

Cum sa neutralizezi un isteric

Oricine s-a confruntat la un moment dat cu un sef care urla si jigneste, cu un vecin care asculta muzica tare, cu un copil care nu mai stie sa zica decat „nu”. Agresivitatea celor din jur nu e un lucru usor de abordat. Dar nici imposibil. Iata cateva idei de lupta dreapta.

Va suna familiar? „Sefa mea nu era multumita niciodata de nimic. Nu stia nici ea ce vrea, nu dadea pe afara de competenta, dar simtea nevoia sa isi manifeste autoritatea tipand ca o descreierata.

Sigur, era firma ei, noi eram angajatii ei, a se citi «sclavii ei pe plantatie», si inghiteam tipetele cu resemnare. Unii dintre noi au plecat, altii chiar s-au imbolnavit. Eu am plecat acum un an si aud ca si azi e la fel. Dar pur si simplu nu stiam cum sa o abordez pe isterica aia.”

Orice animal, in natura, pus in fata agresiunii, are o reactie de tip fight or flight. Adica sta si se lupta cu agresorul, daca isi calculeaza corect fortele, sau fuge, pentru ca agresorul este prea puternic.

La fel se intampla si in lumea relatiilor noastre sociale. Uneori, stam si gestionam situatia, parlamentam cu cel tafnos;

alteori, induram o perioada si apoi o luam la sanatoasa. Agresivitatea interumana e complicata si are multe forme.

Azi, nu mai e vorba despre furat mancarea sau femeia maimutei dominante, ci de statut, de respect etc. Pierzi lucruri simbolice, dar esentiale pentru confortul tau personal si in lume...

Daca esti criticat dur de fata cu colegii, nici vorba sa ramai... zen. Statutul tau social e afectat pe o perioada de cateva zile, poate chiar mai mult.

Dar daca vrei sa neutralizezi cate un isteric sau vreo isterica, e cazul sa inveti cateva tehnici de comunicare eficienta si asertiva dezvoltate de psihologul american Preston Ni, specialist in comunicare.

Fii calm!

Rar un atac te lasa linistit. De obicei iti ridica nivelul adrenalinei, cortizolului (hormon de stres) si te face sa vezi rosu. Sau te face sa intri in pamant de rusine si culpabilitate...

Reactia noastra la agresivitate este influentata de multe lucruri: de felul cum am gestionat situatii similare in trecut, de biologia creierului nostru (unii sunt mai sensibili, mai reactivi, altii, mai putin).

De multe. Cert e ca trebuie, pe cat posibil, sa ramanem calmi. Cu cat esti mai calm, cu atat mai bine poti stapani situatia. **Daca te enervezi, nu raspunde pana cand nu ai numarat in gand pana la 10. Sau 20.**

Cati nu au dat drumul la ceea ce le venea pe moment sa spuna si au regretat ulterior?! Emotiile puternice, furia, in speta, iti pot dezorganiza comportamentul si poti pierde mai mult decat castigi racorindu-te.

Daca ai numarat pana la 20 si tot vezi rosu, iesi afara,

respira adanc, fa tot ce poti pentru a-ti regasi calmul. Nu actiona cand esti provocat de celalalt, deci, furios.

Evita, daca poti

Nu te angaja in orice lupta. Nu orice meci merita efortul. Daca la rand, la supermarket, trece in fata ta un badaran, gandeste-te de doua ori daca e necesar conflictul. Alege-ti luptele inteligent. **Forta psihica e pretioasa si nu trebuie risipita pe orice fleac.**

Ai nevoie de ea pentru lucruri mai importante. Cazul unui amic de-al meu: „Intr-o vreme, eram pus pe harta cu oricine, eram un fel de justitiar al acestei lumi strambe.

De la soferii tampiti si pana la vanzatoarele incompetente sau copiii lenesi, eu trebuia sa corectez defectele tuturor.

Ajunsesem la un fel de epuizare. Totul ma calca pe nervi. Totul era aiurea. Sotia mea mi-a spus ca ii este frica de reactiile mele in cele mai nevinovate situatii. Ca exageram si eram pe marginea nebuniei. Asta m-a trezit.

Am fost la o terapeuta cognitivista. Ea m-a invatat sa ma relaxez, sa las sa treaca de la mine. Foarte bine am facut, pentru ca, altfel, cred ca faceam vreo boala cardiovasculara.”

In locul agresorului

Nu mereu si nu pentru a-i justifica agresiunile, dar poate sa ajute. Daca intelegi ca nervii sefului au la baza o mare presiune din partea celor de mai sus decat el, daca intelegi ca maimutarea baiatului adolescent din vecini vine din lipsa unui model parental corect si bun, e posibil sa nu te mai enervezi asa de tare.

Cu alte cuvinte, **nu o lua in nume personal**. Fii empatic, sigur, dar cu cei care merita empatie. Daca e doar o reactie de moment si nu o agresivitate constanta, poate ca merita sa fie intelesi o data...

Inca ceva: daca esti calm, poti fi tu cel conciliant, care se concentreaza pe rezolvarea problemei si poate aduce, din nou, pacea in acea relatie (de familie ori profesionala).

Nodul in papura

Un tip de agresivitate special este al celor critici, carora nu le place nimic, desi nici ei nu stiu cum ar fi fost mai bine. „Mi s-a cerut un raport, am lucrat cu mare grija la el, seful meu mi-a zis ca e incomplet si trebuie refacut.

L-am intrebat ce anume vrea sa caut, sa completez, dar mi-a zis ca e ocupat si ca trebuie sa-mi dau singura seama, altfel sunt incapabila. Poftim, reactie!”

Sunt destui cei care se concentreaza pe ceea ce lipseste, pe critici, pe defecte. Asa e personalitatea lor. Nu sunt oameni usor de abordat si, daca nu pot fi evitati (ca, de, sunt sefi, de pilda), este bine sa comunici cu ei cat mai clar.

Si, eventual, in scris. Deseori, acestia sunt schimbatori si nu recunosc ca nici ei nu stiu prea bine ceea ce trebuie facut. Atitudinea lor e una agresiva pentru a masca lipsa lor de siguranta.

Dialogul civilizat

Agresor: „Raportul acesta nu e nici pe departe ceea ce voiam de la tine”.

Raspuns: „Te-ai gandit exact ce doresti de la acest raport?”.

Agresor: „Esti incompetenta”.

Raspuns: „Daca imi vorbesti asa, nu mai stam de vorba. Cel mult, revin mai tarziu. Am dreptul la respect”.

Fii pozitiv si constructiv, dar mai ales fii axat pe fapte. Nu fi defensiv si nu iti cere scuze pentru ceva ce nu ai facut. Adesea, scuzele in exces intaresc agresivitatea celuiilalt,

care isi vede astfel confirmat punctul de vedere.

Atrage atentia asupra comportamentului nepotrivit al celuilalt, fa-l sa fie constient de el. O alta tehnica: schimba subiectul: „Apropo, celalalt raport despre subiectul X...” In felul acesta, distragi atentia de la subiectul fierbinte si preiei fraiele comunicarii. Unde se poate...

Atentie la semnale

Dupa ce cunosti o persoana si vezi ca e artagoasa, e bine sa precizezi limitele de la inceput, sa-i corijezi comportamentul, in raport cu tine, de timpuriu. Primele interactiuni dintre oameni se continua de obicei pe acelasi ton.

Daca incep de pe pozitii de dominat-dominator, au toate sansele sa se continue tot astfel, deci **fii atent la rolul tau in acea relatie**. Daca este un caracter dominant, evita personajul daca nu ai forta sa-l pui la punct.

Drepturi fundamentale

Vedem multe femei care suporta agresivitate domestica. Multi angajati jigniti zilnic. Multi studenti care suporta nepolitetea secretarelor. De ce?

Poate pentru ca nu sunt constienti de drepturile lor fundamentale. Poate ca ele ar trebui repetate ori scrise cu litere mari pe frigiderul familiei ori al departamentului.

1. Dreptul fundamental de a fi tratat cu respect.
2. Dreptul de a-ti exprima sentimentele, opiniile, dorintele.
3. Dreptul de a stabili propriile prioritati.
4. Dreptul de a spune „nu” fara sentimentul de culpabilitate.
5. Dreptul de a obtine valoarea pentru care platesti.
6. Dreptul de a exprima opinii diferite de ale celorlalti.

7. Dreptul de a te apara daca esti amenintat fizic ori mental, ori emotional.
8. Dreptul de a-ti crea viata pe care o doresti.

Sursa: psychologies.ro

Seven fantastic exercises to give you a healthy spine

Back pain is no joke. Regardless of whether someone has a highly active lifestyle or is completely lazy, every one of us risks damaging our spine through our everyday activities. Luckily for you, we've found a few simple, but very effective exercises which are guaranteed to help you get rid of back pain you might experience.

	Exercise 1 Lie on your back. Bend your right leg at the knee. Stretch out your left leg above your head. Grasp it with both hands under the knee, and pull it towards your torso. Hold this pulling motion for 30 seconds. Repeat this exercise twice for both legs.
	Exercise 2 Lie on your back and bend both legs at the knee. Grasp your left leg with both hands at the knee and pull it towards your torso. Hold the position for 20 seconds. Repeat the exercise twice for both legs.

	Exercise 3 Lie on your back. Stretch your right arm out to the side, at a right angle to your body. Stretch your left leg out so that it is straight. Try to stretch your right knee towards your left side, so that it almost touches your left hand. Hold this position for 20 seconds. Repeat the exercise twice for both knees.
	Exercise 4 Lie on your back and bend your left leg at the knee. Place the lower half of your right leg crosswise over your left thigh, with your knee pointing out sideways at a right angle. Carefully pull your left leg towards your head. Hold this position for 30 seconds. Switch the position of your legs and repeat.
	Exercise 5 Lean on the floor on your using your right knee and stretch out your leg behind you. Your left leg should be bent at the knee. Hold this position for 30 seconds. Repeat the exercise with the position of your legs changed.

	Exercise 6 Lie on your right side. Bend your left leg at the knee, grasping your ankle with your left hand. Carefully pull on your ankle with your hand, thereby tensing the muscles in your left thigh. Your spine should not be bent to any great extent. Hold this position for 30 seconds. Then lie on your left side and repeat the exercise.
	Exercise 7 Stand arms' length from a table. Bend your upper body forward, slightly bending your legs at the knees, to the point where you can touch the edge of the table with both hands. Your arms should be stretched out and your head at the level of your shoulders. Hold this position for ten seconds. Then stand up straight and bend your body to each side, one after the other.

Once you've done all this, we promise you'll fee great!



pandawhale

Photo credit: Vera Golubeva

Sursa: brightside.me

20 of the best poses for a photo shoot

This post will come in handy not only for photographers looking for inspiration, but also all the ladies out there who want to look great in every shot. Here are some of the best poses which highlight your best features and hide even the most obvious imperfections. You'll be a supermodel in no time.

1. **This is simply a great angle** which always make you look slimmer. The model faces the camera side-on, with her chin pushed down and her shoulders slightly raised.



(c) Ali ilker Elci

2. **Often, the most straightforward poses turn out to be the best ones.** Here, the model should put her body weight all on one leg, bending her overall stance slightly so that her silhouette is 's-shaped'.



(c) Tjipto Suparto

3. Here the model lightly touches a vertical surface, such as a wall or a tree, with both hands. **This is a great pose for taking a portrait shot.**



(c) Konstantin Lelyak

4. **If the model has long hair, definitely try to take an 'action shot' of her while she is moving.** A good way to do this is to have her turn her head sharply.



(c) Mariya Petrova

5. **This is a great, comfortable pose** which can be used when taking photos at home, in a studio, and in many other locations.



(c) Christian Teß

6. **This is a great pose for when the model is sitting on a sofa.**



Pinterest

7. **This is a superb choice for a shot when the model is sitting on the ground.** She can be photographed from many different positions.



(c) Ben Heys

8. **This pose is ideal for an artistic shot.** There are a huge number of positions for the head, arms and legs which can be adopted.



(c) Vladimir Zhukov

9. It's believed that folded arms and legs create psychological barrier between people, and therefore is not recommended for photographs. However, it's worth trying a shot where the **model has her arms folded across her chest.**



Pinterest

10. However, you don't always have to worry too much about where to put the arms. **It's perfectly OK to leave them in a relaxed position at one's sides.** The same goes for the legs, although remember that body weight should always be on one foot only.



