

STRESS-BUSTERS for your star sign



Peace of mind is the seedbed of happiness, but how will you find contentment? It's in the stars, says astrologer Patsy Bennett. Here, she explains how to relax, according to your star sign...

ARIES

You're an upbeat, dynamic character, but can have a short fuse, so it's important you seek balance.

1. Blow off steam with physical activities: choose gym workouts, walks or even kick-boxing!
2. Balance high-impact workouts with calming activities such as reading, gardening and cooking.
3. Achieve work-life balance by scheduling relaxation.
4. Work smarter not harder; streamline work schedules.

TAURUS

You're a practical, earthy character, but can get restless when you feel stuck in a rut and you can obsess over ideas.

1. Ground yourself in nature with bush walks or simply by sitting under a tree.
2. Allow yourself to let go of recurring thoughts; consider meditation.



3. Avoid stubbornness: consider others' points of view compassionately.
4. Indulge your senses with scents and oils, flowers.

GEMINI

You're skilled at multi-tasking and can exhaust yourself, so it's vital you support your health.

1. Avoid over-working.
2. Avoid skipping meals and eat a balanced diet.
3. Look after your nerves with a herbal tonic from a recommended naturopath or doctor.
4. Calm an agitated mind with relaxing visualisation and breathing techniques.

CANCER

You're a caring soul, but you tend to

- look after everyone else first and forget to self-nurture.
1. Put yourself at the top of your nurturing schedule. It's not being selfish, it's practical.

2. Prepare comforting and grounding meals: eat with family or friends when possible.
3. Enjoy swims or walks on the beach or by a river.
4. Meditate: this will increase your feel-good factor.

LEO

You love to shine, and life can become a whirlwind, so it's essential you top up energy levels regularly.

1. Recognise when you're exhausted and bolster energy levels with superfoods.
2. Although you appear self-confident, you can lack self-esteem, so practise positive self-talk.
3. Balance your extrovert energy with soothing music and sensual treats.
4. Be prepared to agree to disagree when conflict arises.

VIRGO

Ensure you balance your analytical ideas with realistic plans to avoid fixating on details.



1. Enjoy communing with nature, you're an Earth spirit, after all.
2. Organise your itinerary to create more 'me' time.
3. Avoid obsessing over every detail; be prepared to be spontaneous too.
4. Avoid overt self-criticism as this can cause low self-esteem and avoidance of new experiences.

LIBRA

To avoid indecision, combine your innovative ideas with practicalities.

1. Make decision-making easier: list 'pros' and 'cons' and then stick to decisions.
2. Practise the wisdom of acceptance: some things in



AQUARIUS

You're the zodiac's maverick but your high energy and quirkiness can lead to exhaustion.

1. Let your free spirit run free: schedule regular getaways.
2. Make time for fun and activities that promote lateral thinking such as comedy nights.
3. Enjoy being individualistic, but avoid ostracising yourself.
4. Practise awareness of the present to help avoid worry and distractions.

PISCES

You're a dreamer and an idealist, but life can appear harsh unless you're realistic too.

1. Enjoy the soothing effects of water: swimming, laying on the beach, spas, showers.
2. Indulge your imagination; practise art and crafts, write, make music and dance.
3. Enjoy flights of fancy with film nights and book clubs, but avoid escapism.
4. Ditch bad habits that only delay facing reality.

life are inevitable.

3. Calm your mind with yoga, music and creativity.
4. Give yourself a break: you don't always have to be the peace-maker.

SCORPIO

Passionate and intense, you crave peace of mind when drama prevails.

1. Call 'time out' when a situation is becoming dramatic.
2. Relax with massage or reflexology.
3. Enjoy spa treatments – you'll find water soothing.
4. Learn and practise self-calming techniques such as breathing and meditation.

SAGITTARIUS

You aim high, but can become disappointed unless you set yourself realistic goals.

1. Sports and recreation are integral to your wellbeing as they promote peace of mind.
2. Keep your competitive nature in line with bigger-picture goals to avoid distractions.
3. Envisage already having

obtained your goals, then it's a case of doing it.

4. Keep a notebook handy to jot down bright ideas.

CAPRICORN

You seek prestige and success, and can push yourself hard, but must avoid being tough on yourself.

1. Ensure your self-talk is positive, not self-deprecating.
2. Feel 'grounded' by literally getting your feet on the ground – walk in nature
3. Believe in yourself. Seek like-minded people who believe in themselves, and in you too.
4. Practise activities that promote wellbeing and confidence, such as Tai chi and yoga.



Patsy's book, *Sun Sign Secrets*, Rockpool Publishing, is available to buy now.