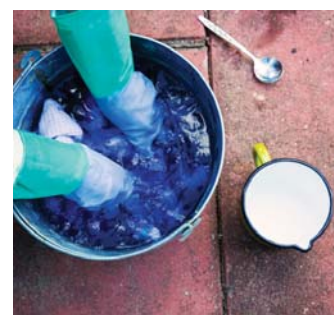
Ask yourself, how do I make today great? How do I look after myself today? How do I be good to people around me, today? This is the fun part! But also the hard part, because you can't do everything if you want to do it well.

Seeing as this is issue five, I thought I'd offer five ideas, which may seem small, but can have a big impact on the you-in-years-to-come.

1. Make your bed. Every day. I could write a whole article about this, but for now, just trust me.
2. Move your body. For twenty minutes (at least). In a way you enjoy.
3. Connect with someone. Have a conversation. Ask them how they really are, today, and tell them how you feel today too.
4. Read something meaningful. One article. One chapter. One page. Don't overthink it, just do it.
5. Give thanks. Pause. Notice. The ground beneath your feet. The way dew drops glint in the sun. The corner of someone's lips when they smile. The crunch of an apple. Someone's laugh. A song. Today is a gift, given to you – be glad in it.

with love and tree climbing

Henrietta and the bella rae team



Tie Dye Doona Cover

WHAT YOU'LL NEED

plain cotton doona cover & pillowcases, washed
 rubber bands (lots of them!)
 rubber gloves
 a big bucket or sink
 packets of dye of your colour choice (think calming, sleepy colours... and check the packet to know how much you'll need)
 measuring cup
 a big bag of salt
 pegs (optional – for planning your design)

WHAT TO DO

1. Read instructions on dye packet before starting. Check you have all you need.
2. Plan out your design. Look online for inspo. If you like, use pegs to mark where you want circles because once you start scrunching with rubber bands it's easy to lose track of your desired design.
3. Wherever you want a circle, pull fabric through rubber bands and tie. We found big circles look great, with multiple

rubber bands to give the circle layers. Remove peg markers as you go.

4. Pull on your gloves and prepare dye as per instructions on packet, remembering to add salt to set the colour. Dampen fabric with water, to get it ready to absorb the dye.

5. Time to dye! We chose to try dyeing the circles in a different colour from the rest of the fabric, dipping them into a concentrated version of the dye before plunging the whole thing into the main colour. Most dyes need to soak for about 45 minutes.

6. Rinse thoroughly in cold water. Remove rubber bands by pulling fabric either side (the best part!). Wring out (or pop in the spin cycle of your washing machine) and hang to dry. Enjoy your snugly new sleepytown.

Behind the scenes: before tie dyeing, this clean white doona cover was innocently hanging on the clothesline, when a bird flew over and pooped on it! Rude! (We possibly just dyed over it, and the poo is now nowhere to be seen.)





this is ria

bella rae's stunning cover girl is 17-year-old Ria from the Philippines. She shares about her island home and life in an Aussie boarding school.

I was born and raised in Papua New Guinea, which is where my mum, dad and 7-year-old sister still work and live. Most of my family are in the Philippines, so we often go back for holidays. I spent my first four years of primary school there (the others in PNG), learning the language and soaking up the culture, which is family-orientated, welcoming, loving, conservative and close to God – most Filipino people have a Christian faith.

My parents are from a small town called Aparri, right near the northern tip of the Philippines. I love the relaxed country lifestyle there – by the beach with lots of greenery. It's still hot and humid but catches an ocean breeze. Now when we go back it is usually to Cavite – a city near a small volcano, jam-packed full of people, with many living in poverty. It is a good reminder of how blessed I am. It keeps me humble and thankful.

I started boarding in Australia in my first year of high school. It is really different from where I have come from – there are many more and different

opportunities and a greater diversity of people, especially at my boarding college! People come to board from a variety of backgrounds such as rural areas or, like me, from overseas.

It has taught me a lot about friendship, and the value of sisterhood – looking out for each other. If something bad happens to someone we all gather together and support her, and that feels good to be part of.

Sometimes it's hard. If you're having a rough day you can't just stay home from school because there is always something happening – with a strict routine to follow. But there is usually a friend around to ask if you're OK and encourage you. If you're not wanting to face your maths homework someone will say, "You can do it, girl!"

