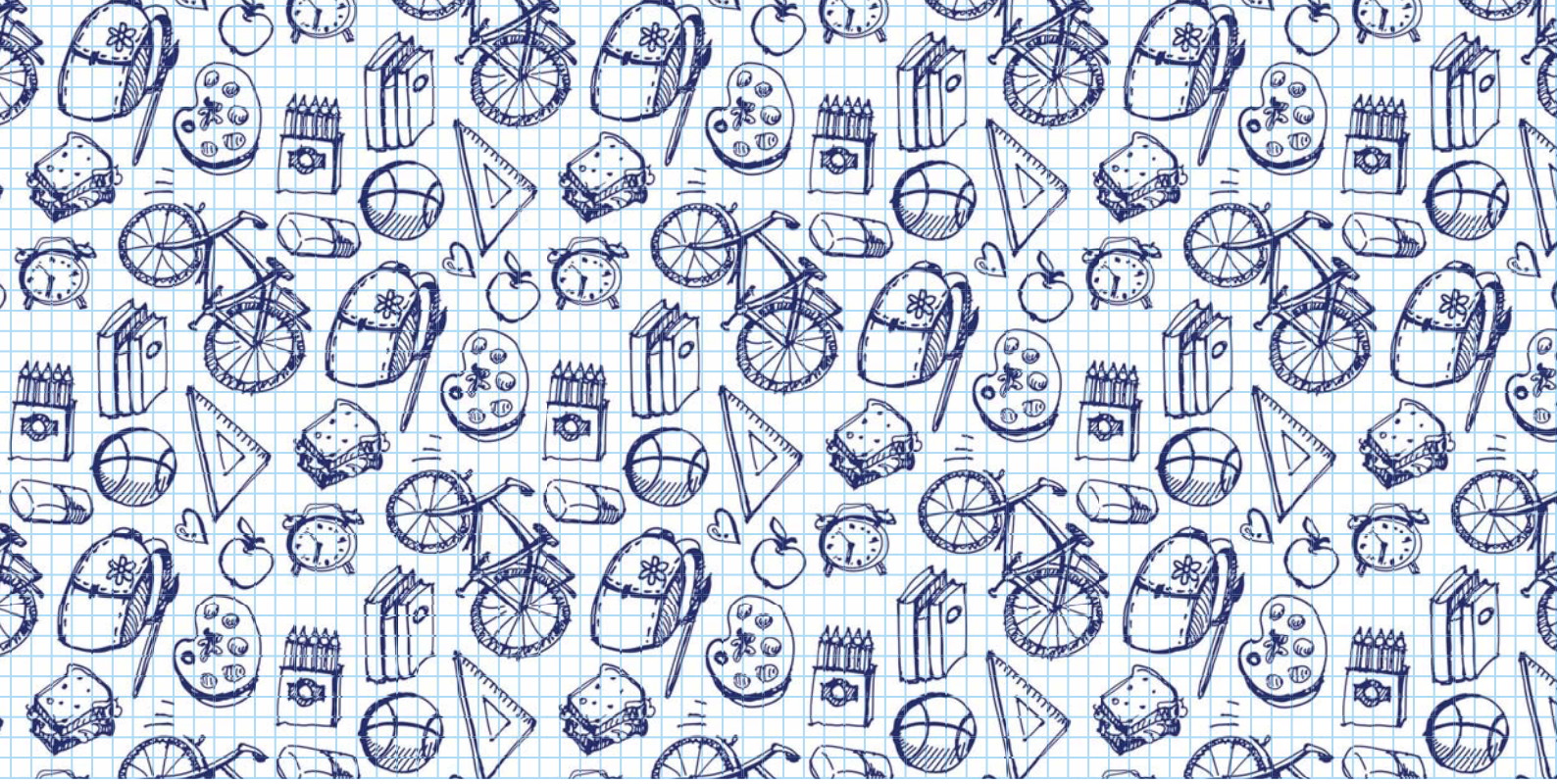


# bellarae

VALUE + BEAUTY + PURPOSE



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



## when study gets stressful

Hunched over a desk with eyes drooping, alarms beeping, books piling up, the laptop losing power, deadlines looming. Aarrghhh!! Study stress – who needs it!

