

DECEMBER • ISSUE NO. 1

# BALANCE

SURVIVING IN THE MODERN WORLD

## MY WAY OF BALANCING EVERYTHING

-PERSONAL EXPERIENCE-

## Hiking

-PERFECT TIME TO THINK-

TIPS AND TRICKS

FOR THE

ENCOUNTERS

WITH FOREST

FRIENDS

**The  
secrets of  
bio care**

-,,DIY" MASKS

**Tips &  
tricks  
while  
traveling**

HOW TO GET YOUR BELLY  
BACK IN BALANCE

# A HEALTHY LIFESTYLE IN A CHAOTIC LIFE

-physically and mental health-



# HEALTHY LIFESTYLE IN A CHAOTIC LIFE

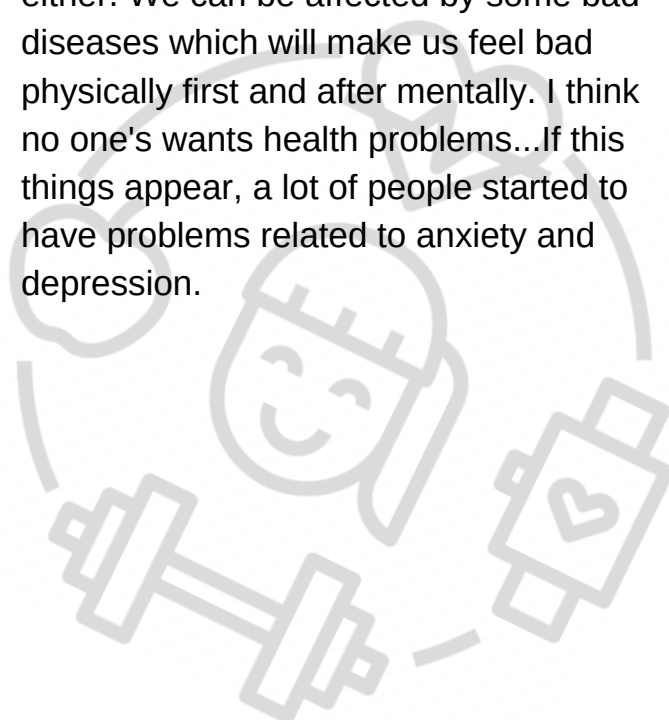
CRISTINA

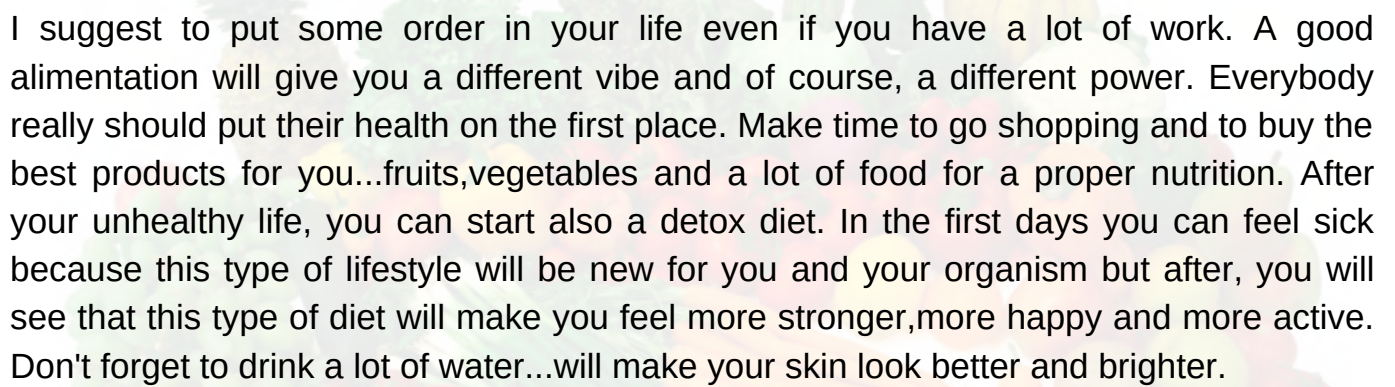
The concept of healthy living has become a cliché. Because a life without stress, without deadlines, tensions and strained relationships seems an ideal life which many imagine but few live.

Even if you live in a small town or a big one, your self-time is limited, the stress level obtained after work is getting bigger and bigger, and the food we manage to eat turns, day by day, into an increasingly unhealthy one. Between these general problems, everyone wants something from us and asks for too much. Our family, teachers and bosses can exhaust us sometimes.

