



# The big relax

Pour a cuppa, gather your colouring-in pencils and find a comfy seat at home. It's time for a long exhale

**I**f you find yourself spending more time inside, take advantage of the extra hours by turning your attention to simple activities like mindful colouring and brain-boosting puzzles – or try out some easy breathing techniques to calm your mind. **You'll find the puzzle answers on page 145.**



## GOT MY MIND ON MY MANTRA

Set a timer for two minutes.

Take three deep, slow full-belly breaths through your nose.

As you return to your natural breathing pattern, watch your belly rise and fall as the breath flows in and out.

Now, as you inhale, silently repeat the sound 'so', and on the exhale mentally repeat the sound 'hum'. Alternatively, use the word 'I' on the inhale and 'am' on the exhale.

Take your time and savour the mantra, sensing the subtle vibration of the sound within your body and mind. So Hum is the song of the breath; follow it with your attention. Like a sigh or a whisper, the mantra is soft, gentle, soothing and calming.

Continue until the timer rings.



Extract from *Heavily Meditated* by Caitlin Cady.  
Hardie Grant, \$32.99.



**NADIA, Auckland**  
01 May 2020

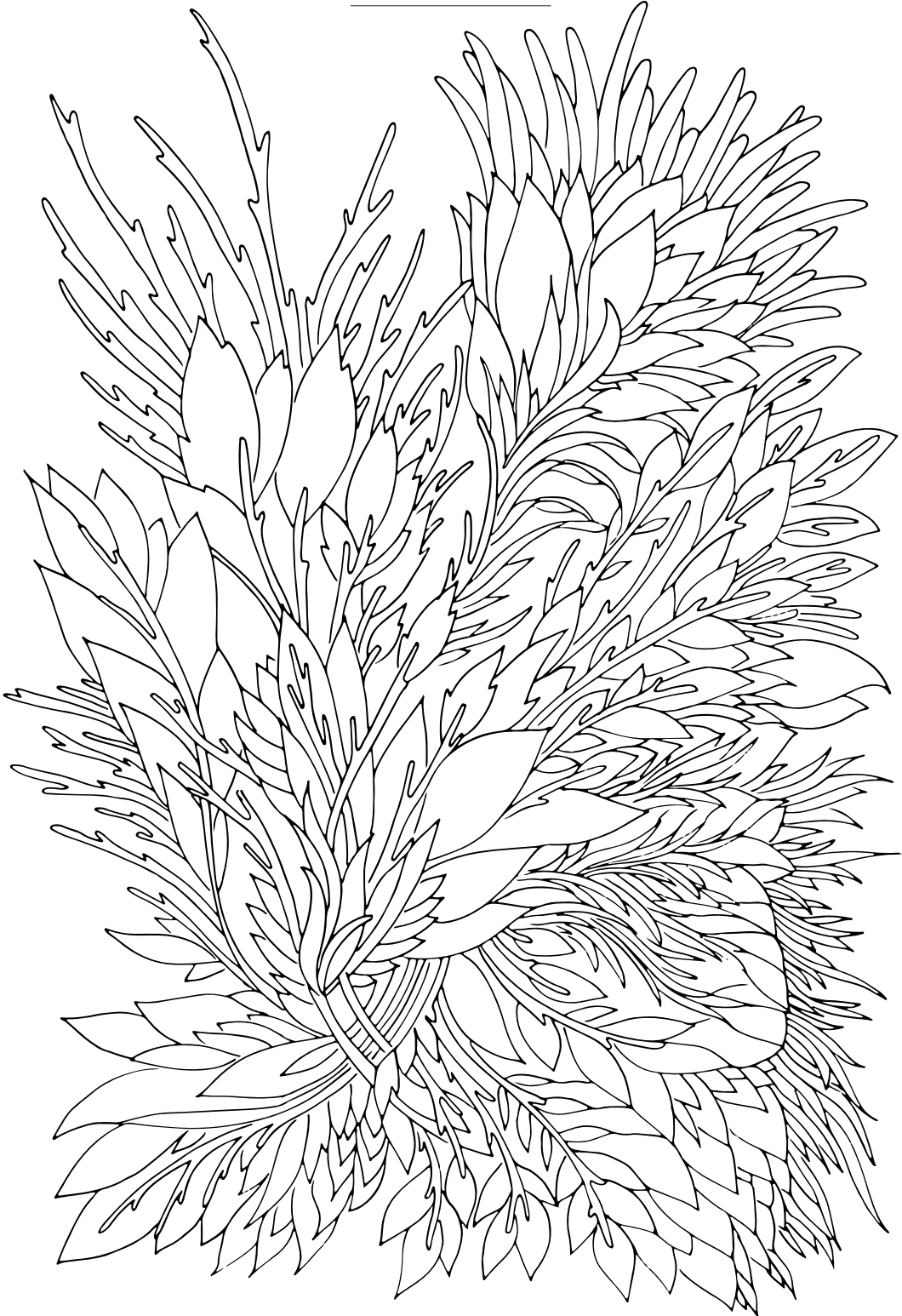
General News, page 34 - 3,826.00 cm<sup>2</sup>  
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WELL-THY MIND FULL