(c) Andy Quarius

11. This pose is ideal for a full-length photo. **The model's hands should be placed either partly or fully in her pockets.**



(c) Alexander Loginov

12. Placing the hands behind the back, whilst unusual, is nevertheless an interesting idea for a photo, which **gives the model an open, sincere look**. The option is also available here to have her lean against a wall.



(c) Ali ilker Elci

13. **Having the model sit or lean against something is also a great idea**. This can work for shots taken both indoors and outside.



(c) Marco Ciofalo Digispace

14. This is another great pose for **a full-length shot**. It really brings out the model's femininity.



(c) Thomas Agatz

15. This interesting pose involves **adopting a perspective from below**. The model's upper half should be raised slightly, whilst her head should be inclined downwards. The legs are bent at the knees and the feet are folded across each other.



(c) Alexander Loginov

16. **A really beautiful pose which brings out the model's desirability and femininity.**



(c) Karen Abramyan

17. The most important thing to get right with this pose is **the position of the legs**. Also, the model should wear high heels to get the best effect.



(c) Marco Ciofalo Digispace

18. **A nice sentimental pose.** The model should be kneeling, but not leaning too hard on her feet. She should also be looking over her shoulder.



(c) Brian Storey

19. A great pose for taking **a full-length shot by a wall**. The model's back should be at the centre of the picture.



(c) Karen Abramyan

20. Finally, we have this **highly elegant pose**. The model should be leaning forward slightly whilst sitting on the edge of the sofa, bed or bench.



(c) Yuliya Saryi

Source: lepser.ru

Sursa: brightside.me

40 Vintage Life Hacks from 100 Years Ago

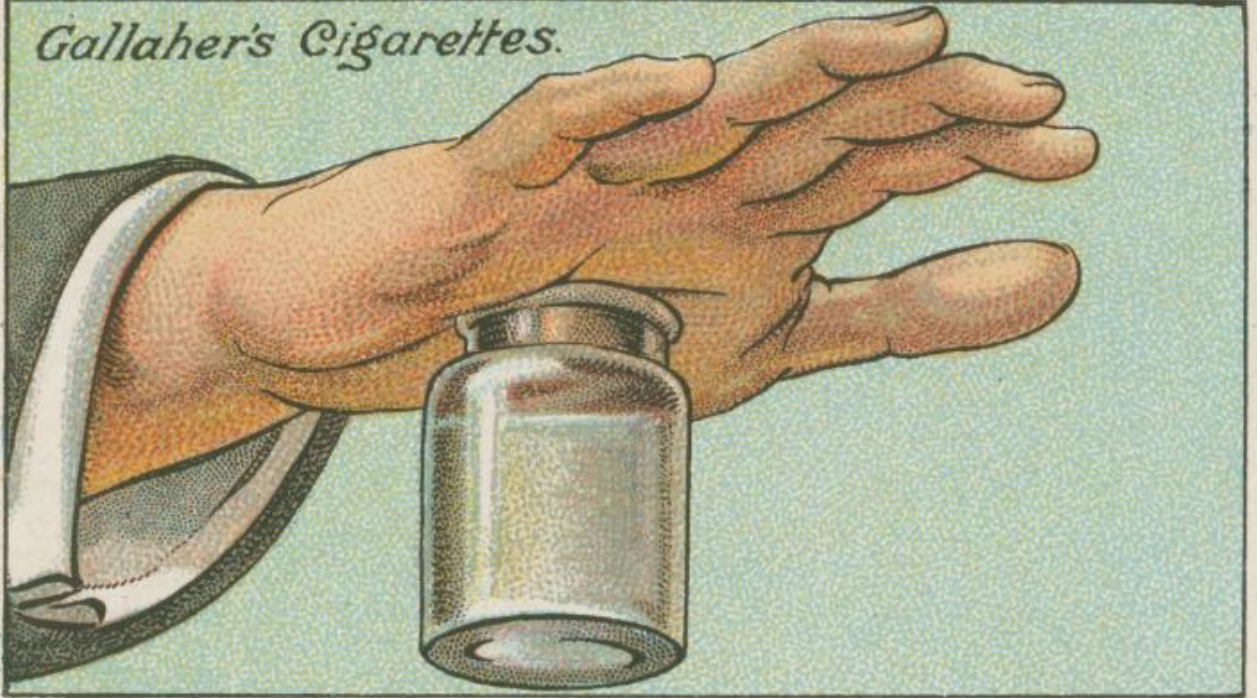
Back in the 1900s, cigarette manufactures used to insert stiffening cards into their paper cigarette packs to add strength and help them last longer. Along the way, someone had the bright idea of printing trivia, artwork and even famous people and athletes (Honus Wagner anyone?) onto the stiffening cards.

In the early 20th Century, Gallaher's Cigarettes printed a special series of 100 "How to do it" cards that included some truly useful and helpful tips for everyday situations and problems. The entire 100 card collection is part of the New York Public Library's *George Arents Collection* and was recently digitized.

Below you will find 40 of the Sifter's personal favorites. Visit the NYPL Digital Collections to see them all.

1. How to Extract a Splinter

Gallaher's Cigarettes.



100 IN SET

How to do it

Nº 20

HOW TO EXTRACT A SPLINTER.

A splinter embedded in the hand is often very painful to extract. A good way to accomplish this is to fill a wide-mouthed bottle with hot water nearly to the brim, and press affected part of hand tightly against mouth of bottle. The suction will pull down the flesh, and steam will soon draw out the splinter.

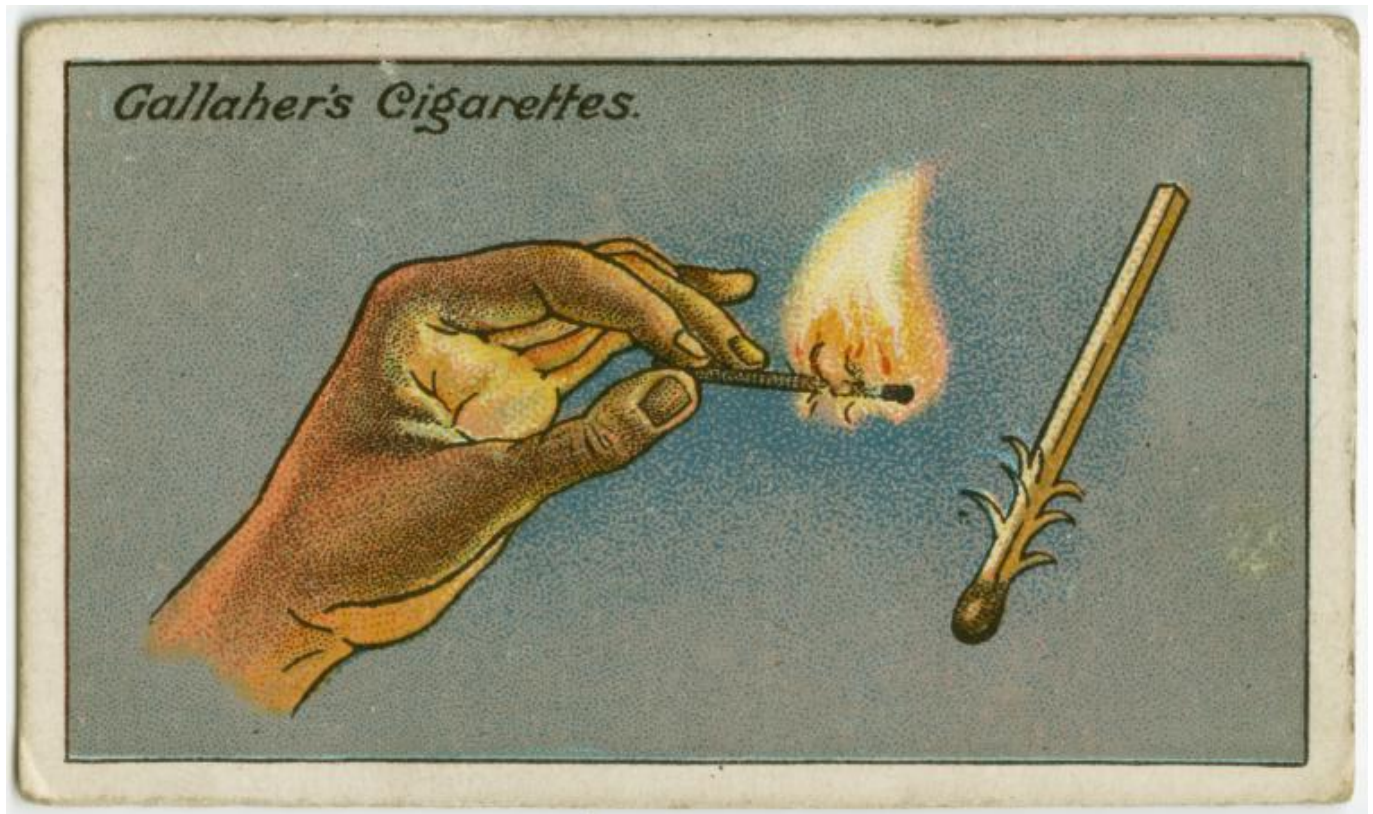
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George Arents Collection, The New York Public Library

2. How to Light a Match in the Wind



100 IN SET

How to do it

Nº 62

HOW TO LIGHT A MATCH IN THE WIND.

The familiar difficulty of lighting a match in a wind can be to a great extent overcome if thin shavings are first cut on the match towards its striking end, as shown in the picture. On lighting the match, the curled strips catch fire at once; the flame is stronger, and has a better chance."

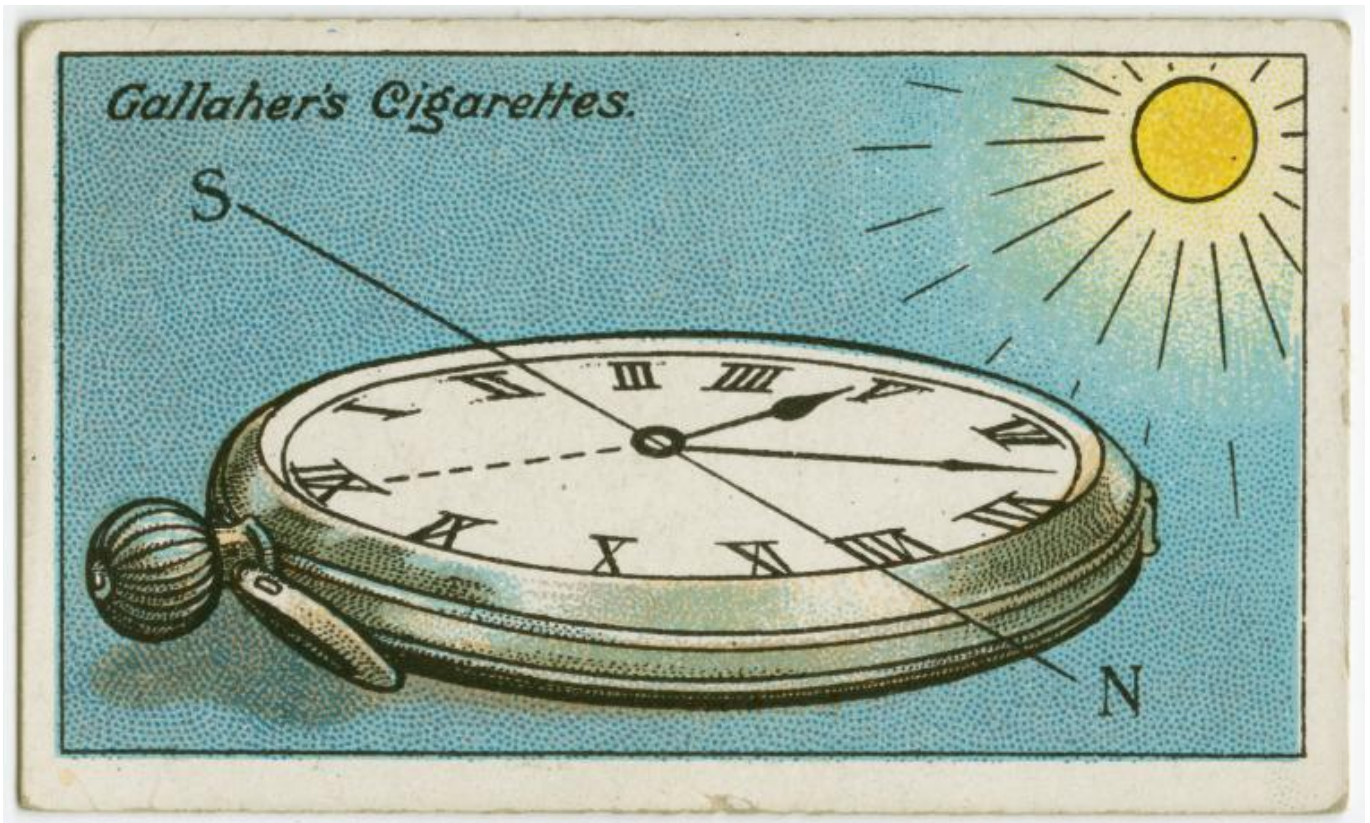
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3. How to Tell the Points of the Compass with a Watch



100 IN SET

How to do it

Nº 72

HOW TO TELL THE POINTS OF THE COMPASS WITH A WATCH.