It is true that we live in an era where everything is super fast and we have to keep up with that, but we really need to learn how to balance our tasks and problems to make our lives easier and happy. We can't have the negative things grab our lives and turn it into something difficult to manage.

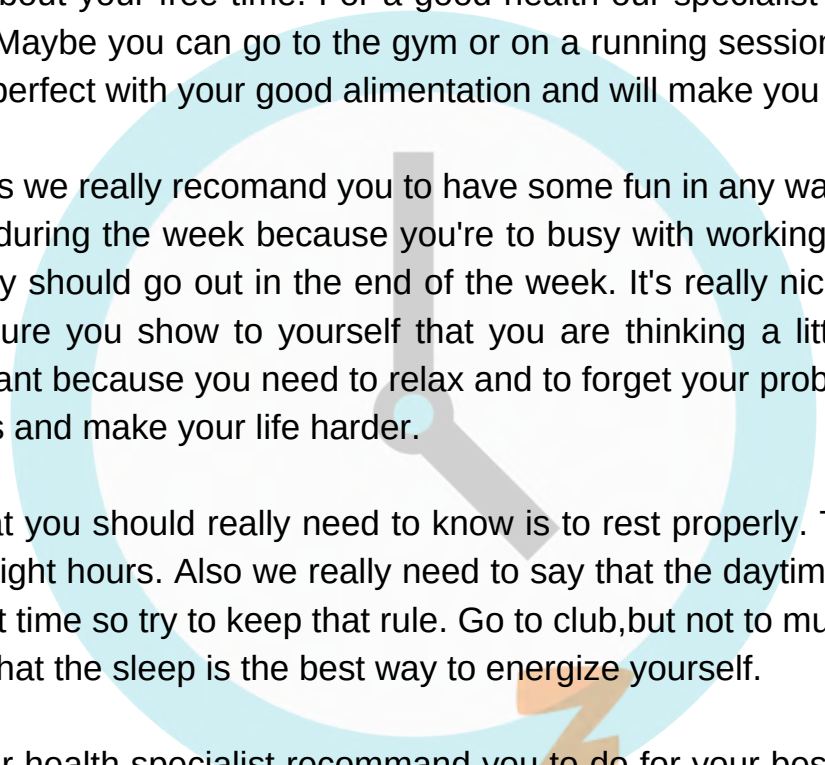
First, one of the most common problems is the one about alimentation. Many of us refuse to cook or to eat in our homes because usually we don't have time because we are too busy with work stuffs. A lot of people decide to eat on their way things like burgers, pies, french fries...in generally fast foods. **STOP DOING THIS!!** This unhealthy food attacks our bodies in the most negative way. Besides the fact that we put extra unwanted pounds (**be careful this Christmas girls, the summer is coming!!**) our organs will not be happy either. We can be affected by some bad diseases which will make us feel bad physically first and after mentally. I think no one wants health problems...If these things appear, a lot of people started to have problems related to anxiety and depression.





I suggest to put some order in your life even if you have a lot of work. A good alimentation will give you a different vibe and of course, a different power. Everybody really should put their health on the first place. Make time to go shopping and to buy the best products for you...fruits,vegetables and a lot of food for a proper nutrition. After your unhealthy life, you can start also a detox diet. In the first days you can feel sick because this type of lifestyle will be new for you and your organism but after, you will see that this type of diet will make you feel more stronger,more happy and more active. Don't forget to drink a lot of water...will make your skin look better and brighter.

