

# Woman's Day

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12-page  
Royal baby  
special

## MEET OUR PERFECT PRINCE!

PLUS  
Charlotte  
takes royal  
history!  
George's gift  
for his baby  
brother



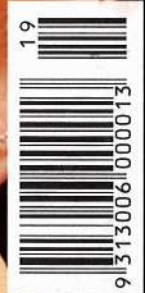
WORLD  
EXCLUSIVE

THIS BEAUTIFUL  
DOG SAVED LITTLE

YES! YOU CAN  
EAT PASTA AND  
BE HEALTHY!



The real  
reason  
Jess & Ita  
walked



## LIES, FEUDS AND A NASTY COURT CASE!



POSH & BECKS  
HOLIDAY BUST-UP!

Betrayed Posh finally  
walks out!



KEIRA &  
JARROD

OUR  
DREAM  
VINEYARD  
WEDDING



# Fall in love with ageing... YES, REALLY!

Psychologist  
**DR SAMANTHA  
CLARKE** explains  
why getting older  
isn't all doom  
and gloom



Dr Samantha  
Clarke

**A**geing is often a sensitive topic for many of us, especially in an image-obsessed society. But many cultures around the world actually embrace the change.

"It is really our Western culture that has made this link between ageing being a problem and a woman losing her worth," says clinical psychologist Dr Samantha Clarke. "In many Eastern cultures ageing is seen as a gaining of wisdom and knowledge. The issue with women and ageing is really tied up in gender inequality and society connecting a woman's value to their looks."

Let's not forget the many benefits of racking up the years!

## Life makes far more sense

We tend to forget the fact that with age comes wisdom and a greater comfort with our surroundings, beliefs and communities.

**Don't forget to treat yourself!**



"Often as we age we develop a much greater perspective," says Dr Clarke. "We're often clearer on who we are and what's important to us. We tend to be more invested in values linked to wellbeing - community and connection with others - rather than values linked to poor health like status, physical attractiveness, money and power. We stop comparing ourselves so much to others and the inner critic often quietens down."

## Your body indeed becomes a temple

You'd be hard-pressed to find a woman who hasn't struggled with body image issues at one point in her life, but showing your body love and accepting it for all the amazing things it does for you is vital in the later years.

"Start caring for your body like you would a dear friend," says Dr Clarke. "Starting to build

self-compassion from an earlier age will definitely assist women with ageing gracefully and being kind and nurturing to themselves.

"It's important that we also encourage people, especially young girls, to understand how amazing our bodies are and how they enable functions like carrying babies or holding our loved ones close."

Dr Clarke suggests looking to people who embrace their age, including celebrity role models such as Meryl Streep, Helen Mirren and Jane Goodall.

## You deserve to treat yourself

If you're struggling to accept your age, try to trick yourself into feeling confident and content with it by adopting some simple strategies.

Eventually, you'll really start believing them. "Dress in a way that you love and



# 3 WAYS TO REBOOT THE ROMANCE



There are plenty of ways to fire up your long-term love, says sex therapist **DR GABRIELLE MORRISSEY**



**Dr Gabrielle Morrissey**

## 1 LET GO OF MYTHS

Women don't lose interest in sex just because of their age. In fact, a change in libido could indicate issues with physical or psychological health. "Any decrease in sexual desire may be due to declining hormones, fatigue, stress or illness," Dr Morrissey explains. If you're one of the many women who report a drop in libido after menopause, talk to your GP. "You may benefit from hormone replacement therapy," says Dr Morrissey.

## 2 STAY IN TOUCH MORE

Some couples fall into the trap of equating all touch with sex, which becomes particularly tricky during a romantic dry spell. Reprogram "all or nothing" thinking by touching each other more often. Hold hands while reading the weekend paper or kiss your partner's neck as you walk by his chair.

## 3 DO NOT DISTURB

"Make your bedroom a place to relax, free from any outside pressures, where television, mobile and work is off limits," the sexpert says. Try romantic lighting – even just lower wattage lightbulbs helps – soothing music and a spritz of alluring perfume. "Try designer sheets, scented candles and plenty of cushions."



### TIP

If someone in your family is struggling with the ageing process, try reducing your comments about your own fears of ageing around them.

makes you feel good," says Dr Clarke. "Enjoy self-care and make yourself a priority. Nurture yourself as you would your most loved. Rather than thinking, 'I need to have

a facial so my skin looks good to others, focus on the pleasure of the facial and see this as you being kind and loving to yourself."



**Meryl Streep, 68**

**Jane Goodall, 84**

**Helen Mirren, 72**

Words: Gabriella Del Grande