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## WORD FIND

R	E	L	S	Y	R	H	C	O	R	V	E	T	T	E
E	L	D	O	R	A	D	O	P	O	N	T	I	A	C
M	R	Q	A	S	I	L	V	E	R	A	D	O	D	I
U	E	D	S	A	E	F	Z	B	L	C	T	E	R	R
S	M	A	N	T	O	E	E	E	A	G	L	N	I	P
T	M	Y	D	R	U	L	K	L	P	I	A	R	B	A
A	U	T	D	R	A	D	L	O	B	H	O	E	R	C
N	H	O	B	I	I	I	E	O	R	A	Y	A	E	H
G	D	N	R	R	D	B	M	B	D	E	L	R	D	E
M	O	A	E	A	O	S	E	S	A	A	H	P	N	V
U	D	D	C	P	D	N	T	R	P	K	E	C	U	R
N	G	M	C	L	S	E	C	M	I	E	E	N	H	O
G	E	N	O	F	R	A	I	O	J	F	V	R	T	L
A	T	O	K	A	D	W	W	I	L	D	C	A	T	E
M	D	E	L	O	R	E	A	N	I	A	R	R	E	T

Aspen	Daytona	Mustang
Bel Air	Delorean	Oldsmobile
Bronco	Dodge	Pontiac
Buick	Eagle	Roadster
Cadillac	El Dorado	Silverado
Caprice	Firebird	Studebaker
Cherokee	Ford GMC	Terrain
Chevrolet	Hummer	Thunderbird
Chrysler	Impala	Wildcat
Corvette	Jeep	Zephyr
Dakota	Magnum	

One of these words is not on the grid.  
The missing word is:

---





WELL-THY MIND FULL

SUDOKU

6							
3							
	2	4		6		8	
			5				1
		8			6		
9		2	1	7			8
			3	1	7		6
				8			3
			2			5	

						2	
	2				6		1
			9				7
				1			6
1	9	6			3		
	8			2			4
		9					5
		3	5	7			
4	1						

DEEP BREATHS  
ARE LIKE LITTLE  
LOVE NOTES TO  
YOUR BODY

	2					5	7
			1		8		
				4		2	
							3
	8					2	1
	6	5		7	2	4	
	1						
	5		9		1		2
6	7		5	8			

		4					
						7	
	6		8	5			3
4	7						1
		6				4	7
		9		8		3	5
8	9	7	3	4			
	3			1	9		
							2



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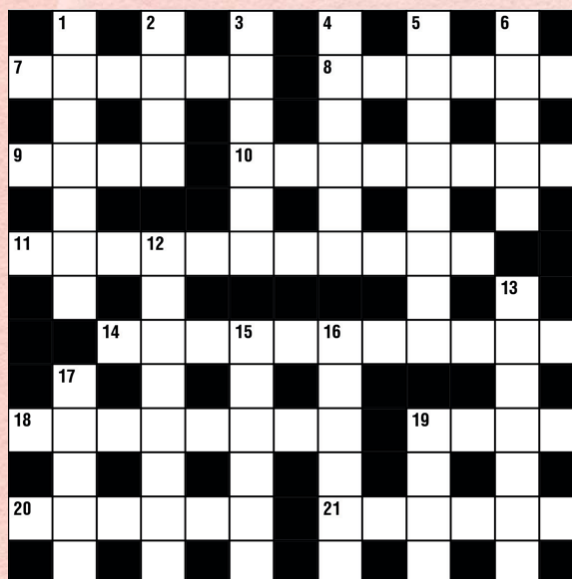
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**WELL-THY MIND FULL**

**CRYPTIC CROSSWORD**



**Across**

- 7 Insignificant dessert (6)
- 8 Drag north to the best place (6)
- 9 King orders oil, but not much (4)
- 10 Man left with kitchen fitting, one in capital (8)
- 11 Complaint: I insist toll is scrapped (11)
- 14 Dying to be not as hot (2,3,3,3)
- 18 Alan into design across the country (8)
- 19 Instead of sin (4)
- 20 Irritate noisy horse in river (6)
- 21 Place where fool turns on poem (6)

**Down**

- 1 Not one to back up rugby score and push one's luck (3,2,2)
- 2 Hairstyle for a change (4)
- 3 Fatal to lease hotel to the French (6)
- 4 Spicy dish is cold, it's said (6)
- 5 It goes both ways during blue Christmas play (8)
- 6 Knocks down cards (5)
- 12 Capital city at Saigon changed (8)
- 13 Person who's rejected unfashionable actors in play (7)
- 15 Told to deal with famous composer (6)
- 16 Preferred tree for bats? (6)
- 17 Ring a relative in fertile spot (5)
- 19 Ever-changing swerve (4)