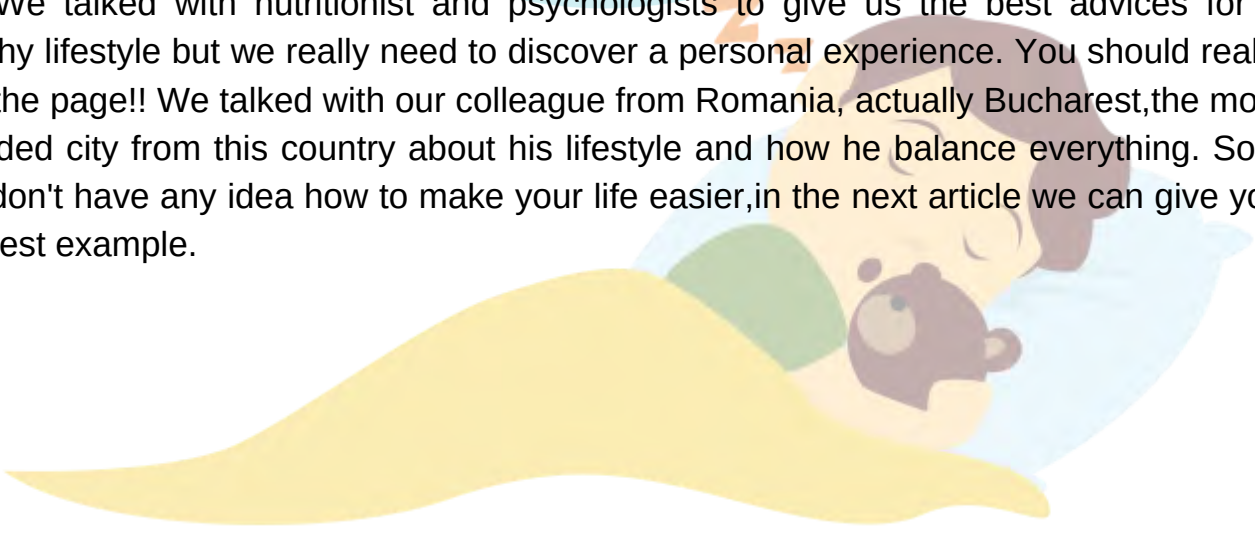
The second thing that you need to change in your life is the way you balance your activities. And don't forget...don't stress about that! Organize your time as you like and also in the best way that will make you happy. Everybody is working and go to school but don't forget about your free time. For a good health our specialist recomand you to do some sports. Maybe you can go to the gym or on a running session in the park. The sport time will fit perfect with your good alimentation and will make you feel better.



Between all of this we really recomand you to have some fun in any way you like. If you can't do it during the week because you're to busy with working and other things like that you really should go out in the end of the week. It's really nice for your mental health. And for sure you show to yourself that you are thinking a little bit of you. Do everything you want because you need to relax and to forget your problems that causes you a lot of stress and make your life harder.

The last thing that you should really need to know is to rest properly. The perfect sleep time is about to eight hours. Also we really need to say that the daytime sleep is not the same as the night time so try to keep that rule. Go to club,but not to much! And don't forget that the sleep is the best way to energize yourself.

So that's what our health specialist recomand you to do for your best way to live your life. We talked with nutritionist and psychologists to give us the best advices for a healthy lifestyle but we really need to discover a personal experience. You should really turn the page!! We talked with our colleague from Romania, actually Bucharest,the most crowded city from this country about his lifestyle and how he balance everything. So if you don't have any idea how to make your life easier,in the next article we can give you the best example.

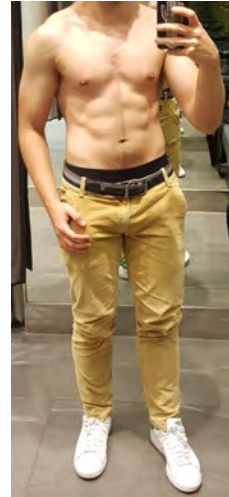


# MY WAY OF BALANCING EVERYTHING

COSTICA

Working 9 hours a day, going to college, drinking 5 times a week (sometimes more), not getting enough sleep while drinking up to 5 coffees a day, smoking. And yet, it is me in the picture.

Waaaait a second, that couldn't be right. Or could it? I also do walk everyday about 60 minutes between different activities or places, swim, hit the gym multiple times a week, take dance classes.



Even though it is not a perfect lifestyle, it fits *me*. I found the recipe that works for me, keeping me healthy physically, mentally and spiritually.

My daily schedule in the weekdays is work from 9 to 6. After that, I try to hit the gym if possible. Afterwards I go for drinks with friends or take dance classes. Of course, doing this everyday for for a long period of time is not manageable unless I give myself time to repair and heal. So even though this is my daily schedule in 90% of the cases, I sometimes just go to take a 5 hour nap and skip the gym. Weekends complement my week entirely: depending on how the week went, I rest and catch up with some personal stuff or go full ham on the gym and train. It is not unusual that Friday night was a night club, also.

So, I stress my body to the full extent possible. And I am doing this for couple of years now. I rarely get sick (like a light cold yearly).

---

It was not easy finding a balance that works for me. I tried ketogenic diet before, but my ankles started to hurt after a few months. I tried doing less activities, but I was not happy, feeling that life is passing by without me doing anything. I tried focusing on my career only, but my brain was unable to process all the information without a healthy diet and regular exercise.