The responsibility is on us to make it a happy place. And now I am one of the older girls there, it is my turn to teach the younger ones how to respect and be supportive of each other, how to handle conflict and co-operate. It's very

rewarding to watch someone develop into a more mature person.

If I could change something about boarding school... it would be the food!

Most weekends in winter I play (and referee) basketball. I love the atmosphere, the cheering of the crowd, the energy, and the swish sound of the basketball net when you score. Basketball is universal and a great way to meet people wherever I go. I also enjoy exploring with my friends, going to cafés, shopping and youth group.

It is hard to be away from my family at times but I am so glad to have seen and experienced different cultures. It has helped me grow up and sparked a love for travel in me. I am so thankful to my parents who have worked hard for the education and opportunities I have. They helped me grow into a person with awareness of the world, strong values and faith. I know they are proud of me, but *they* are my inspiration.



when clean eating gets messy

What happens when we try so hard to eat well
...it becomes unhealthy?

Dear diary,
I ate a doughnut today.
It tasted so good.
I felt so sick afterwards. And bloated.

I can't believe I enjoyed it. All that sugar
and fat and white flour. I deserve to feel
sick. My friends and family just don't
get it.

Everyone tells me I'm 'so healthy!'. They
think I'm vegan and gluten free and it's
all a lifestyle choice. But I'm not healthy,
I ate a doughnut! Last week I even ate
a row of chocolate. Why do I feel this
way? Maybe something is wrong with
me. My friends eat anything they want
and don't get sick.

I need to pull myself together.
Tomorrow I will be better. Tomorrow
I will be stronger. No more sugar. No
more weakness.

You may have heard of Anorexia Nervosa or Bulimia, which involve the restriction of the quantity of food one eats. Orthorexia Nervosa is an unhealthy concern with the *quality* of food. While it is not yet medically recognised as an eating disorder, it can cause similar obsessive behaviours around 'clean eating' and 'good/bad foods'.

Orthorexia starts out as a reasonable desire and intention to be healthier but becomes a problem when taken to the extreme. People with orthorexia also experience a feeling of virtue when they think they're eating 'right'.

Sometimes people become bent on controlling what goes into their bodies,

often when other elements of their life feel beyond their control. We all like to feel as if we have a say over something, right? But if this goes on, the determination to control what you eat can end up controlling you, becoming all-consuming (pun unintended) and getting in the way of you living your life.

So, your friend at school has dramatically increased her salad intake. Does she have orthorexia? There are key signs to look out for, in others and yourself:

- 🥕 Obsessively planning meals several days ahead/taking food everywhere/avoiding eating out
- 🍎 Having a fear of eating fat, salt, chemicals and/or knowing a lot about food
- 🥕 Feeling nauseous and/or heavy after eating something which would not make a regular person feel that way
- 🍎 Having a lot of 'rules' around food and feeling guilty when food rules are broken, potentially leading to self-punishment like increased exercise or stricter dietary rules
- 🥕 Thinking of food in black and white terms like 'good' and 'bad'

🍎 Cutting out entire food groups – most commonly beginning with dairy, grains or meat and progressively excluding more and more foods without any medical allergy or intolerance diagnosis

- 🥕 Following fads such as frequent detoxing, eating raw and cleansing

What can you do if you suspect you, or a friend, has orthorexia?

1. Become aware of your thoughts around food. Notice where black and white thinking has snuck in and try not to categorise everything into 'clean', 'bad' or 'good' foods. Try to relax about calories and see variety as something to embrace.

2. Accept help. If you suspect you have orthorexia (or another eating disorder or simply struggle with food or body image), it is a good idea to check in with a doctor or eating disorder clinic to see if your eating habits are normal. Many people start out thinking they can handle it on their own but end up wishing they had asked for help much earlier.

3. Let go of one food rule at a time. Choose a food rule you see as less important and decide to break it. Recovery takes a long time with many steps forwards and backwards.

Occasional sweet, fatty or 'sometimes' foods can still be part of a healthy diet. Eating something a bit luxurious every now and again won't damage your body, and may just be good for your soul!