To determine the points of the compass by means of your watch, point the hour hand at the sun and then lay a piece of wire, or a blade of grass crosswise between the hour hand and the figure twelve. The end of the wire between the twelve and the hour hand points due south.

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4. How To Treat Sprains



100 IN SET

How to do it

N^o 10 HOW TO TREAT SPRAINS.

Elevate the injured joint and wrap in cloths wrung out in cold water. The picture shows how to keep the cloths constantly wet without having to change them. A jug of water placed higher than injured limb, and a strip of linen with one end in the jug and the other end resting upon the wrapping of sprained joint, is all that is necessary. The water will pass from jug to compress by way of linen strip. Give a rubbing with oil or liniment as sprain gets better.

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5. How To Make a Fire Extinguisher



100 IN SET

How to do it

Nº 13

HOW TO MAKE A FIRE EXTINGUISHER

Dissolve one pound of salt and half a pound of sal-ammoniac in two quarts of water and bottle the liquor in thin glass bottles holding about a quart each. Should a fire break out, dash one or more of the bottles into the flames, and any serious outbreak will probably be averted.

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6. How To Carry a Heavy Jug



100 IN SET

How to do it

Nº 26

HOW TO CARRY A HEAVY JUG.

The picture gives a useful hint on carrying a heavy jug. The correct way to hold the jug is shown in the right-hand sketch. This prevents the weight from pulling the jug down and so spilling what it contains, as is likely to happen if carried the other way.

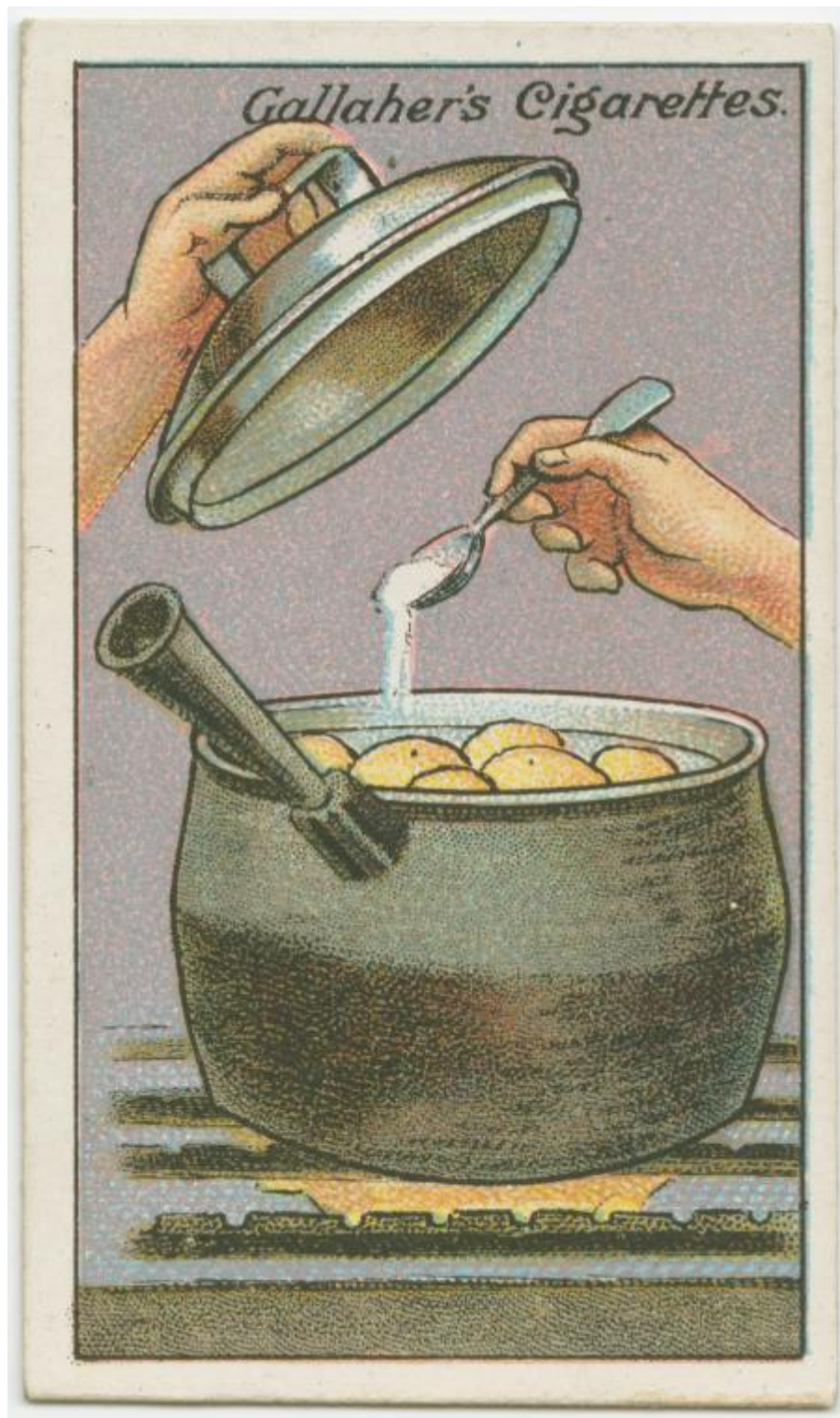
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7. A Hint When Boiling Potatoes



100 IN SET

How to do it

Nº 12

A HINT WHEN BOILING POTATOES.

To make potatoes dry and floury when cooked, add to water when boiling them a pinch of sugar as well as salt. When potatoes are done, water should be poured away and saucepan replaced over the fire for a short time, shaking the saucepan occasionally to ensure equal dryness of potatoes.

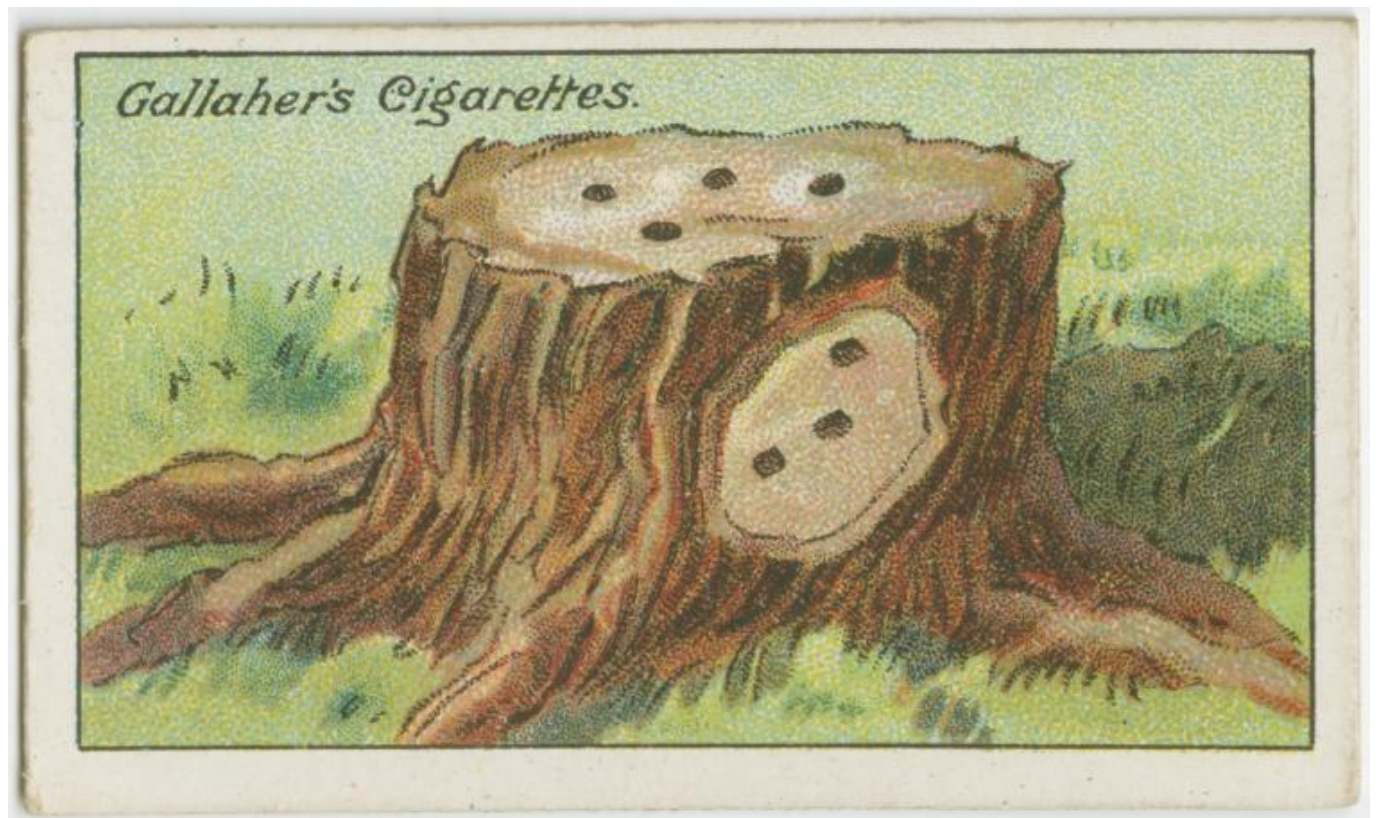
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8. How To Kill a Tree Stump



100 IN SET

How to do it

Nº 4

HOW TO KILL A TREE STUMP.

If a tree stump is not removed from the ground, it often starts sprouting, and strong undergrowth results. To prevent this, holes should be bored in top of stump, and a patch of bark cut from side and more holes bored there. A mixture of solignum and salt filled into these holes will soak through the tree stump and kill it.