I have been doing this for a year now and I never felt better. I have the energy to learn different things, to experience everything I want, while tackling every new challenge with my head up and enthusiasm. But I reached this state only after a repeated process of trial and error: I had to constantly analyze what my needs are in terms of mental state and body activities. I had to accept that I can not do everything without taking care of myself and giving myself time to breathe.

And that is the most important lesson. If there's anything you take from this read, please take this: go easy on yourself. Your lifestyle is not something you can change in a day. It takes a lot of time and conscious decisions that you have to do everyday, but it is worth the effort if you want to be able to take care of yourself and the others.

Living in such a fast world, it is more important than ever to find a balance between work, social life, hobbies, while also paying attention to our bodies and living a healthy lifestyle in a world that offers more temptations than ever. Everybody can pay attention to their daily activities and find what works and what not. And that's the first and only step you need to make in order to be able to live a healthier lifestyle: find **your** balance.

---



# TIPS AND TRICKS WHEN TRAVELLING

## HOW TO GET YOUR BELLY BACK IN BALANCE

DORA

Imagine going on a trip and getting ill? For majority of the people, travelling can be a lot of fun. Even if you travel for 14 hours by train with six people in a couchette. You can always count on endless talking, making jokes and laughing a lot. Also, the main reason people travel is to see new places, discover landscapes, different cultures, customs, food and everything else that comes with certain a place. But sometimes a fun and excited trip can turn into a horrible nightmare. Especially if you have to sit on a toilet seat for a majority of your trip.

So, the following tips and tricks should help you to avoid these situations (hopefully).

### **WASH HANDS.**

The first and most important tip is to wash hands not only with water but with soap and, if possible, warm water. If you don't have acces to the toilet in a certain moment, the great alternative is hand sanitiser or antibacterial wipes.

### **HANDS AWAY.**

When travelling try to avoid touching your face, especially nose and mouth area, with your hands because the germs and bacteriae could easily end up in your organism. It would be also advisable to open the doors with your elbow and not your hands because then you have smaller chance of getting sick.



### **EAT LIGHT FOOD.**

When you are in a bus, train or plane for several hours, you often don't have acces to homemade food (unless you bring it with you) so it would be smart to bring whole nutritional but light food like fruit and nuts. Also it is advisable to take vitamins because it is known that travellers don't get enough sleep (because of the bad bunk, noises, crowded space, etc.).

## STAY HYDRATED.

It is probably one of the most important things to remember. Our body needs water. There is no special philosophy with this tip :)



## AVOID STRESS.

This is a very problematic worldwide problem causing a lot of issues and illnesses. So, if you feel nervous or stressed because of the trip, use some techniques that help you relax. For example, listening to the music or ocean waves, yoga, breathing classes, etc. .

## If you still end up on toilet seat...

Don't stress too much :)

This is a normal thing for people to happen from time to time. Eat lighter food like plain toast, bananas, rice. Drink liquids like tea and water but try to avoid coffee.

If you don't get better in 3 days, you should visit a doctor or emergency room but remember to bring your health insurance with you.



In the end, the main thing to remember is to have at least a basic hygiene and balanced diet so you can enjoy your trips at maximum!

---

# HIKING

## PERFECT TIME TO THINK

LUCIJA

Hiking is a great outdoors activity that has many benefits for our physical condition. In this article i will also show you how it affects out mental health.

Nowdays, people are constantly under some kind of pressure. Making decisions at work, attempts to achieve everything from our overfilled schedule; it all make our mind chaotic and put us under a lot of stress. Situations like these, day by day, lead a person's mental health to very bad condition. Person start to feel depressed, nervous, anxiety... In state like this nature is a great psychiatrist. It allows us to switch off from stressful thoughts and think more rationally. When your mind is clear you are more likely to come to the new ideas and solutions.

Researches have shown that people who spend more time in nature and less with technology are up to 50% more creative when it comes to problem solving tasks. Furthermore it is proven that regular hikers have better memory than those who don't go out in the nature, besides regular closeness to nature can even restore cognitive functions, memory and focus.

One more important benefit is a fact that out there in nature we are "unplugged from the world". It is good to take a break from constantly looking at the screen and checking our phones. After being in nature and hiking you feel more fresh and ready for new everyday assignments.

Give a try to hiking. Once you feel that freedom in nature, hopefully, you will soon get addicted to it.



