

# Let yourself off the hook

Yogi and health coach Rosie Underwood has some great advice about wellness (and life) that you should hear, in collaboration with Yakult



'**DO NO HARM**, take no nonsense, and let yourself off the hook!' beams yoga teacher and influencer Rosie Underwood as she talks about self-care. 'Straight-talking' isn't a word usually associated with yoga teachers, but it suits Rosie perfectly. 'There's so much pressure in this life right now – just give yourself a break!' she continues. 'You can't be everything to everyone all the time. You're a human – just be you.'

In her twenties, Rosie was living and working a non-stop, glamorous life as a magazine editor when she blacked out at a photo shoot. Her sister took her to a yoga class and Rosie left feeling better than she'd ever felt before – and hasn't looked back since.

Last month, Rosie teamed up with Yakult, the little bottle on a mission to inspire happiness and wellbeing, to share an energising vinyasa flow to start your day in

the best way (find the video on our IGTV!).

'Yoga is a chance to show up for yourself and those around you in the best possible way,' she enthuses. 'It's about raising your consciousness and being a better person in the world. To put it simply, I'm a happier person.' Listening to Rosie, she has a particular kind of joy that instantly brightens your mood too.

Here are some of Rosie's top tips to boost your wellbeing and happiness – and they're so simple!

## **DEEP BELLY BREATHING**

'Breathing into your diaphragm, as opposed to your chest, is an absolute gamechanger. You can do deep belly breathing while you're boiling the kettle and you'll feel much better for it!'

## **KEEPING A DAILY DIARY**

'Deep happiness comes from a deep

appreciation for everything that you have already. But remember, if you're not grateful, you're not grateful, and can't just force yourself.'

## **HIT THE HAY**

'So often, we forgo sleep for the sake of the work, and it's so counterproductive, because sleep is where the magic happens. Go to bed an hour earlier and give yourself the time back in the morning instead.'

## **START SMALL**

'Small changes, like making Yakult Light a part of your daily routine, being more organised or prioritising rest can make a huge difference. You can change yourself with good habits as much as bad ones. Don't overwhelm yourself with huge wellbeing tasks because it just won't happen!'

**Yakult**