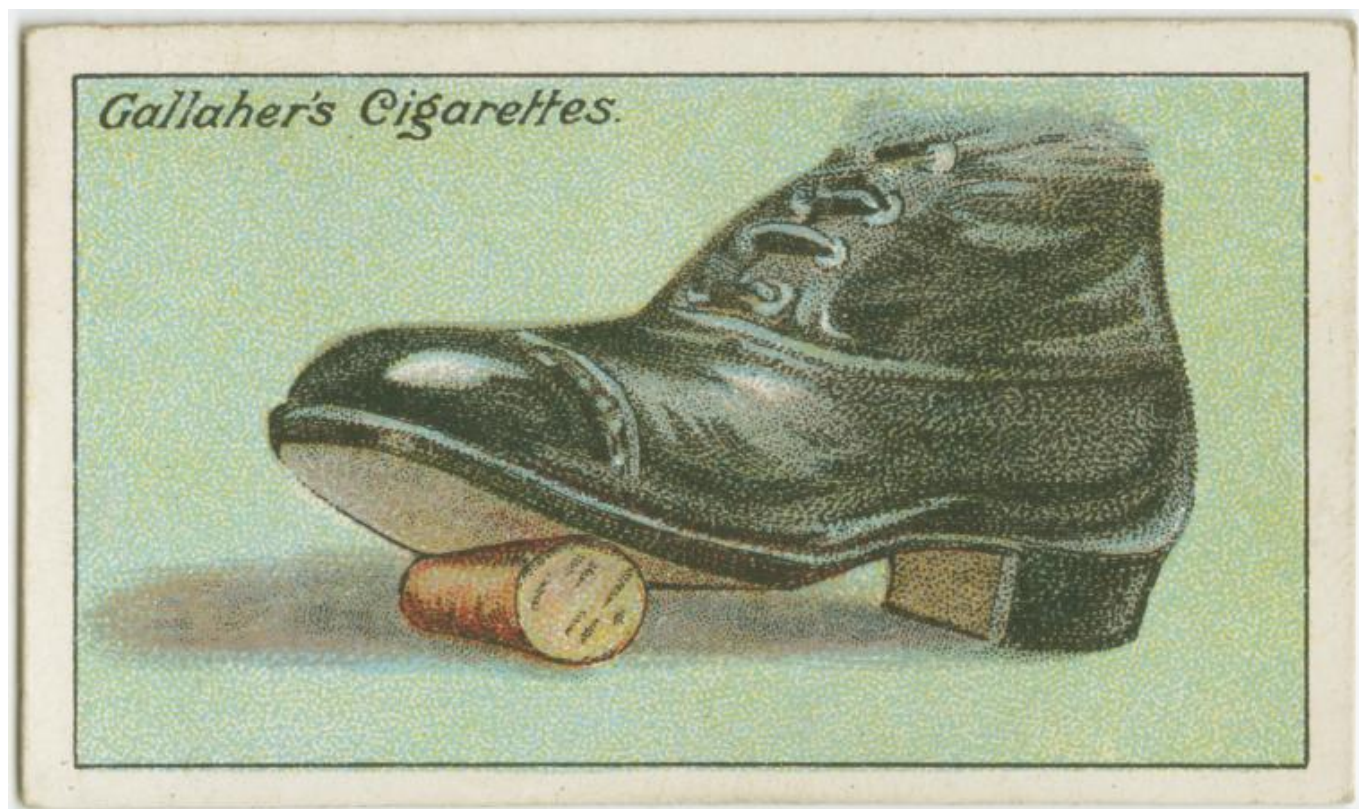
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9. How To Make Corks Fit



10.0 IN SET

How to do it

Nº 8

HOW TO MAKE CORKS FIT.

It may happen that the cork is slightly too large for the bottle you wish to fit. Do not pare cork down with a knife; a better method is shown in picture. Roll cork under sole of foot, exerting a steady pressure. This will be found to reduce size of cork without injuring the smooth surface.

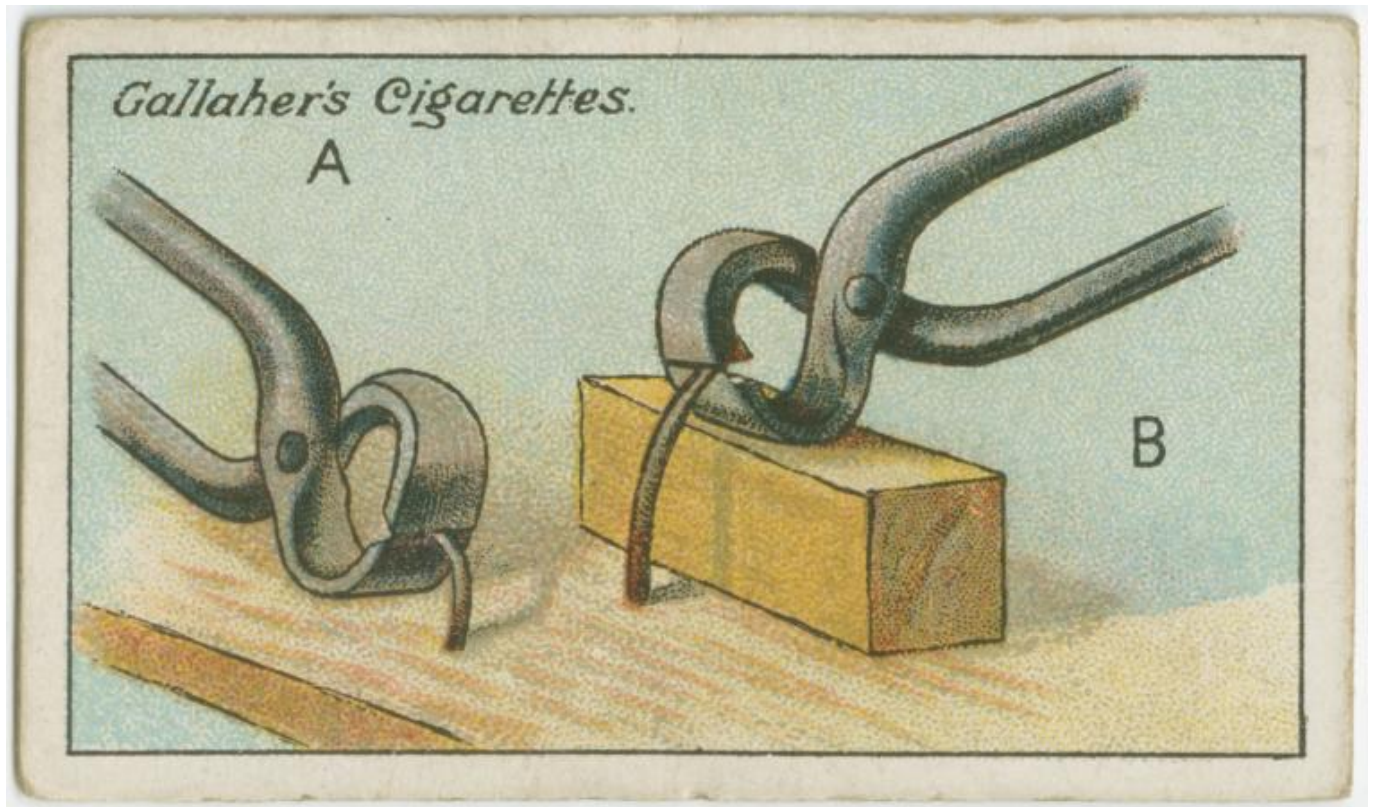
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10. How To Pull Out Long Nails



100 IN SET

How to do it

Nº 1

HOW TO PULL OUT LONG NAILS.

It is often rather difficult to pull out a long nail from wood into which it has been driven, for when drawn out a short distance as in A, there is no purchase from which to pull it further. If, however, a small block of wood be placed under the pincers, as in B, the nail can be pulled right out without difficulty.

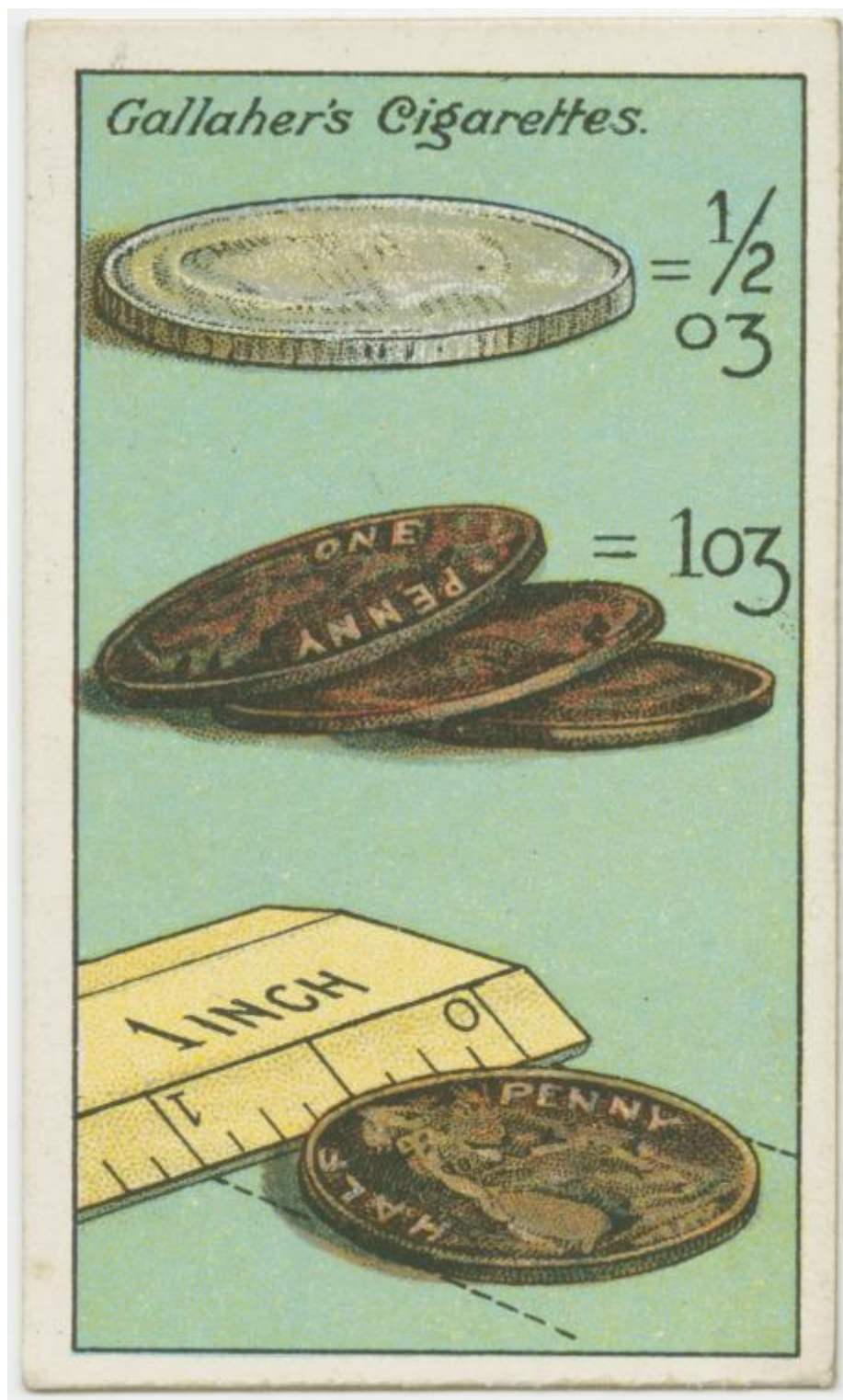
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11. How To Measure With Coins



100 IN SET

How to do it

Nº 30

HOW TO MEASURE WITH COINS.

It is sometimes useful to know that half-a-crown equals half an ounce in weight, and three pennies weigh one ounce. A half-penny measures one inch in diameter; half-crown an inch and a quarter, and a sixpence three-quarters of an inch in diameter.