# THE SECRETS OF BIO CARE

BASIA

Each of us sometimes has such moments when we want to get a little relaxation in a super spa, but some of us can only dream of such pleasure. That's why we come to the rescue! We have proven recipes for you to feel like the best spa in the world. You don't even have to leave the house, or maybe to the garden for some of these ingredients.

I think each of you is struggling with dry lips and annoying dead skin on them. END OF IT !!! Ahead of you a sensational and delicious recipe for a winter lip scrub.

## INGREDIENTS

- Teaspoon ginger
- Half a cup of brown sugar
- Half a tablespoon of cinnamon
  - 4 cloves
  - Half nutmeg
- Half a glass of white sugar
  - 1/3 cup coconut oil

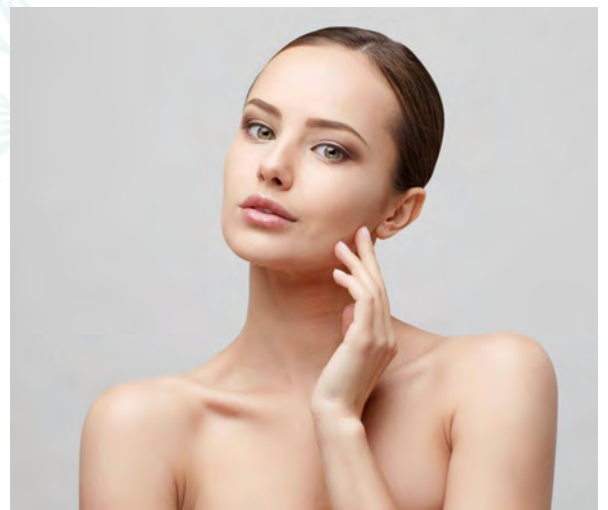


The second recipe will take you not all 10 minutes. It is an ideal moisturizing cream for dry skin.

## INGREDIENTS

- 5 sprigs of lavender
- A teaspoon of coconut oil
- A teaspoon of jojoba oil
- Half a glass of shea butter

We mix everything until a homogeneous mass is obtained. After this wonderful mixture, we will permanently forget about dry skin.



**Now a little bit about how individual ingredients can affect our skin, but of course positively.**



### **OATMEAL**

It can absorb oil, smooth the skin in the perfect acne treatment mask ingredient.



### **NUTMEG**

It has anti-inflammatory properties Will help reduce the sight of pimples fade. Nutmeg is known to have curative properties that heal scars coused everything from acne to sun spots.

---



## **MILK**

Raw milk is an amazing natural facial cleanser. It will drive out all the gunk from within clogged pores preventing further blackheads, acne and more.

