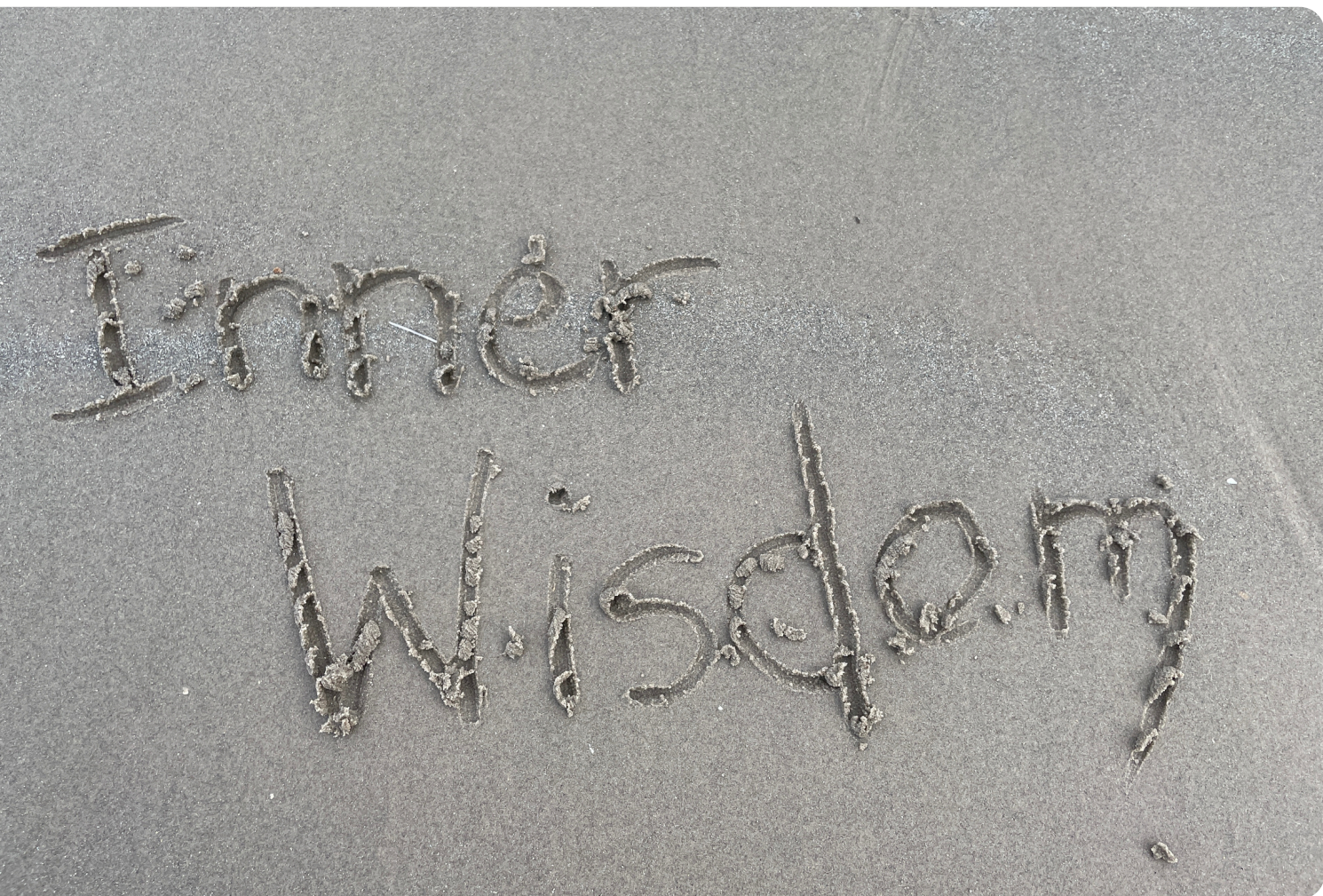




Get glowing

Elaine Buchan, Wellness Coach

An inner glow isn't radioactive and has nothing to do with how you look or dress, it comes from within.

Your inner glow doesn't come in a jar, serum or activated charcoal latte, it's more like an unpredictable firefly. Sometimes its moves around, lighting you up from within, confidence that radiates outwards and a feeling of joy for absolutely no reason – like when you hear your favorite song in a supermarket. Other times it goes full gremlin, hiding under layers of stress, emails and three-week old to do lists but there are ways to coax it out.

Your inner glow isn't some spiritual elite pass- everyone has one. It's that indefinable spark that makes you feel alive, magnetic, people like being around you, you're confident, happy and at ease, think of it as your soul's version of good lighting.

The trick is not to force it; it doesn't respond to pretending you're fine when you've been running on 3 hours sleep. Instead, it thrives on weird and wonderful things like dancing in your slippers to your favourite tunes or saying no to things that you're not comfortable with. It comes from starting a conversation with someone, making them feel appreciated or doing something that makes zero sense but fills you with joy.

Feed it, not just with a healthy diet and nutritious food but with fun and laughter, the kind that makes your face hurt.

Feed it deep conversations, take long walks, read that book you've been meaning to for months and take rest breaks when your body needs it as a truly radiant inner glow doesn't need approval it just needs a little room to shine, be kind to yourself.

Take notice of it in others, seriously, the world becomes a disco ball when you look for people's spark. The cashier remembering your name, smiling, chatting and wishing you a good day. Smile, compliment someone on their achievements, nature or kindness. And remember it's okay if yours isn't on full beam every day.

Your inner glow might temporarily fade for a day or so while coping with adulting and life issues but it's there under the surface to light up the room when you're ready. Dance to your favorite tunes, sing to your hearts' desire and make the world around you smile with you as you light up the room.

For support:
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spark that makes
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magnetic!**