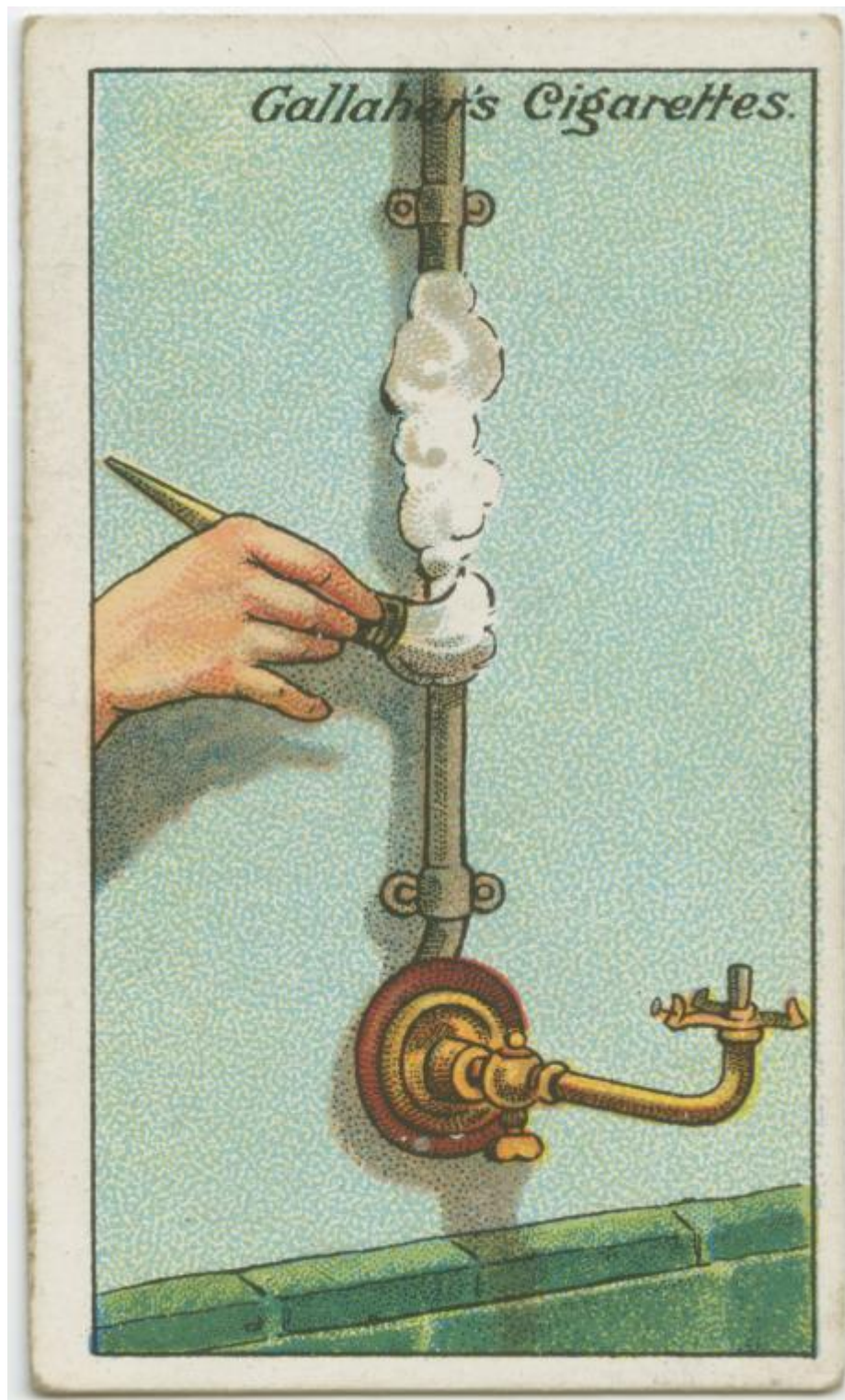
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12. How To Detect Escaping Gas



100 IN SET

How to do it

No 34

HOW TO DETECT ESCAPING GAS.

There is always a danger in trying to locate an escape of gas with a light. The method shown in the picture, however, is free from risk and quite reliable. Paint strong soap solution on the suspected length of pipe and the gas will then cause bubbles at the escaping point, which can be dealt with at once.

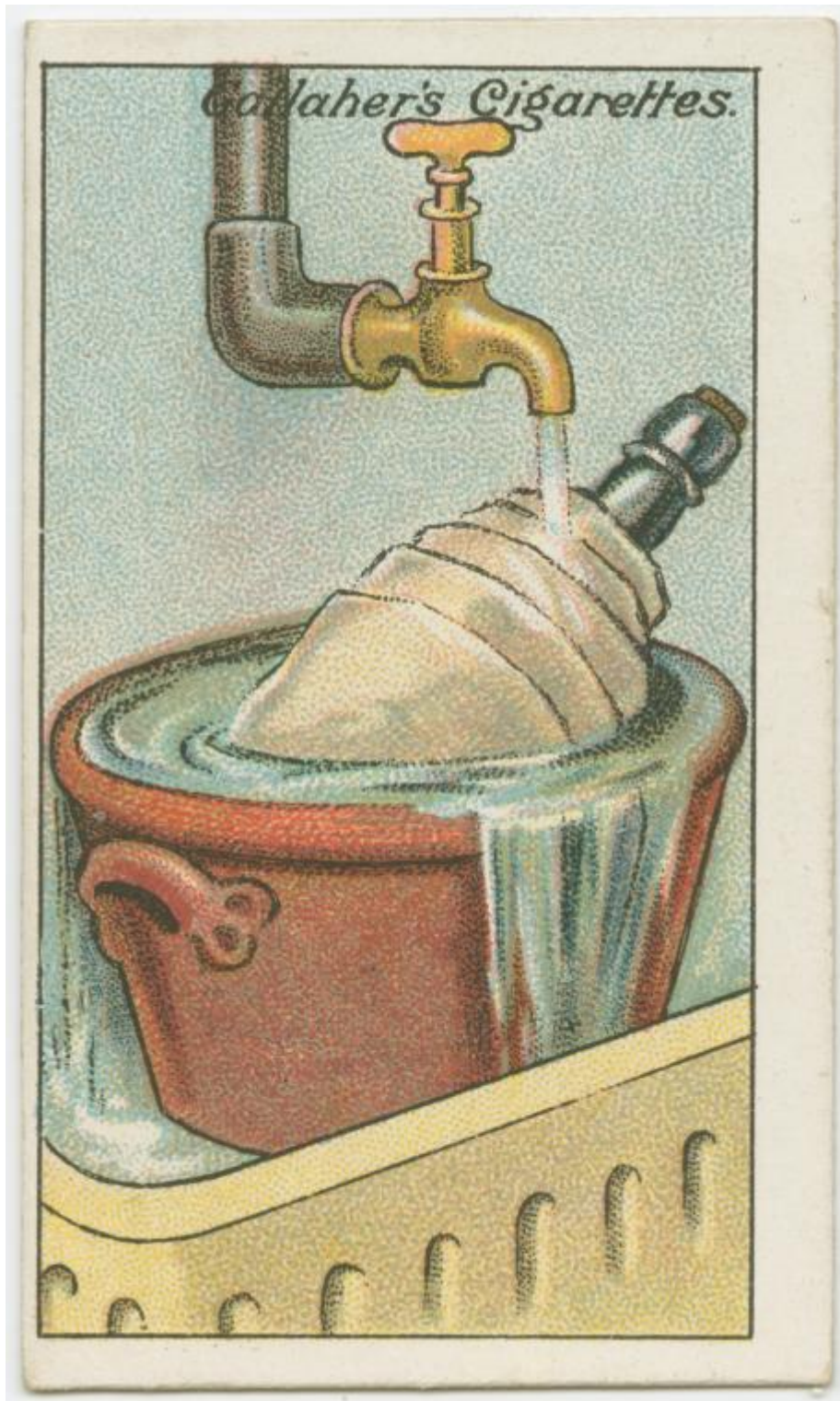
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13. How To Cool Wine with Ice



100 IN SET

How to do it

Nº 18

HOW TO COOL WINE WITHOUT ICE.

If no ice is available for cooling wine, a good method is to wrap the bottle in flannel and place it in a crock beneath the cold water tap. Allow the water to run over it, as shown in the picture, and in about ten minutes the wine will be thoroughly cool and ready for the table.

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14. When Boiling Cracked Eggs



100 IN SET

How to do it

Nº 60

WHEN BOILING CRACKED EGGS.

To boil cracked eggs as satisfactorily as though they were undamaged, a little vinegar should be added to the water. If this is done, it will be found that none of the contents will boil out.

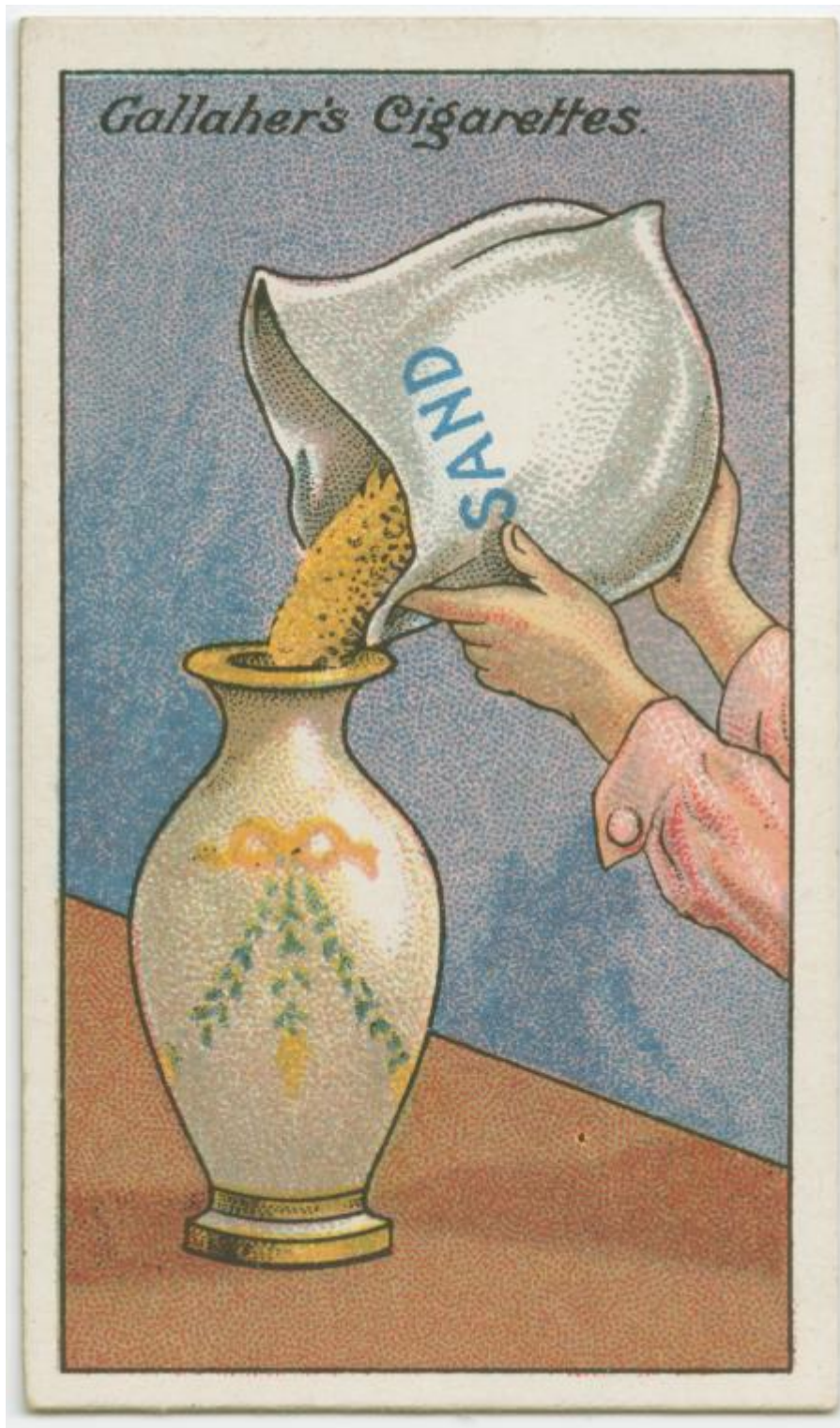
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15. How To Preserve Valuable Vases



100 IN SET

How to do it

Nº 39

HOW TO PRESERVE VALUABLE VASES.

If the following precaution is taken, the danger of knocking over a valuable vase will not be so great. Partly fill the vase with sand, which, acting as a weight, keeps it upright and firm on its base. This idea is particularly useful in the case of vases which are inclined to be top heavy, owing to their having small bases

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16. How To Remove Sea Stains from Brown Shoes



100 IN SET

How to do it

Nº 50

HOW TO REMOVE SEA STAINS FROM BROWN SHOES

After a visit to the sea-side you may find that the salt water has stained your brown shoes. Such stains can be removed by washing the shoes over with a preparation composed of a piece of washing soda about the size of a chestnut dissolved in two table spoonfuls of hot milk. When dry, the shoes should be polished in the ordinary way, and the stains will be found to have disappeared.

