

Coloured baths to cartwheels:

Life coach **Eve Menezes Cunningham** offers her quick and easy tricks to brighten your day

Take a bath full of colour

Try some DIY colour therapy and add two capfuls of food colouring when you start running your bath. Want to feel energised? Green will help you recharge. Feeling a bit fragile? Red will boost your confidence. Blue will help you relax and even improve your health. Add salts, bubbles and candle light for extra luxury. Langdales food colourings are available (from 33p for 28ml) in a range of colours from Waitrose and other supermarkets.

Change your posture

When we feel down, it's natural to curl up, but one of the fastest things you can do for an immediate lift is to stand tall for a few moments. If you have time, do a little stretching or yoga (visit www.triYoga.co.uk for more information). Simply standing straight will improve your mood.



Camera Press

Bathtime remedy: add food colours

Open your ears

Take advantage of one of the London's many free concerts. You can enjoy a range of music at venues including St Martin-in-the-Fields, The South Bank and the National Portrait Gallery (visit www.londonfreelist.com and www.npg.org.uk/live/music.asp).

Reach out

Pick an optimistic friend and

phone them. Do your best to keep your own conversation positive. Many of us get into bad habits, phoning friends just to moan. Instead of fixing the problem, this focuses our attention again on what we don't want.

List your achievements

Many of my clients find this difficult to begin with as most of us spend much more time fixating on the things we could have done better. Celebrate all of your achievements and make a list. Brushing up your CV or looking at family photo albums can also remind you of things you have succeeded at. Make this a habit and your self-esteem will soar.

Go outdoors

Visit Kew Gardens, Hampton Court or a park near your home. You'll be building up your vitamin D and the fresh air (yes, even in London) will blow away any mental and emotional cobwebs, helping you see things in a new light. On the way home, treat yourself to a fragrant bunch or pot of flowers.

Go somewhere new

Explore an area you don't know.

15 effortless ways to lighten up

Buy a travelcard and hop on a bus at random. We often forget how much is out there. Many museums and galleries offer free entry. See where you end up.

Breathe away your anxieties

In NLP (Neuro Linguistic Programming, of which I am a practitioner), breath is recognised as the fastest way to lift your mood. Take a few moments and pay attention to each breath. Imagine all your stresses being released into the air with every exhalation. This will have a detoxing effect on your body as well as your mood. To learn more about how to use your breath, visit www.meditateinlondon.org.uk

Pretend you have a magic wand

If you had one wish, what would you want to change about your life? Don't dismiss this. The first thought you get will guide you to an area you can start improving immediately. List three steps you can take today, to help you get there. You may not have a magic wand but you have all sorts of resources that will help you move in a direction that will be a permanent mood boost.

Make a dreamboard

Create a picture of everything you want to bring into your life. Use a board or canvas, paints, glitter, magazine cut-outs and any other materials you want. Have fun creating your ideal life in 2D and hang it somewhere to inspire you.

Roll away your troubles

Sit on the floor with your knees bent, chin to chest and gently rock yourself backwards and forwards for a full spinal massage. Feel all the tensions you've been carrying literally dissolve. You'll feel taller and lighter when you get up.

Eat something different

Cook or order something completely out of character. Even if you prefer your usual choice, you'll have the satisfaction of going beyond your comfort zones. Improvise and be open to inspiration. A touch of, say, Thai green curry paste added to a creamy Italian pasta sauce might become your signature dish. Go with your instincts and create your own fusion.

Get yourself moving

Do a cartwheel, run up a flight of stairs or dance around your flat

when your favourite song comes on. Do something to get your blood pumping.

Good scents

Open your windows, even if it's just for a few minutes a day to clear away any negative energy. In NLP, smell is a powerful anchor for different moods. Burn your favourite essential oils, aromatherapy candles or incense. Try citrus, rosemary, bergamot or cinnamon for a lift. Or simply spray your favourite perfume, even if you're not going anywhere.

When all else fails, light a candle

Just as having a bad cold makes the idea of breathing normally seem like a distant fantasy, depression can make you worry that you'll never feel OK, let alone happy, again. Amnesty International's logo was inspired by the Chinese proverb, "Better to light a candle than curse the darkness". No matter how bleak things seem, light a candle to remind you that it will get better.

● For more information, please visit www.applecoaching.com or call Eve Menezes Cunningham on 07910 388806.