When I was studying, at school and at university, I suffered from what is commonly called procrastination – putting off doing today what I could just as easily do tomorrow, or so I thought. Wondering why I would read the textbook now, when I have a perfectly enjoyable novel to finish! However, I soon found the stress that came with putting things off could be crippling. Study can be a wonderful, fascinating, mind-and-heart-expanding experience, but stress can really take the joy out of it.

Of course we could avoid this... We could eat well, get lots of sleep, plan our time wisely, get tutoring, set goals and do a little bit each day so we didn't leave it all to the last minute.

But I've noticed that while we have some idea of what we should do to help ourselves out, very often something stops us from doing it – some underlying belief about ourselves and/or our study.

**For myself, I believed I had to be perfect and so my procrastination came from the fear of starting something and it not ending up as great as I hoped or what I thought others expected of me.**

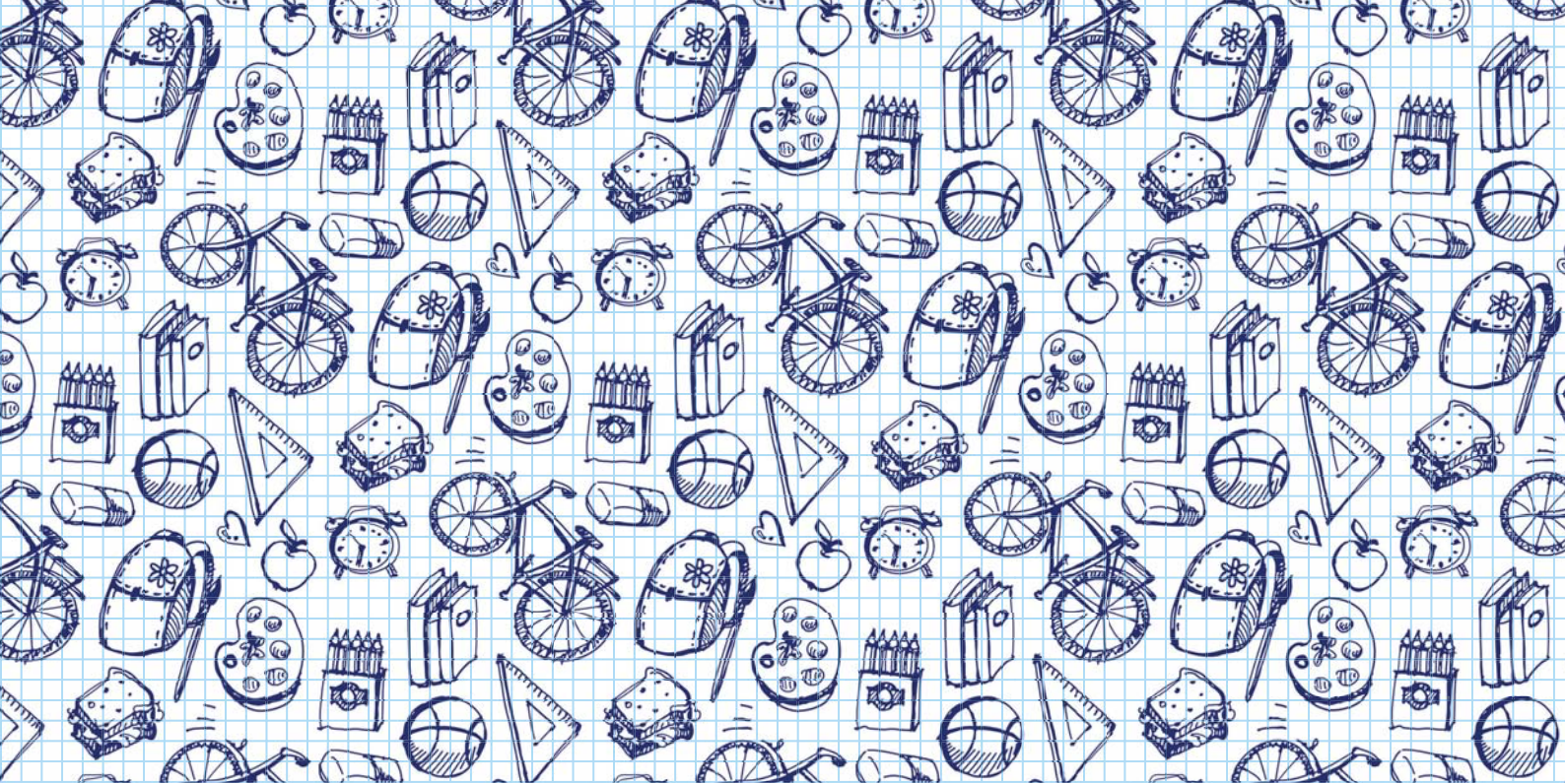
For some, this drive for perfection forces them to swing in the complete other direction and study to the point that they have a mental breakdown or get burnt out.

