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And another thing...

Our blogger Pat is adopting a healthier lifestyle in association with the team at Benecol®. Find out how she is getting on.

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We all like to get things off our chests, but sometimes I do worry that I'm turning into a grumpy old woman. Everyday acts of discourtesy from other people, like letting the door shut in my face, not saying thanks when I let someone go first, really get my goat.

And when I get together with my friends, well! We start recounting tales of the week's little injustices, and we're bouncing up and down in our seats, eager to tell our own tales, and each one sparks off another.

Small things really tend to rankle now in a way I'm sure they didn't used to – like the businessman who shoved

past me the other day, whacking me on the arm quite hard with his briefcase. I wouldn't mind so much if he'd said sorry. I know everyone's living a so-called busy lifestyle but surely you can make time to apologise when you hurt someone?

My friend Carla, one of the calmest people I know, says I shouldn't let myself get wound up by such trivialities, and recently revealed that she takes 10 minutes when she comes home, just to sit quietly with her eyes closed in silence. I've tried this a couple of times and I do feel much less stressed, which in turn helps me keep off the snacks (and the extra pounds!).

Another remedy I can highly recommend is having a good old moan with your friends – or even in a blog...

Read Pat's previous blog [here](#).

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