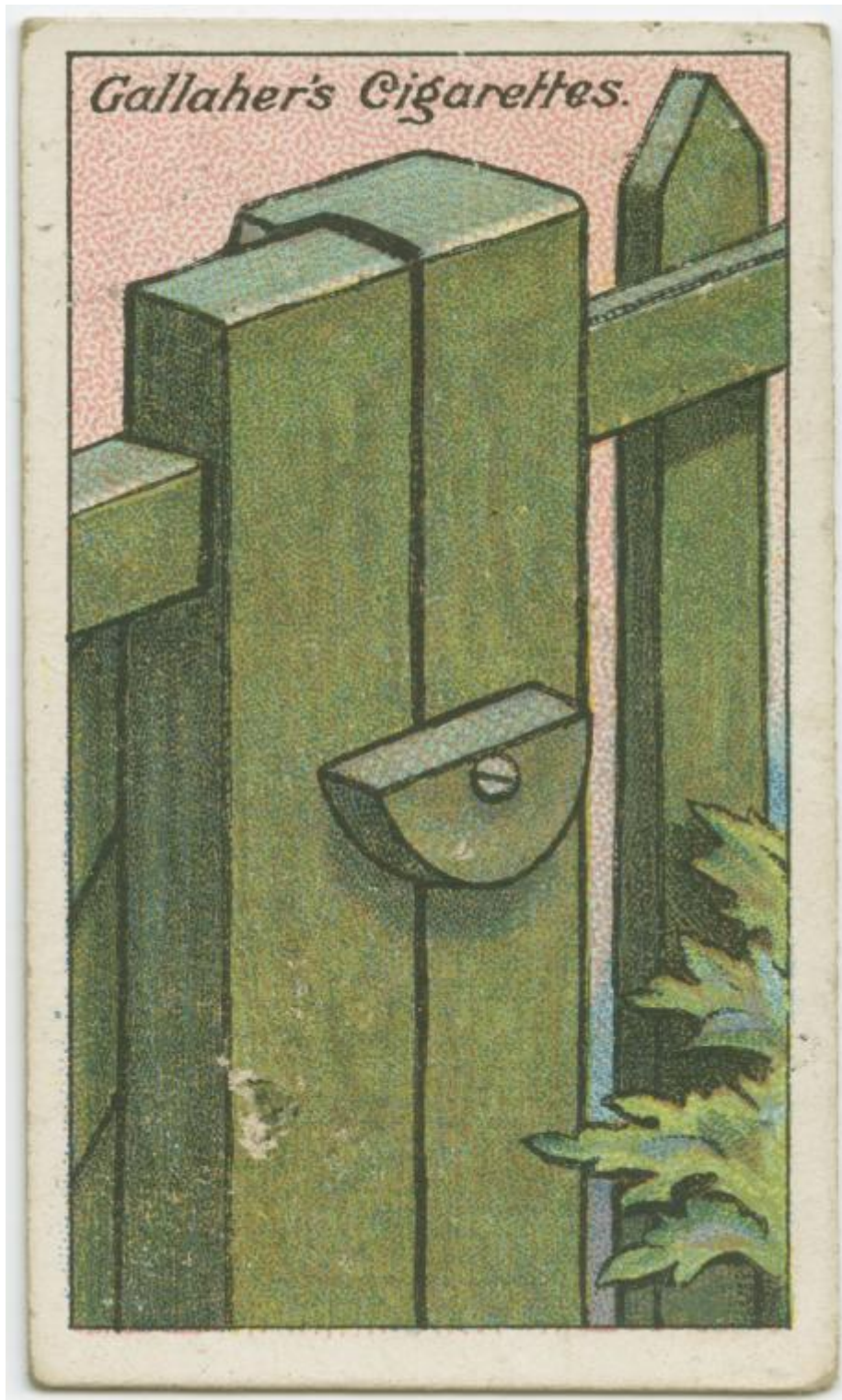
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17. How To Make a Simple Gate Latch



100 IN SET

How to do it

No 7

HOW TO MAKE A SIMPLE GATE LATCH

A loose gate latch of the ordinary shape generally allows gate to swing open. The picture gives shape of a latch which does away with this. When screwed to gate post, this latch will be found to swing in position to secure gate, as the greatest weight of latch is beneath screw pivot.

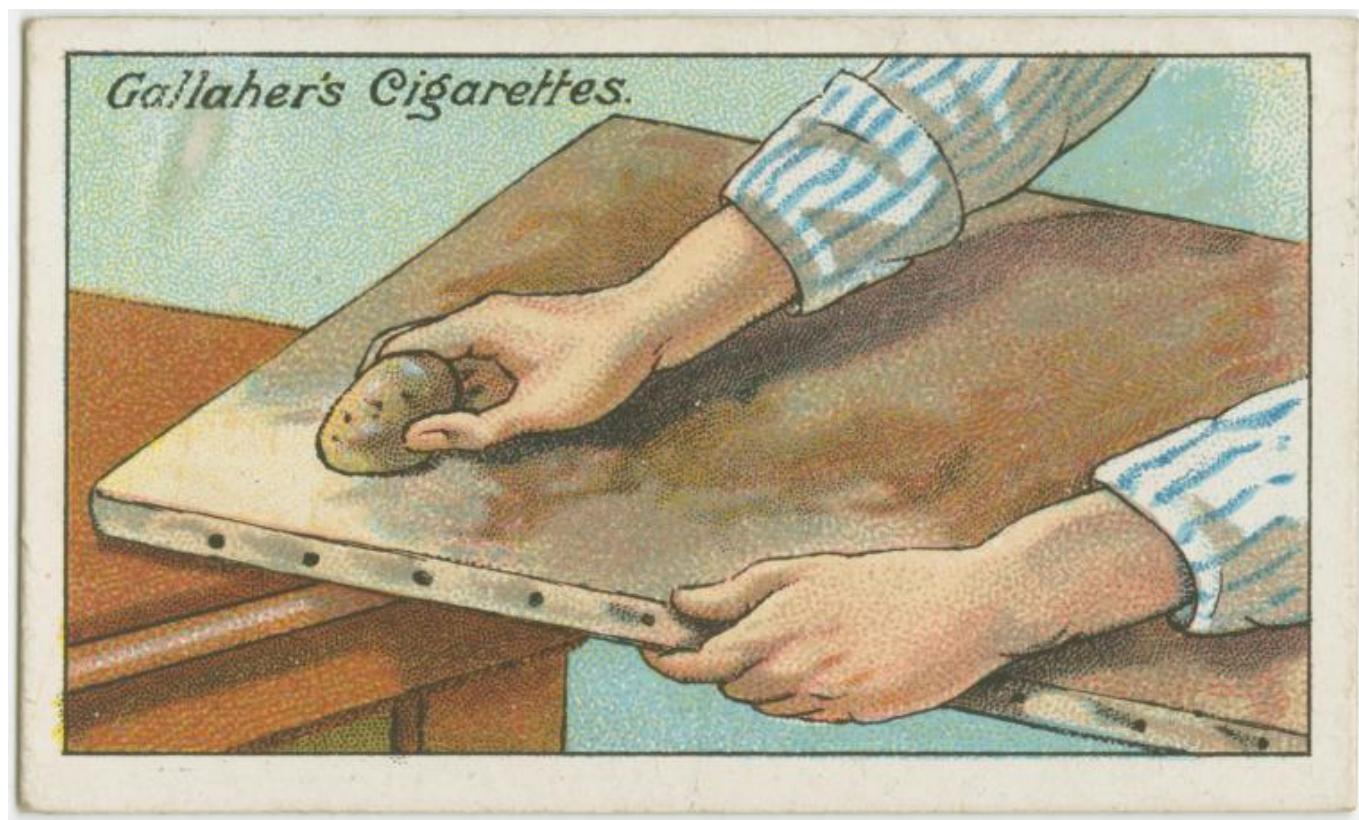
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18. How To Clean an Oil Painting



100 IN SET

How to do it

Nº 19

HOW TO CLEAN OIL PAINTING.

The picture shows a very effective method. Painting should first be well dusted and then rubbed gently with flat surface of a cut raw potato, the lather being wiped away with a soft rag. Dirty part of potato must constantly be pared off in order to keep clean the surface applied to picture. Finish off with a rub of pine linseed oil.

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19. How To Test Butter



100 IN SET

How to do it

Nº 17

HOW TO TEST BUTTER.

A good way of testing butter is shown in the picture. Rub a little of the suspected compound upon a piece of paper and set the paper alight. If it is pure butter, the odour will be dainty and agreeable, while the presence of Margarine is made known by an unpleasant tallowy smell.

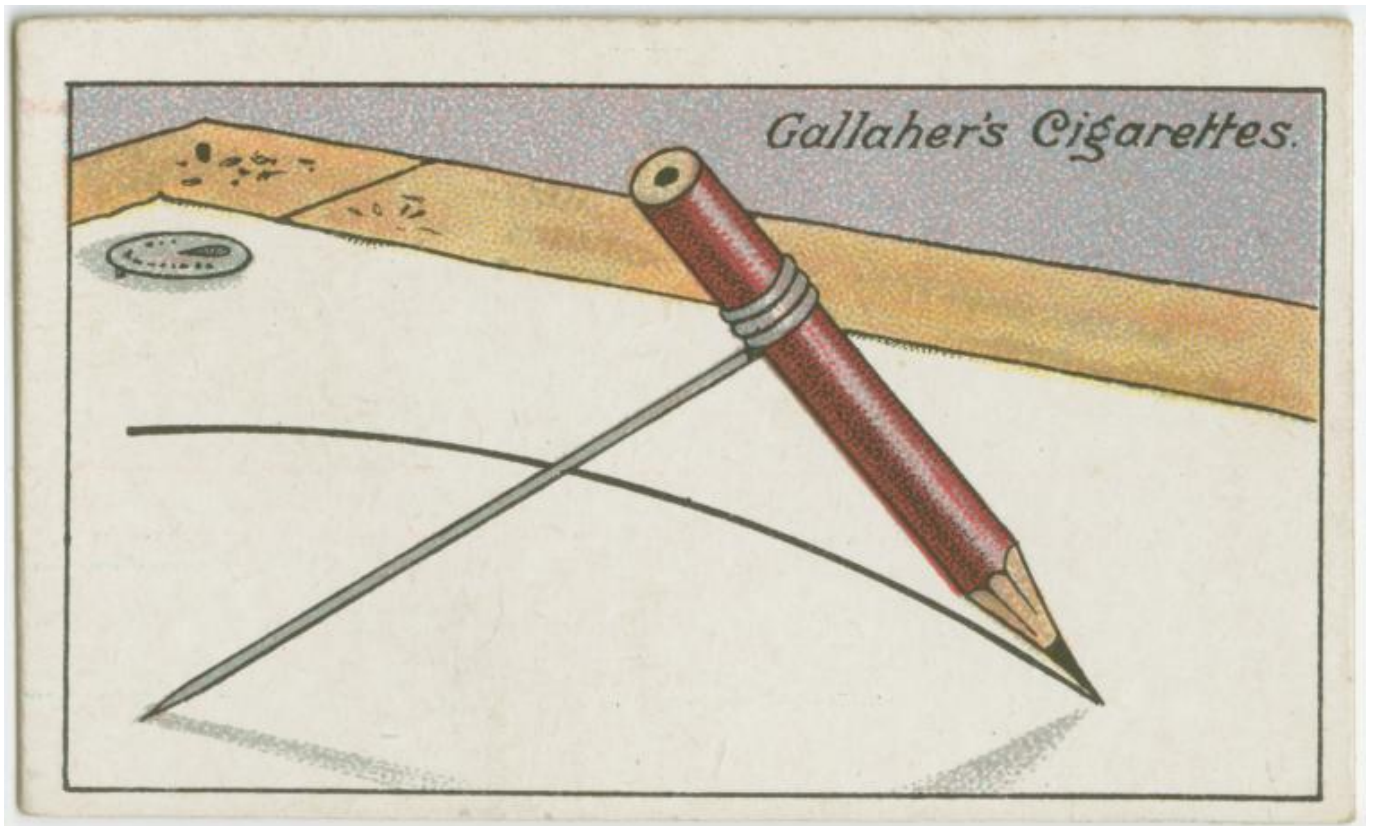
Issued by

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George Arents Collection, The New York Public Library

20. How To Draw a Circle Without a Compass



100 IN SET

How to do it

Nº 35

HOW TO DRAW A CIRCLE WITHOUT COMPASSES.

Twist one end of a piece of wire round a pencil and leave the other end straight. Sharpen the point of the wire and use it like the point leg of a pair of compasses. The wire can be bent and the points of wire and pencil adjusted to make any size of circle.