Still others have experiences in their childhood that have led them to form a negative core belief which says "I am stupid and lazy", "I could never understand / succeed at / enjoy study", or "I am a failure" – and unfortunately when we believe these kinds of things, we generally prove them right – until we challenge and change them! Perhaps we pretend we don't care by joking around in class or being a rebel, but the reality is

we are never able to live the life we truly desire until our thoughts are healthy and true.

As with most issues, the first step is discovering what you do actually believe. Your thoughts are so powerful they steer the whole direction of your life. So what is the self-talk in your head saying to you? Is it encouraging you to go for it, or is it putting you down at every turn? Once you've discovered this, you can ask yourself if this thought process is helping you or harming your study?

If it's not OK, give it the flick. Tell your unhealthy thoughts that it has not been nice knowing them and they are no longer welcome in your head. And then begin to find positive thoughts about succeeding at your studies. For me, I like to write down the truth about a situation on coloured pieces of paper and stick them to my bedroom wall. Others write them with lipie on the mirror or post them as a reminder on their phones.



Put these positive messages somewhere where you are bound to see them every day and when you read them, let them sink in. Choose to believe them!

The next step that goes hand-in-hand with positive self-talk is imagining yourself finalising the project/assignment or passing the exam receiving great marks. Spend time each day picturing how well it could go and any time a negative thought or old mindset comes to revisit, ask it to leave again, repeat your positive statements and visualise success.

For those more deeply seated thoughts coming from painful or traumatic experiences, you might like to process these with a trusted adult or school counsellor so that you can move on without limits.

Finally, find friends and mentors who will be a positive influence on you. No matter how hard you try to reinforce a new thought, if your friends keep telling you you're a loser it will be hard to stay focused. Join a study group, get a mentor, ask for help and surround yourself with positive people who will encourage you to do well in all you attempt! You can do it! Helen Keller said, "Alone we can do so little; together we can do so much."

**Some truths about you no matter who you are:**

Your beauty shines from the inside out. Who you are and what you do matters. You have a great inner strength to overcome difficulties. You are smart and can learn. You may not be able to do it yet, but with some practice you will.

**Breathing:** one of the easiest secrets to overcoming stress. In only two minutes of breathing consciously, you can calm your whole system down a notch. The great thing about breathing is you can do it anywhere!

Try breathing in and imagine that the air is going down into your stomach. This means your stomach will expand and deflate like there is a balloon inside it and your chest and shoulders should not move at all. The key is breathing in a normal relaxing breath (for three to four seconds) and breathing out for at least two seconds longer than you breathed in. The out breath is the calming one! Practise it for a couple of weeks before you need it so that you can do it easily under pressure and watch it work wonders on your stress.



# dreaming of a better night's sleep

Sleep so good you can do it with your eyes closed!

There is no doubt that sleep has copped a beating lately. The chant of pop culture is clear...

*Sleep is for the weak  
Sleep when you are dead  
You snooze you lose!*

But what impact could these seemingly innocent attitudes have on us?

It turns out – a huge amount! The consequences of poor sleep are truly alarming and it's time to put these ratty sayings to bed.