Don't get me wrong, it's important to take care of your health and great to eat well, but it is not good to let your mind run away with worry about it. Finding the balance between eating mostly nutritious food and some treat foods will have the most positive impact on your body and mental health.

NOURISHING FOOD TO WARM YOU UP THIS WINTER:

· Roast veggies are always a winner. They warm you up and your oven will warm up your kitchen! Try some veggies you might not often have, like brussel sprouts, artichoke hearts, beetroot and fennel as well as the delicious traditional potato, sweet potato, honeyed carrots and pumpkin. Experiment sprinkling with spices (such as paprika – YUM!), salt and pepper. Top with a big dollop of hummus to boost nutrition and tastiness.

· Nothing says 'winter' like classic pumpkin soup! Throw together some butternut pumpkin, bacon, onion, curry powder and stock for a wholesome meal. Try leaving the skin on the pumpkin (that's where most of the nutrients are) and serve with a slice of your favourite bread.

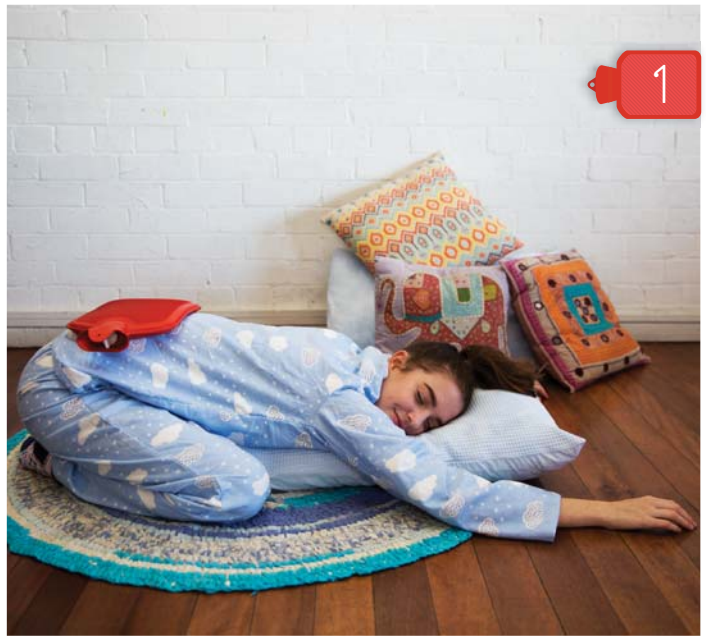
· Herbal tea. While coffee can provide some temporary alertness, it unfortunately restricts blood vessels, meaning your blood flow is not at maximum. Mix it up and give your immune system a boost in the morning with a green tea or warm lemon and ginger drink. Don't forget to allow the water to cool slightly before adding lemon juice, so the vitamin C is not depleted. A delicious bedtime option is a milky home-made chai made of cinnamon, cardamom, nutmeg, ginger, black pepper and turmeric. Sweet dreams!

For more info around healthy eating habits, find Anna at www.askanapd.com Instagram – @askanapd

*If you can relate to this story, we encourage you to talk to someone at:
The Butterfly Foundation for Eating Disorders
National Helpline 1800 33 4673
The Kids Helpline 1800 55 1800*

*National Eating Disorders Collaboration
www.eatingdisordersinfo.org.au
If you would like to talk to bella rae's trained counsellor write to
counsellor.anna@bellaraemag.com*





when your monthly visitor is a real pain

Health and fitness coach Jess Ferriday has some stretches for you – to help things flow a little easier.

If you suffer from discomfort or pain during your period, you are not alone! Up to 80% of women will suffer period pain at some stage in their lifetime. For one in five women, the pain and discomfort are severe enough to disrupt their daily life.

It's hard to manage something you don't know much about. So here we are, about to get down and dirty about periods – brace yourself!

Why must tiny soldiers stab knives into my uterus?

Most period pain is caused by the uterus contracting to shed its lining. This is usually felt in the lower abdomen and lower back areas.

The bloated feeling is caused by the walls of the uterus becoming thicker preparing for a fertilised egg to be buried in the wall. If the egg isn't fertilised (that is, you don't become pregnant) the egg and extra layers of the uterus are disposed of. This is your period, also known as your welcome to womanhood! Oh happy day!