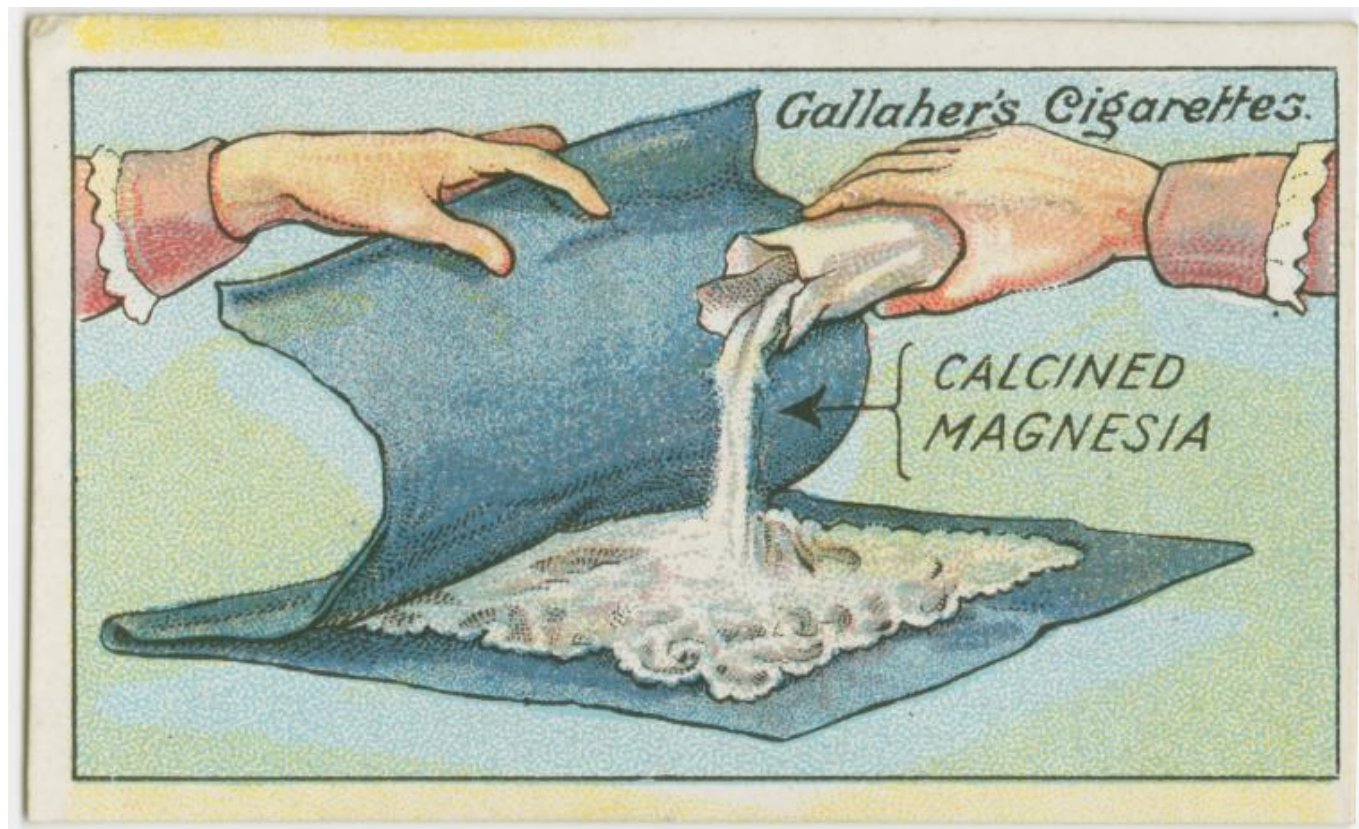
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21. How To Clean Real Lace



100 IN SET

How to do it

Nº 14

HOW TO CLEAN REAL LACE.

To clean real lace, lay the lace on a sheet of blue or white tissue paper, and well cover with powder of calcined magnesia. Cover with more paper and place under a weight for a few days. The lace will be found to be quite clean after shaking out the powder, and the most delicate texture remains uninjured.

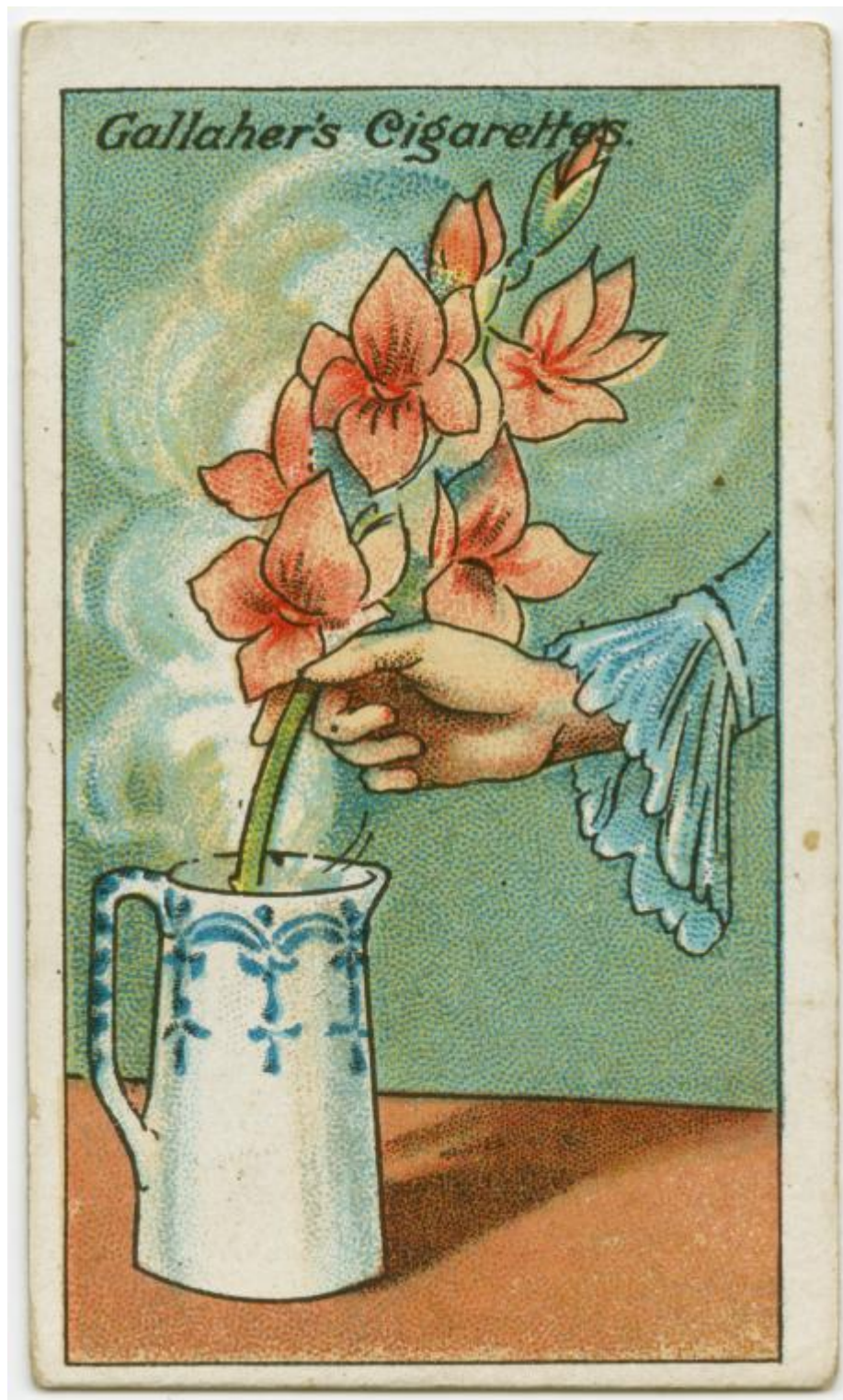
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22. How To Revive Cut Flowers



100 IN SET

How to do it

Nº 73

HOW TO REVIVE CUT FLOWERS.

To revive choice blooms that have faded during transit, plunge the stems into hot water, and allow them to remain until the water has cooled. By that time the flowers will have revived. The ends of the stems should then be cut off and the blossoms placed in cold water in the usual way.

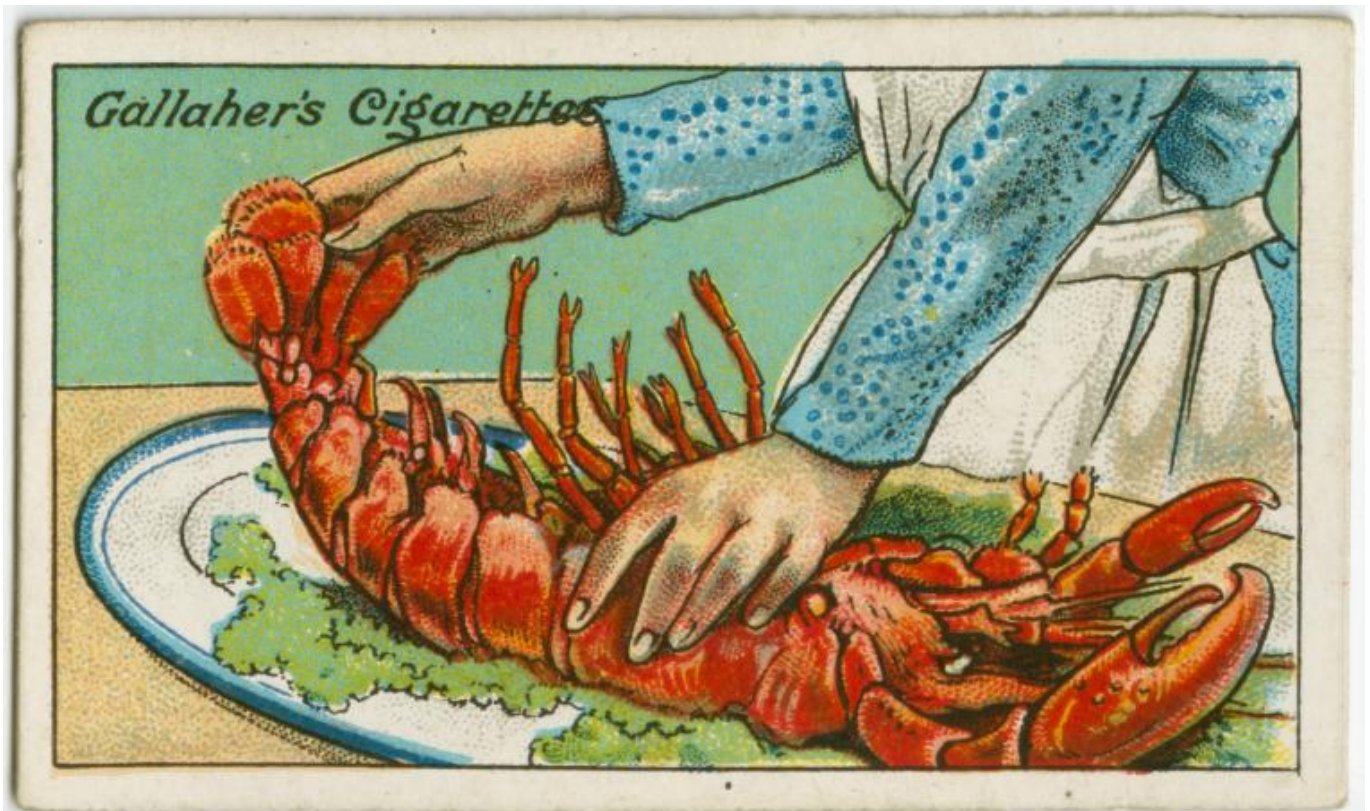
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23. How To Judge the Freshness of a Lobster



100 IN SET

How to do it

Nº 94

HOW TO JUDGE FRESHNESS OF A LOBSTER.

If, when buying a boiled lobster, you are in doubt as to its freshness, just pull back the tail, then suddenly release it; if the tail flies back with a snap, the lobster is quite fresh: but if it goes back slowly, you may be pretty sure the lobster has been boiled and kept for some days.