## WAKE UP TO THE FACTS FOR BETTER SLEEP

### BLUE LIGHT IS THE WORST LIGHT FOR SLEEP

'Going to bed' shouldn't mean going to bed to look at your phone in peace for a while. Why? The blue light emitted from electronic devices affects the sleep-inducing hormone, melatonin, more than any other light. And your phones, iPads, computers, and televisions all give off this blue light!

While you may fall asleep after looking at your phone or device, the reduced melatonin in your body means you won't get the deep, restorative sleep you need.

Do yourself a favour and wind down with a lamp light, a good book (of the paper variety) or a hot bath an hour before bed.

### GET YOUR BEAUTY SLEEP

A lack of sleep dramatically changes the skin on your face. A study conducted in the UK showed that women who slept 6 hours a night had a 45% increase in lines and wrinkles, had 13% increase in blemishes and pimples, and an 8% increase in redness compared to when they slept for 8 hours.

Teenagers need between 8-10 hours of sleep, which reduces by about an hour into adulthood. Sleep may just be the cheapest solution for clearer, healthier skin!

### SLEEP DEBT IS A VICIOUS CYCLE

Not getting enough sleep can actually make it harder to fall asleep.

Insufficient sleep causes the brain to go into overdrive.

In the past, this overdrive was important for staying alert to danger, before we had such comfortable, safe houses to sleep in. These days, that extra alertness is triggered, not by danger, but by hectic social calendars, sporting or art commitments, exposure to blue light and overstimulating screen activities, exams, assignments and irregular sleep schedules. Phew, I'm exhausted already!

The adrenalin in your body is not used up physically, making it very difficult to fall asleep, which of course, was the point once upon a time. You know when you lie down, stare at the ceiling, and just can't seem to switch off?

If you are struggling to fall asleep regularly, think about doing some exercise in the afternoon. This helps use up the adrenalin pumping through your body and the gradual decrease in body temperature after exercise can help induce sleepiness.

## TEENS ARE NATURALLY NIGHT OWLS

Studies show there is a huge hormonal shift in teens that makes them sleepier 1-2 hours later than adults. On average, a teenager won't be ready for sleep until about 11pm at night.

Something else to think about – only in recent years has sleeping 8 hours straight been the 'norm'. Before the industrial revolution it was very normal to have two sleeps during the night. The midnight wake would be a time of quiet reflection, reading, and journaling.

Start your bedtime wind down at 10pm to be optimally ready to hit the sack by 11pm. If you wake after a few hours of sleep, know that this is somewhat normal and see it as an opportunity to reflect, journal or read (paper only!).

The key is not to panic that you are awake. You will drift back off to sleep again when your body is ready.

## SLEEP IS A WEIGHTY ISSUE

Does your weight yo-yo? Maybe you aren't sleeping long enough.

Research shows that those who sleep 6 hours or less a night are 23% more likely to be overweight. Those who sleep less than 4 hours a night are 73% more likely to be overweight.

Why? A lack of sleep makes your body more hungry because it messes with your hunger hormones. Research also shows that those who don't get enough sleep consume an average of 559 calories extra per day. That's an entire meal!

For optimum long-term weight management a regular sleeping pattern of 8-10 hours is ideal for teenagers and 7-9 hours for adults.

## TO NOT FALL APART YOU MIGHT NEED TO FALL ASLEEP

Feeling lonely? Researchers have found that a lack of sleep made people 5 times more likely to experience loneliness and

7 times more likely to experience feelings of helplessness.

On top of this, poor sleep makes people more aggressive and easily irritated, affecting relationships and increasing stress. Poor sleep also affects the ability to concentrate, learn and retain new information.

Lack of sleep can really affect your schooling experience – especially when 25% of you report falling asleep in class at least once a week!

Sometimes the best thing you can do when you are feeling a little emotional is to have a nice long sleep.

## SO WHAT?

So – sleep is incredibly important especially for you as a teenager. A lack of quality sleep dramatically affects your relationships, academic performance, weight, and self-esteem. Do yourself, your grades, your body, your mind AND the people around you a favour and ensure your sweet dreams are a priority!

Elodie

the business woman — bass



Chris

the leader — guitar



Charlie

the stylist — lead vox + synth



Alexi

the peacemaker — keys



# tigertown

Henrietta Lee spoke to Tigertown's Elodie about songwriting and being in a band with her brothers and sister-in-law.