Some women can also feel nauseous and experience diarrhoea. Loose bowels are common during your period because the hormone released to contract your uterus to break down its lining sometimes sneaks through into your bowels as well. This causes your poo to break down and flow through more quickly.

There is hope!

For most of us the major discomfort is in the first day. Here are 5 moves you can try, to help with your period pain:



Supported child's pose with a weighted heat pack

- If you don't have a bolster (a long cushion), fold a comfortable blanket to resemble it
- Kneel down with your big toes touching behind you and your knees wide enough for your belly to sink between your thighs
- Lie on top of the blanket with your head turned to one side. Your body weight should be supported by the blanket
- Place a wheat pack, hot water bottle or other heavy comforting object on your lower back
- Stay here for 2-5mins



Knees to chest

- Lie on your back
- Bring both knees into your chest
- Wrap both arms around your shins to hold knees into your chest
- You may find it comforting to rock from side to side
- Hold for 1-3 mins



Legs up the wall

- Scoot your bottom right up to a wall
- If you don't have a bolster, place a small

pillow or rolled up blanket or towel under the small of your back

- Lie down with your legs straight up the wall
- Stay here for 2-5mins



Lying groin stretch

- Lie on your back with knees bent to 90 degrees
- Gently let your knees drop open until they are very gently stretched. Support your knees with pillows or books so that you can completely relax
- Place a heated wheat pack or hot water bottle on your belly
- Stay here for 2-5 mins



Head to knee

- Whilst sitting on the floor, place one leg straight out in front of your body
- Bend the other leg at 90 degrees and place the sole of your foot on your inner thigh
- Bending from the hips, reach forward, aiming to place your head towards your knee, compressing your belly
- Stay here for 2-5 mins

These moves will help relax the muscles in the pelvis, release tension in your hamstrings and lower back, and support and comfort you during your pain. If your pain is excessive and severe, and especially if it interferes with your daily functioning, you should consult your health professional about it.



Is that guy worth your while?

Whether you think you've found a new friend or your heart does a funny flip when you see him, it's clever to consider how someone is acting towards you before looking at him with too much glitter in your eyes.

WHEN HE SEES YOU:

- A. He smiles, waves, comes over and asks how you are.
- B. He grins and waits to see if you come over, then is sweet but awkward.
- C. His eyes go wide, he looks at his feet, seems a bit flustered and lets you ask all the questions.
- D. He pretends he doesn't see you at all or kind of smirks at you, making you feel small, or checks out your body, making you feel uncomfortable.

WHEN HE TALKS TO YOU:

- A. He looks you in the eye, shares openly and easily, and asks about and listens to the details of your life. You feel relaxed and calm around him.
- B. He is a bit quiet. He listens well and asks about your life but doesn't share much about what's happening with him.
- C. He fidgets, sometimes looking down more than meeting your eye. He mostly listens but is sometimes distracted. When he does talk he is intense and serious.
- D. He tells you all about himself but doesn't ask about you. When you're talking he'll usually interrupt with a dumb joke or something mean or nasty but then say "just teasing!".

AROUND HIS FRIENDS:

- A. He can be boisterous and have fun but is still true to himself. He wants you to meet his friends and for them to meet you. His friends love him. They seem to really support and encourage each other.
- B. You see a side of him you really like. He is more relaxed with his friends. He will still smile and wave when he is with them but won't rush over to introduce you.
- C. What friends? He is a bit of a loner, gets picked on or has friends but they don't seem to talk much.
- D. He is not nice, and is likely to put you down in front of them. His friends are always joking around, acting wild and trying to one-up each other. You avoid him when he's with them. They're actually scary when they're together.

AT SCHOOL / AT WORK:

- A. He is a hard worker but knows when to relax and have a laugh. He is respectful of his teachers / bosses and brings energy to a team.
- B. He is a quiet achiever. He does what needs to be done, but it's hard to know if he enjoys it or is just trying to get through. He isn't a troublemaker but doesn't add a lot to the group either.
- C. He swings between trying really hard, getting stressed out and sort of giving up and not caring. He gets in trouble a fair bit, often not meaning to.
- D. He does what he wants, regardless of what people in charge ask him or how people around him feel. His main priority is to feel good and he likes having control, but not responsibility.

