

# Beat stress

Stress expert Charles Linden can help you overcome your fears

## WORK PRESSURE

**The problem:** You're desperate to get that new job or promotion.  
**The solution:** 'Nervousness is mostly due to a fear of the unknown. Plan your interview to gain familiarity. Ask a friend to "interview" you with likely questions.'

## OBSESSIVE COMPULSIVE DISORDER

**The problem:** You've got a ritual that you can't break.  
**The solution:** 'Combine distraction, willpower and intellect to control your rituals and help them fade away. Reprogramming the subconscious mind to react more appropriately to anxiety is the only way to permanently eliminate your obsessive compulsions.'

## PERFORMANCE ANXIETY

**The problem:** Pre-match nerves put you off your game.  
**The solution:** 'Use visualisation the night before the game. Meditation will help focus and relax you. On match day, use controlled breathing to release anxiety, but try to embrace pre-match nerves - they provide adrenaline to turbo-charge you.'

## MONEY WORRIES

**The problem:** You're feeling the credit crunch.  
**The solution:** 'Tackle the practical element of your situation by talking to a financial adviser about sensible options and draw up a list of how you can correct your financial position. Only then will your anxiety be reduced, enabling you to sleep soundly.'

## BODY ISSUES

**The problem:** You feel you need to exercise every day.  
**The solution:** 'Obsessing about your physical appearance is extremely negative and is often symptomatic of a deeper rooted condition such as depression. Create new challenges to divert your thoughts to focus on achieving lasting fulfilment.'



Stress and anxiety expert Charles Linden developed the Linden Method, which is designed to help eliminate anxiety, panic attacks, OCD, phobias and stress. Visit [theindenmethod.co.uk](http://theindenmethod.co.uk) for details.

# ASK MF'S MUSCLE EXPERT

## JASON ANDERSON



is a personal trainer and director of GIM-UK Training

### What is the best exercise to prevent back problems?

Keeping back pain at bay is all about maintaining a balance of strength throughout the entire core. Ensure that you strengthen your core from all angles by including exercises that challenge your core forwards and backwards, sideways and rotationally. For example, do crunches, back extensions and Russian cable twists.

### My weights sessions are sometimes cut short by cramp. How can I avoid this?

First, don't let your sessions go on too long - intense sessions should last around 45 minutes and no longer than an hour. Keep well hydrated before and throughout your workout by sipping water after every set. If cramps still persist it could be a sign of muscular weakness and you should see a doctor.

### I train first thing in the morning. Would I see greater gains by working out later in the day?

Training later should mean that your blood sugar levels are higher, which will allow you to complete a fuller workout. If you only have time in the morning, have a light snack beforehand to fuel up without feeling bloated.

For more visit [gim-uk.com](http://gim-uk.com) or email [jason@gim-uk.com](mailto:jason@gim-uk.com)