We grew up in a coastal town south of Sydney and loved played outdoors. We didn't get our first video game until we were nearly teenagers. From a young age we loved music and movies and we would write musicals and perform them for our parents – singing and dancing around the house.

Chris was always very musical. He played violin from about age five. He taught me how to play bass and taught Alexi the drums. We'd record our own songs on cassettes and spend hours watching recordings of Michael Jackson concerts.

Our dad was a scientist but he was also an excellent piano player. We grew up going to a local church and Dad would run the music there. Mum's a great singer and she plays guitar too. I remember them rehearsing together in the evenings.

Meanwhile Charlie grew up in Tamworth, in Central New South Wales, and was massively into country music. From a young age, she was performing country covers, singing and playing the banjo. I think that's why she loves lyrics so much. She loves the storytelling side to a song.

Chris and Charlie met in Tamworth about seven years ago. They were both in other bands at the time but they fell in love and got married. They hit it off musically as well and recorded Tigertown's first song just in their house. Incredibly, radio station triple j picked it up and started playing the song. Chris and Charlie knew they were onto something good.

The band made music together for five years, then took a break for two, to write songs and rediscover our sound. We kind of feel like a new band now. I would describe our sound as nostalgic

yet futuristic indie pop. We're hoping to release our first full-length album this year, so keep an ear out for it!

I love being in a band with my brothers and sister-in-law. Chris is the oldest. He is the natural leader who carries a lot of weight on his shoulders. He is also a keen surfer! He and Charlie write songs for other artists and work on collaborations. I love having Charlie as my sister. She's into fashion and striking visuals. We're all similar sizes and enjoy the same styles so often we end up on stage wearing at least one piece of Charlie's clothing, even the boys!

I am the middle child. I take care of the things you wouldn't always think a band has to manage - accounts, receipts, invoices. When I'm not touring I get to hang out with my husband and I do some nannying on the side. Alexi is our baby brother, and the one who is worried about people's feelings. He is the mediator – the one making sure we're all happy and OK.

**We all know each other so well and can be really honest. Sometimes we fight but we're also quick to get over it, which is handy because we spend a lot of time together in small spaces on the road!**

Touring around can be isolating but having family right there helps us feel less homesick. It is also helpful for Mum to know we're together most of the time looking out for each other, and she only has to go to one concert to be supporting us all!

Two years ago our dad passed away suddenly. It had a big impact on us all. I felt like I was sleeping through life before that. Then he passed away and it really woke me up to just how short and precious life is. I think we all want to make him proud. It has brought us closer and we have written a lot of songs about it.

Our songs all come together quite differently. Often it starts with Charlie and Chris. Someone will have a little riff on guitar or a drumbeat. Chris is more musically driven while Charlie cares about the lyrics. Once they have the start of something the four of us get together and add in our ideas.

One of my favourite songs is Lonely Cities. Chris and Charlie wrote that in Los Angeles while Alexi and I were in Sydney. I still remember hearing it for the first time. They'd sent through the demo and I was sitting in my car outside my house and thought I'd have a quick listen before I went inside. My heart pounded – I just loved it! It was so exciting. It's easy to be critical of your own things but I knew it was an incredible song.

We wrote our latest single Papernote while in London. It was the first time I had been that involved in the song writing process so I feel extra special about that song. It took two years to produce before we released it. Songs go through their own journey. We put a lot into that one and we're proud to have it out now.

We hope people will feel uplifted by our songs. We hope they might be able to relate, in their own way, to the lyrics but also that the music might take people out of a bad mood and make them want to dance!

# leftovers two ways

So, your family couldn't get through the whole Sunday roast. You've got some chicken and veggies to spare but you don't fancy eating the same thing as yesterday. What's a girl to do but get creative in the kitchen?! My favourite way to use leftover roasted veg is to toss them with spinach, add my favourite dressing and call it a salad! But here are a couple more tasty ideas...