HE SPENDS HIS FREE TIME:

- A. Hanging with his family and friends, pursuing a creative passion, playing a sport, contributing to the community.
- B. You're not sure what he does, but you know he has at least one cool hobby.
- C. He works, stays home, plays bulk video games and/or avoids life.
- D. Drinking, smoking, experimenting with drugs, watching pornography, sleeping around, torturing animals and/or bullying people.

SOMETHING TO NOTE:

People are complicated and we might not have exactly captured your guy friend in this quiz. We don't want to tell you what to do. We do want you to be surrounded by brilliant people who bring out the best in you. Relationships are hard, and messy (yep, even the great ones!), and you've got enough going on without getting tangled in something extra hard or hurtful which will make you doubt how bright your light can shine. Trust us when we say patience is severely underrated. So rate it, and wait. Go forth and be brilliant yourself, and you will draw some sparkly souls your way!

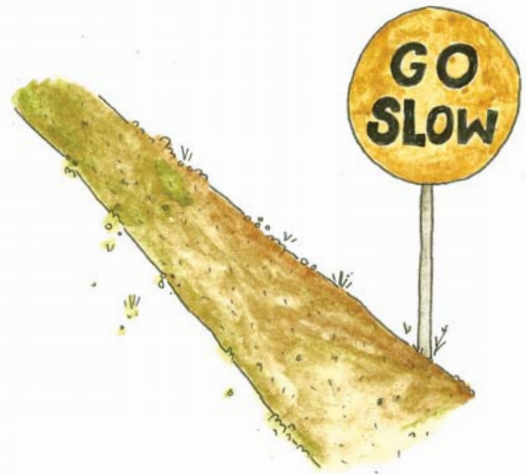
MOSTLY A: Walk On

He seems like a stand up guy! Begin the fun of getting to know him better, one step at a time. Just because the light is green doesn't mean you have to charge ahead. Getting to know someone is one of the greatest privileges there is, so take your time, enjoy the process, keep your eyes open to where you're headed, be intentional about where you're going, stay respectful, and check he is doing the same. Go for lots of group hang outs – they're so much fun and will reveal many sides of each other's personalities. Introduce him to your friends and family. If your friendship is one you are relaxed and open about, not hiding in the dark, you've got something good going on.



MOSTLY B: Go Slow

This guy seems like he has the potential to be great... but it might take some more time to know for sure. Some people take a long time to get close to because they are shy, or slow to trust, while others are still finding themselves and need time and space to grow. Maybe you could be friends, but that relies on being able to talk. Him too, not just you! Be careful of pouring your heart out to someone who isn't saying much, because when they do speak up you might be shocked at what they have to say! It's tempting to fill in the blanks with what you think he's thinking, but it's so much better when he is brave enough to talk honestly and allow himself to be known. Better to build a friendship on the truth than a fantasy in your head!



MOSTLY C: Winding Road Ahead

This guy seems like he is stuck on struggle street. Maybe his home life is unsupportive, he struggles with insecurity or anxiety, or he is simply having a rough time growing up. He probably needs some good friends, but good friends need good boundaries so they don't end up sitting in the gutter on struggle street right beside him. This is not the guy you should think about dating. If you do go down this road be prepared for it to be winding, hard and probably quite unhealthy. He might be worth your while someday, but don't fool yourself, his heart is not ready right now. You could invite him to hang with your group, or ask him if he is OK and encourage him to talk to a wise adult or community service such as Lifeline or Headspace.



MOSTLY D: Wrong way! Go Back!

He seems like a jerk. Steer clear or you're in for heartache. Do not fall for or indulge his dodgy ways. He may not be a jerk forever but you letting him believe his behaviour right now is OK will not help him on his journey to becoming a better man. Sure he might have a couple of excellent qualities but a little drop of poison can make the whole drink deadly. It's best not to even take a sip of this drink. If you think the way he treats you is OK please rethink your idea of a healthy, respectful, loving friendship / relationship. Our ideas of what's normal can become twisted by trauma and/or exposure to dark influences such as pornography (or even some supposedly-romantic movies) but it is our job to straighten our heads out.