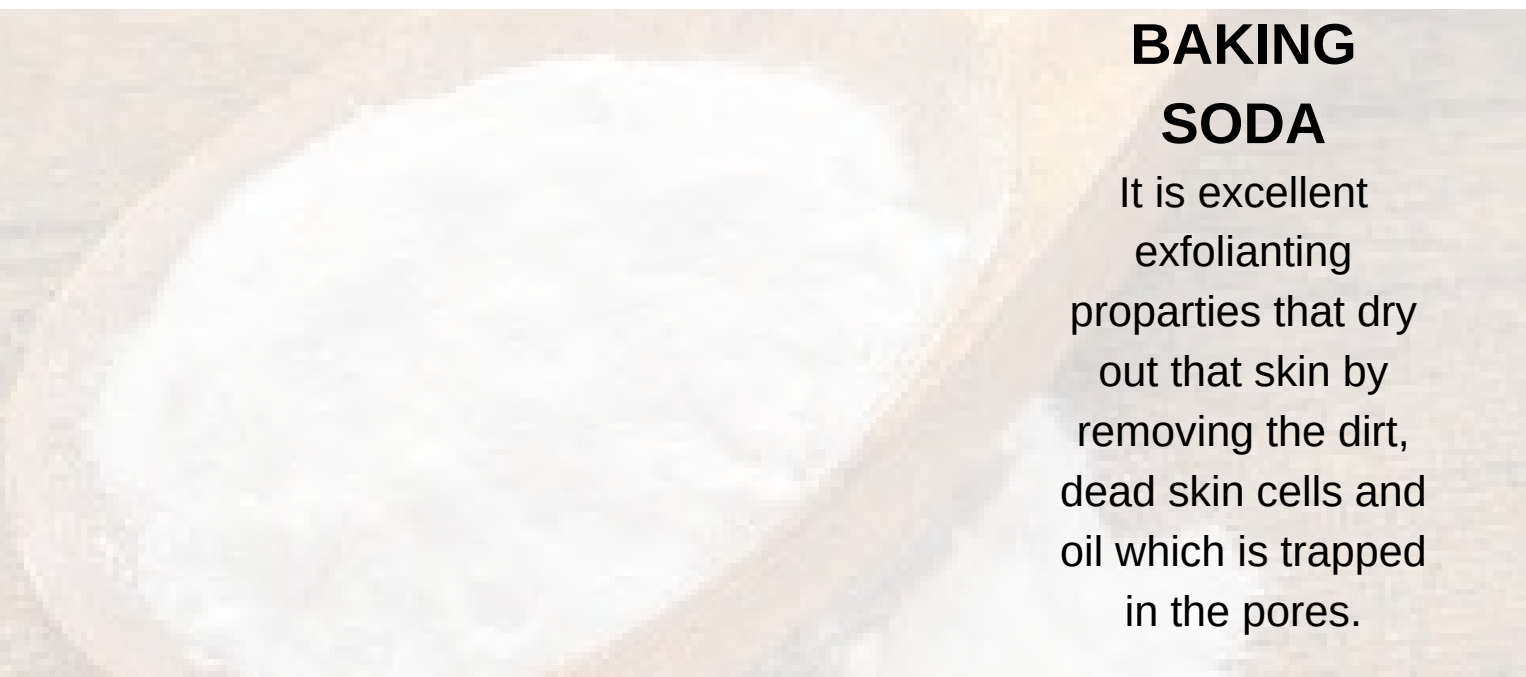
## **YOGURT**

Yogurt contains lactic acid which not only kills pimple but also maintains the skin's natural pH balance, thereby keeping more pimples away



## **BAKING SODA**

It is excellent exfoliating properties that dry out that skin by removing the dirt, dead skin cells and oil which is trapped in the pores.



# TIPS AND TRICKS FOR THE ENCOUNTERS WITH FOREST FRIENDS

DOMAGOJ

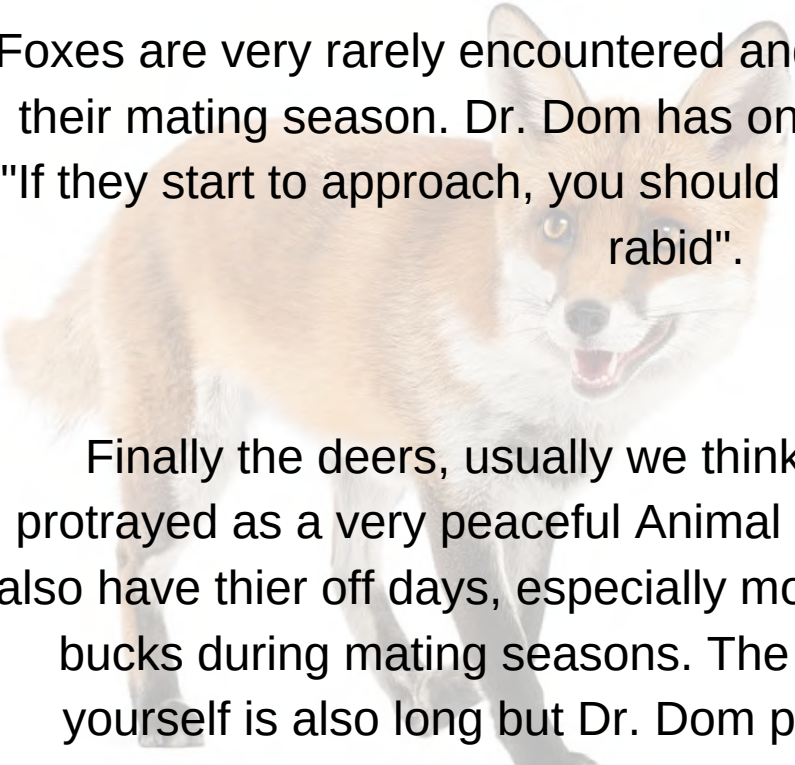
**People are a curious creatures but sometimes that curiosity can put you in a lot of danger. Today we have the oportunity to hear the proffesional advice from world renowned zoologist Dr. Dom. We took a quick interview with him about the possible dangers and what to do when encounteing different types of forest animals for example: bears, wolfs, lynxes, foxes and deers.**

During the winter time bears are usually asleep- hibernating but sometimes cuase of various factors they may still roam around their territory fully awake. Dr. Doms advice for evading any unnecessary deaths are not to carry earbuds during hikes so u can be more vigilant about your surroundings, making a lot of noise, like singing is also advised because bears will then avoid that area and most important one is to hike in GROUPS.