## ROAST VEGETABLE PATTIES

Perfect vegetarian meal served with salad and your favourite dressing or used as burger patties

### **INGREDIENTS**

5 cups roast vegetables such as pumpkin, sweet potato, zucchini, potato, beetroot (whatever you have)

handful of spinach, chopped

handful of fresh green herbs, chopped (like mint, parsley, chives)

2 eggs

½ cup linseed meal or LSA

salt and pepper to taste

2 tsp Cajun spice

### **METHOD**

1. Preheat oven to 160 degrees.
2. In a large mixing bowl place vegetables, spinach, herbs, salt, pepper and spices.
3. Use your hands to mix ingredients together, mashing vegetables as you go.
4. Add eggs and linseed meal, keep mixing.
5. Use a 1/3 cup measure to portion out patties onto a lined baking tray.
6. Bake for 20 mins until patties are firm and golden brown.





## CHICKEN AND VEGETABLE PIE

### **INGREDIENTS**

2 tbsp butter  
2 tbsp arrowroot or cornflour  
500ml milk  
decent pinch of salt and pepper  
2 tbsp chopped fresh herbs  
(chives or parsley or thyme or rosemary)  
½ a roast chicken (remove bones and dice) - about 600g of meat  
2 cups of roasted vegetables, chopped  
1 cup frozen mixed vegetables  
1 or 2 sheets puff pastry (depending on the size of your baking dish)

### **METHOD**

1. Preheat oven to 180 degrees.
2. Melt butter over a low heat. Add arrowroot and stir well. Whisk in milk.
3. This will thicken into a luscious white sauce.
4. In a bowl mix diced chicken, vegetables, salt, pepper and herbs until well combined.
5. Pour over white sauce and mix well.
6. Pour into greased oven baking dish.
7. Cover the top of the dish with pastry. Use off cuts to create decorative pattern on top.
8. Bake for 20 – 25 mins until the pastry looks crispy and golden brown.



# EYEBROWS

## i'll raise you one!

.....

We begin with plucking, then we graduate to waxing which leads to revolutionary thoughts about threading... it is a wild world out there for a pair of eyebrows! Here are some thoughts on how to have yours on point.

They say eyebrows frame your face and can change your look so DON'T STUFF 'EM UP! I'll be the first to admit I have over-plucked, over-drawn and over-filled, but I think (I think!) I finally understand how to manage my brows to ensure they do actually look like how they're supposed to.

Now don't get me wrong. It is absolutely not a female fail if you choose not to shape your eyebrows. For some it's even more daring to just let them be! Natural beauty never goes out of style.

But, for what they're worth, here are my tips for taking brows from a tidy everyday look to any special occasion.

### DAY 'N PLAY

#### Step One

Admit your limitations. Let's face it. I have no idea how to pluck my eyebrows from scratch. There are plenty of YouTube tutorials out there and 'how to' blogs, but I still don't have the confidence to pluck my own. Unless you know what you're doing, don't do it! If you over-pluck, it's very difficult to grow those eyebrow hairs back.

Ask someone who knows what they're doing to do it for you. I am in awe of the girls who hold cotton yarn between their

