

NOVEMBER 2011
£3.80

www.goodhousekeeping.co.uk

Good Housekeeping

Save £££s

228
FANTASTIC
GIFTS

From under £5

GH EXCLUSIVE!

**Katherine
Jenkins**

*on the wedding,
being curvy and a
secret heartache*

**BEST-EVER
CELEBRITY
RECIPES**

(and they're GH tested!)

**Freeze-ahead
feasts for friends**

HOME-MADE CHRISTMAS
CAKE & PUDDING

PLUS

**10 MINUTE
CHOCOLATE
TREAT**



Do-it-now
strategies
for a
more

Confident you **HEALTHIEST
WAYS TO
EAT OUT**

and restaurants to avoid!

WIN! £40,000,
£15,000 OR
£7,000

0894035



100

**LITTLE BLACK
DRESSES**

That's every shape,
size and budget!



COSY UP

Winter's
warmest
buys for
your home



JAMIE

Fresh new
recipes — and
a surprising
confession



'I no longer dread the wintertime'

Many of us feel under the weather at this time of year, but **JULES SERKIN, 53**, was also earning less. It cost £200 to fix the problem – but she made her money back in no time

'Winter was always a horrible time for me – the dark evenings left me feeling exhausted, and I'd have to go to bed straight after dinner. I felt guilty for spending less time with my husband, and struggled to be a fun

and enthusiastic mum to our three kids. I couldn't even go out for dinner with

friends, I felt so drained. It had a real impact on my earnings as an advertising consultant, too – I'd be on a roll in summer, but earn half as much in winter, when I should have been busiest. I knew other people felt low at this time, too, but my slump seemed so much more extreme. I never realised I could do something about it.

Then in 2009, I read a newspaper article about Seasonal Affective Disorder (SAD) and realised: that's me! I'd never heard of it before, but the symptoms matched mine exactly. The article recommended special lights to improve your

mood and energy throughout the winter. I bought a Lumie visor and an alarm clock that wakes you up with light, which came to about £200 – but I knew that if they worked, I'd make that money back in no time.

I started wearing the visor in November that year for 45 minutes a day while I was working from home or unloading the dishwasher. It looked just like a tennis visor, and directed a special light to the back of my eyes. After a month, I really started to notice the difference, and I had my best winter in years. I had the energy to chase up new clients and work more effectively – and, just over a year on, last January was my most profitable month yet, despite the economic crisis. Now I can be a better mum to my kids, my husband says I'm much more fun, and I love going for dinner with friends – no matter what season it is. Winter doesn't scare me any more – I'll be spending the next few months with a smile on my face.'

£200

'I'll be facing the next few months with a smile on my face'

'I've got my bounce back!' A bad back

was affecting her career and making **JENTY SMITH, 42**, feel low, but learning a new skill put her on track again.

£500

'I work as a children's entertainer – everyone calls me

Jenty the Gentle Clown – so I have to be happy and full of bounce for my job. But five years ago, my back pain nearly ruined everything.

It started when I suddenly woke up at 4am with an intense stabbing pain in the middle of my back. I walked around until it eased off and eventually went back to sleep – but the same thing happened the next night and the next, and I began to feel worn out and low.

I went to see my GP, who recommended painkillers and physiotherapy, but neither worked. Then I remembered that my father had taken lessons in the Alexander Technique when he was younger to help his posture. So I contacted the Society of Teachers of the

Alexander Technique. A 45-minute lesson cost £30 – a lot of money given my income – but I was desperate, so I had my first class that July.

The teacher had me stand, sit and lie while she placed her hands on my head and back. She helped me relax my neck and release the tension in my back. I continued having lessons every two weeks for a year, and soon felt a huge improvement. It felt liberating to take charge of the pain, instead of being at its mercy. When I discovered I was pregnant a few months later, I decided to carry on taking lessons as they helped me feel much calmer and more positive about the birth.

When I felt another twinge in my back in June this year, I didn't panic – I just put into practice what I'd already learned, and the pain disappeared. That was undoubtedly the best £500 I've ever spent – I've got my bounce back!'

'It felt liberating to take charge of the pain'

Jenty: 'The lessons helped me feel much calmer and more positive'