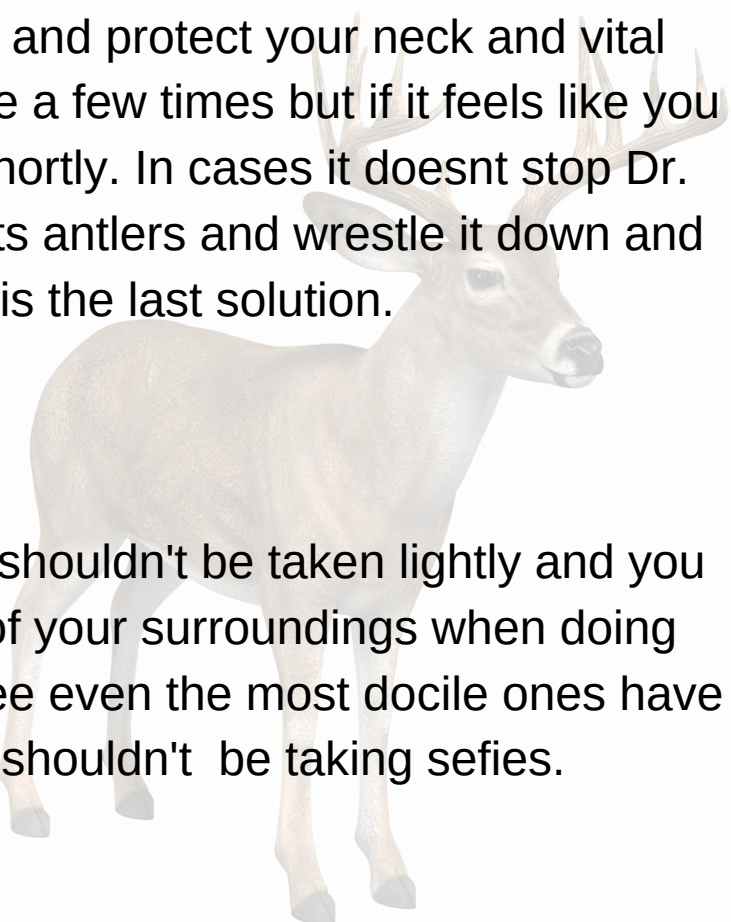
Wolves are rarely seen and usually run when they see humans cause we are their only threat and because of that if u see a wolf and he sees you and approaches he might be sick- mange. Dr. Dom says that being highly visable and making loud noises can help in making the wolf go away. Lastly, Dr. Dom urges people not to feed the wolves since nowdays they find enough food in the wild.

Lynxes are a cat type animals, a born predator and because of their size people often underestimate thier capabilities. Dr. Dom says we have to be especially careful with wild cats so the list of correct behaviour in their vicinity is quite broad. Lynxes are never to be apporached when near a kill or a young, you should never feed them and never run since its instinct is to chase. If with other people you should always act as a single unit and leave an escape route for the animal. You should never hide but instead appear larger by spreiding, stepping on your toes or by using other objects. Never take the eyes off of it and if it doesnt leave after sometime, become more assertive.

---

A photograph of a fox, likely a red fox, with its mouth open as if barking or howling. The fox is positioned in the upper left quadrant of the page, partially overlapping the first paragraph of text.