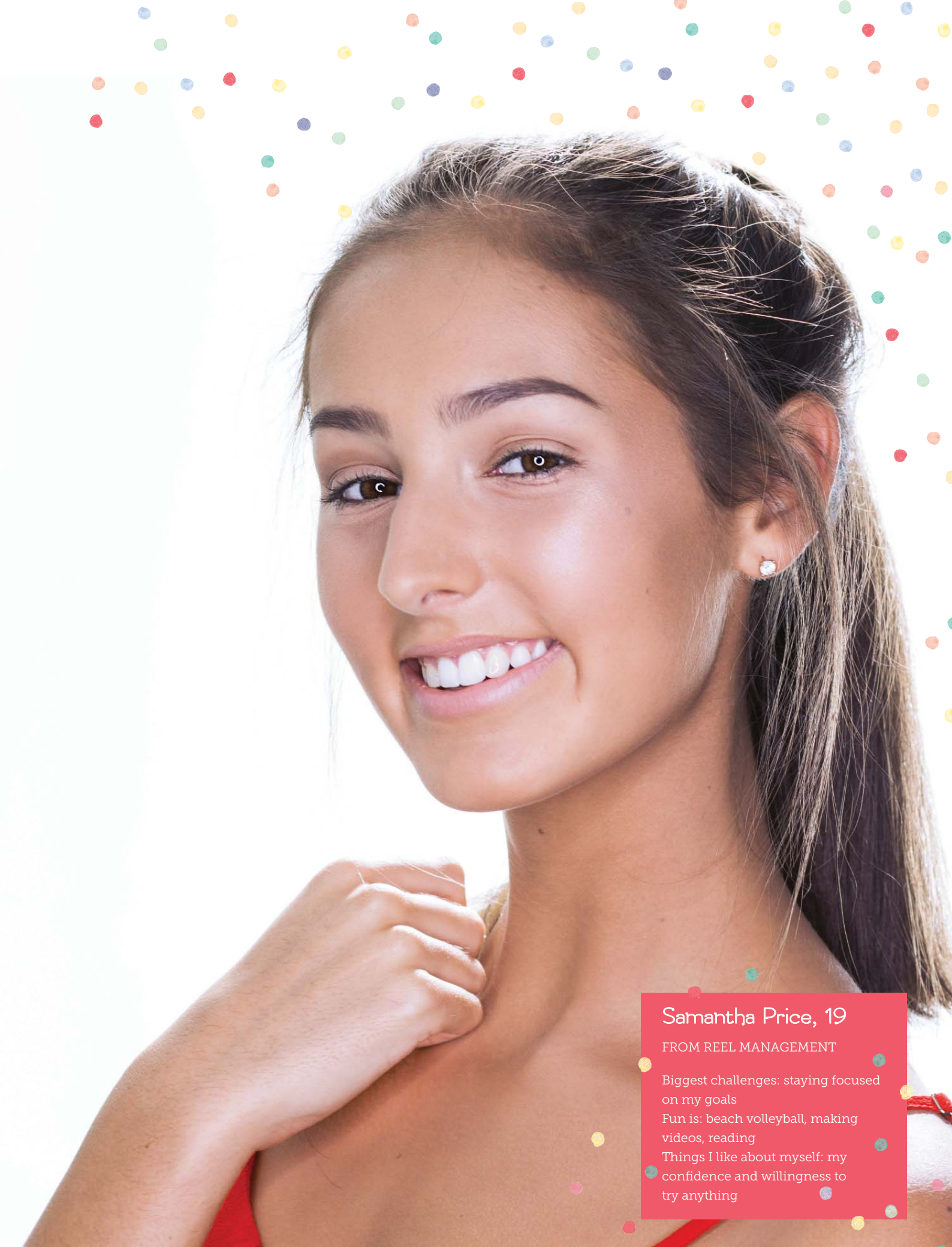
teeth to thread my eyebrows. A good professional will follow the natural shape of your eyebrows and not alter the curve in any way. If you naturally have strong eyebrows like Cara Delevingne and walk into a brow bar asking for gentle Taylor Swifts... girl, it's just not going to happen. So know your colour, shape and individuality – it's the first step to great eyebrows.

#### Step Two

I'm a big fan of natural makeup during the day - 'No Makeup' makeup! For my brows, I like to brush a little highlighter on my brow bone (just under your eyebrows) to make my brows pop. Clear mascara can tame any wild hairs and keep your brows under control. If I need to fill them in, I'll lightly apply some brow powder. It's a lot more gentle than a pencil and can be easily applied with a small angled brush. I cheat a bit and use a brow powder that comes with a stencil. That's right. A stencil! So I simply place the stencil over my eyebrows and colour them in. Simple.

### DRESS IT UP

For special occasions where lights are dimmed, cameras are flashing and stages are big, it's about enhancing what you already have. So treat your eyebrows with the same care that you would during the day, but darken them up a little bit more so they don't wash out under lights. You might think I have a secret I'm keeping from you, but that is seriously it! Remember that unless you're going to an Angry Birds fancy dress, less is more! Brow it baby. xo



## Samantha Price, 19

FROM REEL MANAGEMENT

Biggest challenges: staying focused on my goals

Fun is: beach volleyball, making videos, reading

Things I like about myself: my confidence and willingness to try anything