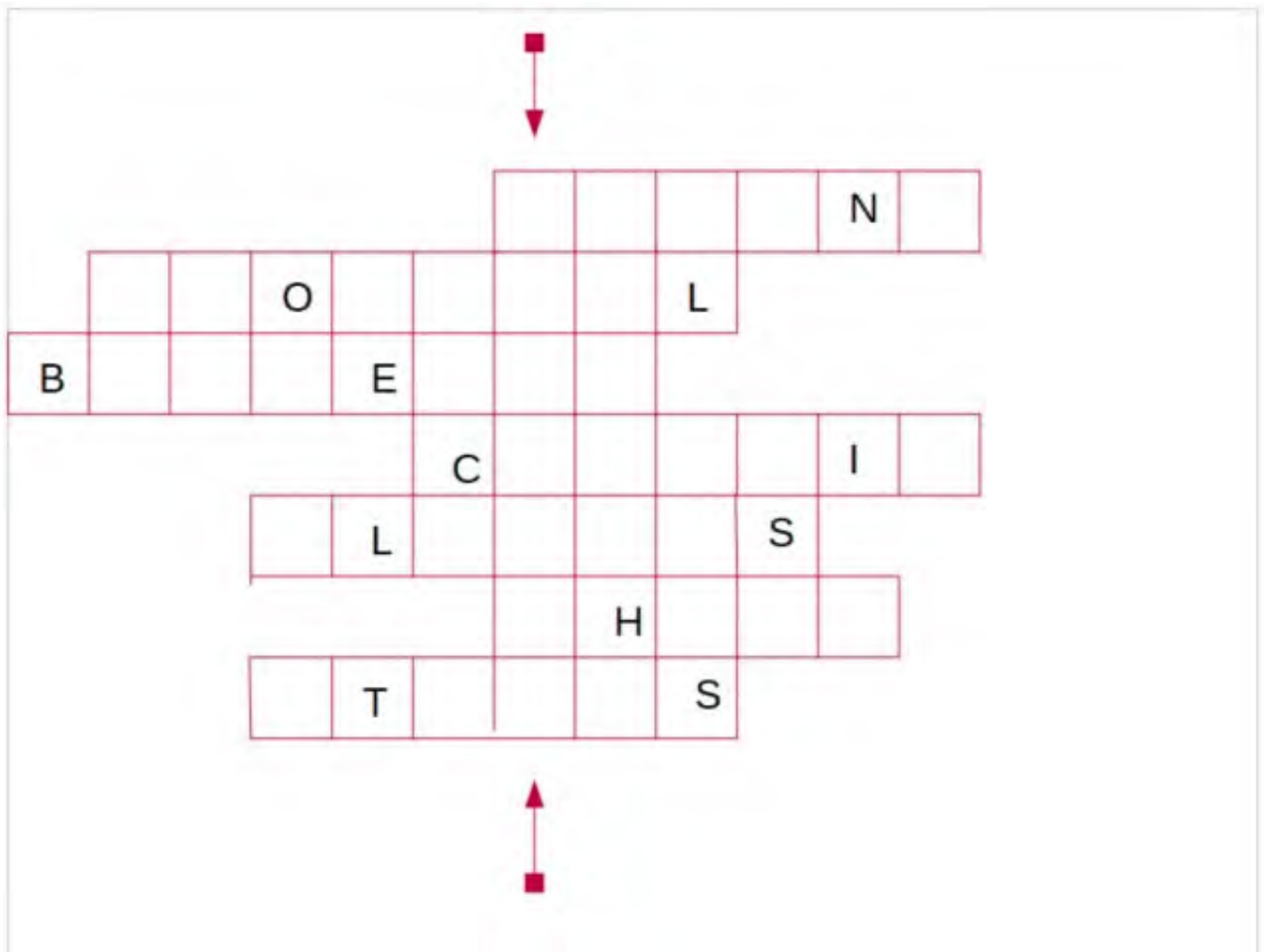
Foxes are very rarely encountered and when they are its usually their mating season. Dr. Dom has one general rule with foxes: "If they start to approach, you should leave cause they might be rabid".

A photograph of a deer with large antlers, standing and facing right. The deer is positioned in the lower right quadrant of the page, partially overlapping the second and third paragraphs of text.

Finally the deers, usually we think of deer as cute, often portrayed as a very peaceful Animal but Bambi and his friends also have thier off days, especially mothers with their young and bucks during mating seasons. The list of actions to protect yourself is also long but Dr. Dom pointed a few things out. Shouting at the the animal and making yourself bigger, not turning your back is used to deter the animal from charging but if it does, you should find a highground to climb to, the animal doesnt want to kill you but its just irritated by your proximity. If you fall, you should curl up and protect your neck and vital organs, the animal might poke a few times but if it feels like you are not a threat it will stop shortly. In cases it doesnt stop Dr. Dom suggest trying to grab its antlers and wrestle it down and tire it, but this is the last solution.

Encountering wild animals shouldn't be taken lightly and you should always be aware of your surroundings when doing activities in nature, as we see even the most docile ones have their triggers so you shouldn't be taking sefies.

# A HEALTHY CROSSWORD



1. Which fruit has a lot of protein?
2. What is the most famous sport in world?
3. What do we use in the gym for strength training?
4. .... is the amount of energy needed to heat one gram of chemically pure water by 1 degree celsius.
5. Synonim for sickness.
6. The most famous badminton player is ... Adock.
7. If you can't control it, why ... about it?