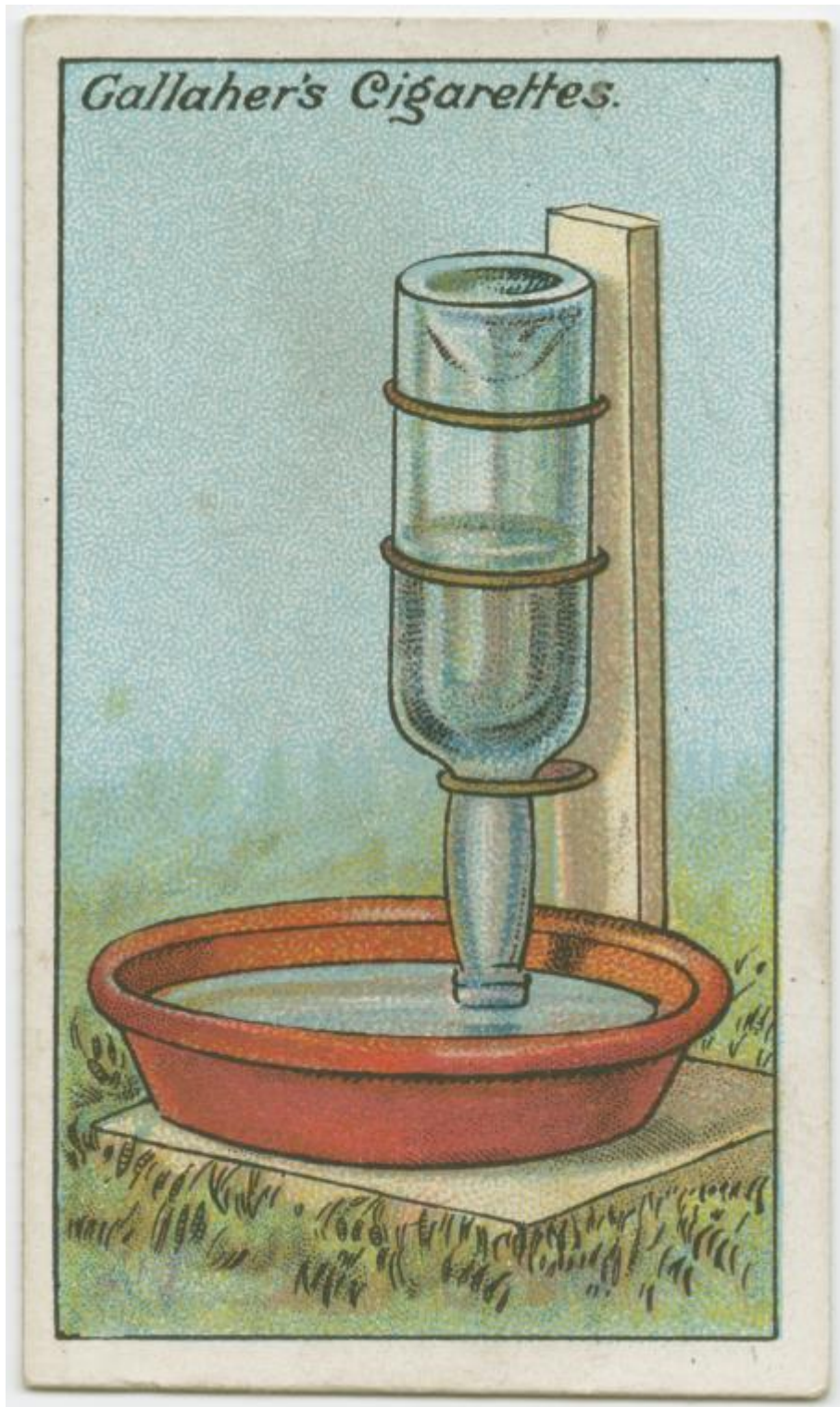
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24. How To Make a Water Fountain for Chicks



100 IN SET

How to do it

№ 15

HOW TO MAKE WATER FOUNTAIN FOR CHICKS.

A simple water fountain, ensuring a supply of fresh water for the chickens, can be made from a pint wine bottle, supported by wire loops to a wooden upright as shown, the bottle being held inverted over an earthenware pan, with mouth of bottle about half an inch above bottom of pan.

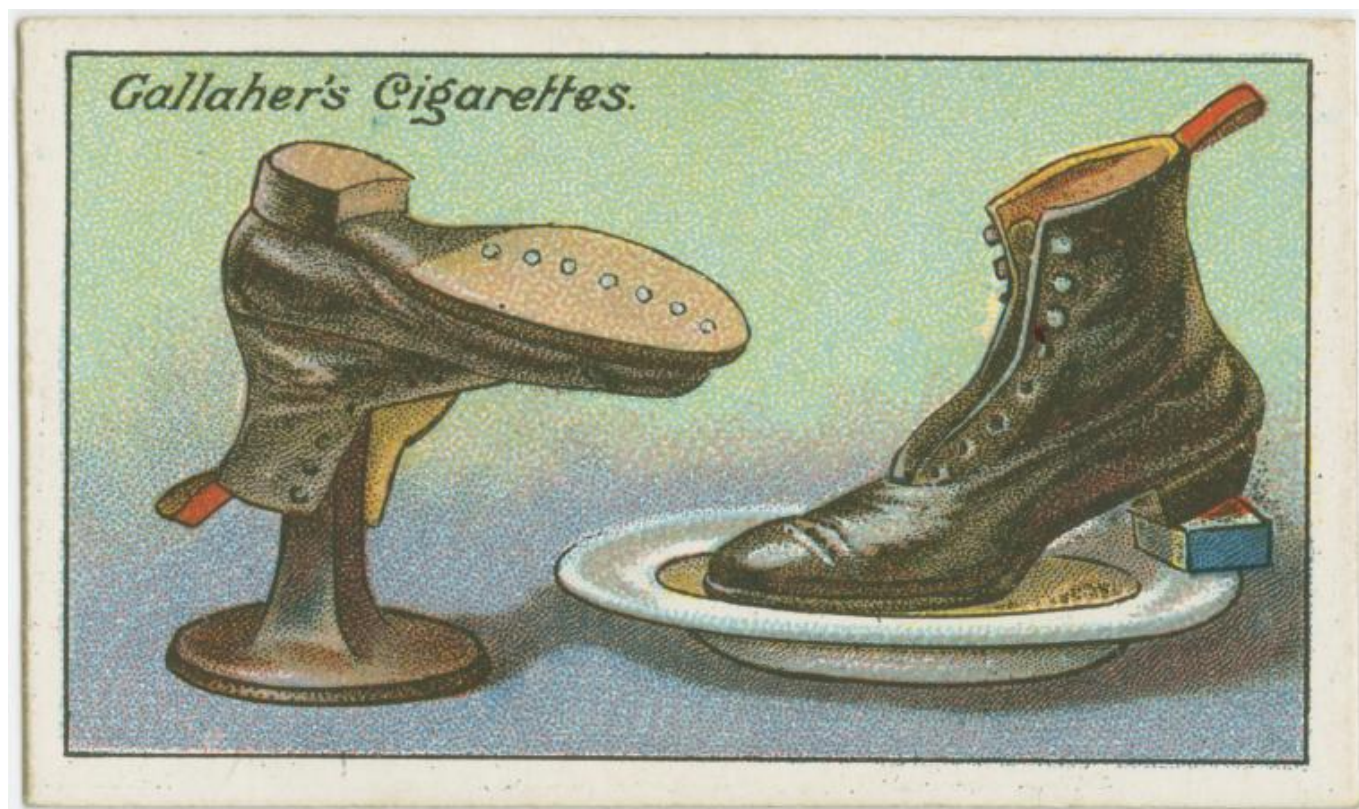
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25. How To Treat Squeaky Boots



100 IN SET

How to do it

Nº 21

HOW TO TREAT SQUEAKY BOOTS.

When new boots make a squeaking noise, a good remedy is to drive several brads in the centre of the sole. Another method is to place the sole in a dish or plate containing oil, the heel being propped up in order to immerse the whole of the sole, and the boot left until the oil has thoroughly soaked into the leather.

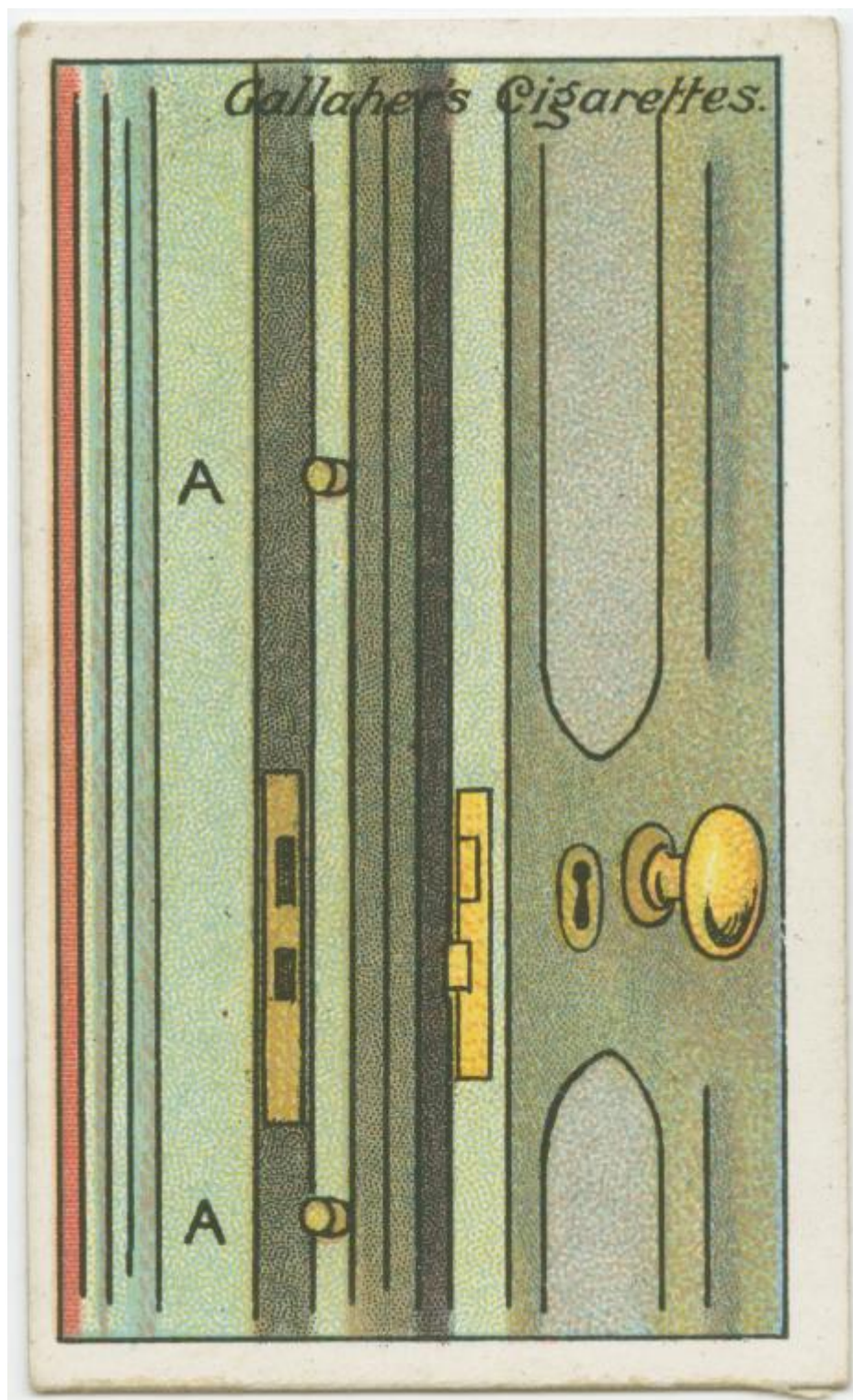
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26. How To Adjust a Door



100 IN SET

How to do it

Nº 16

HOW TO ADJUST A DOOR.

The annoyance of a door rattling in windy weather can be done away with by glueing pieces of cork, A.A., in crack between door and beading of doorway. The corks must be slightly thicker than the crack, and door should be shut on them until glue sets. The elasticity of cork holds door and effectually stops rattling noise.

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27. How To Cut New Bread Into Thin Slices



100 IN SET

How to do it

Nº 32

HOW TO CUT NEW BREAD INTO THIN SLICES.

The difficulty of cutting new bread into thin slices can readily be overcome by the following expedient. Plunge the bread knife into hot water and when thoroughly hot wipe quickly. It will be found that the heated knife will cut soft, yielding new bread into the thinnest slices.

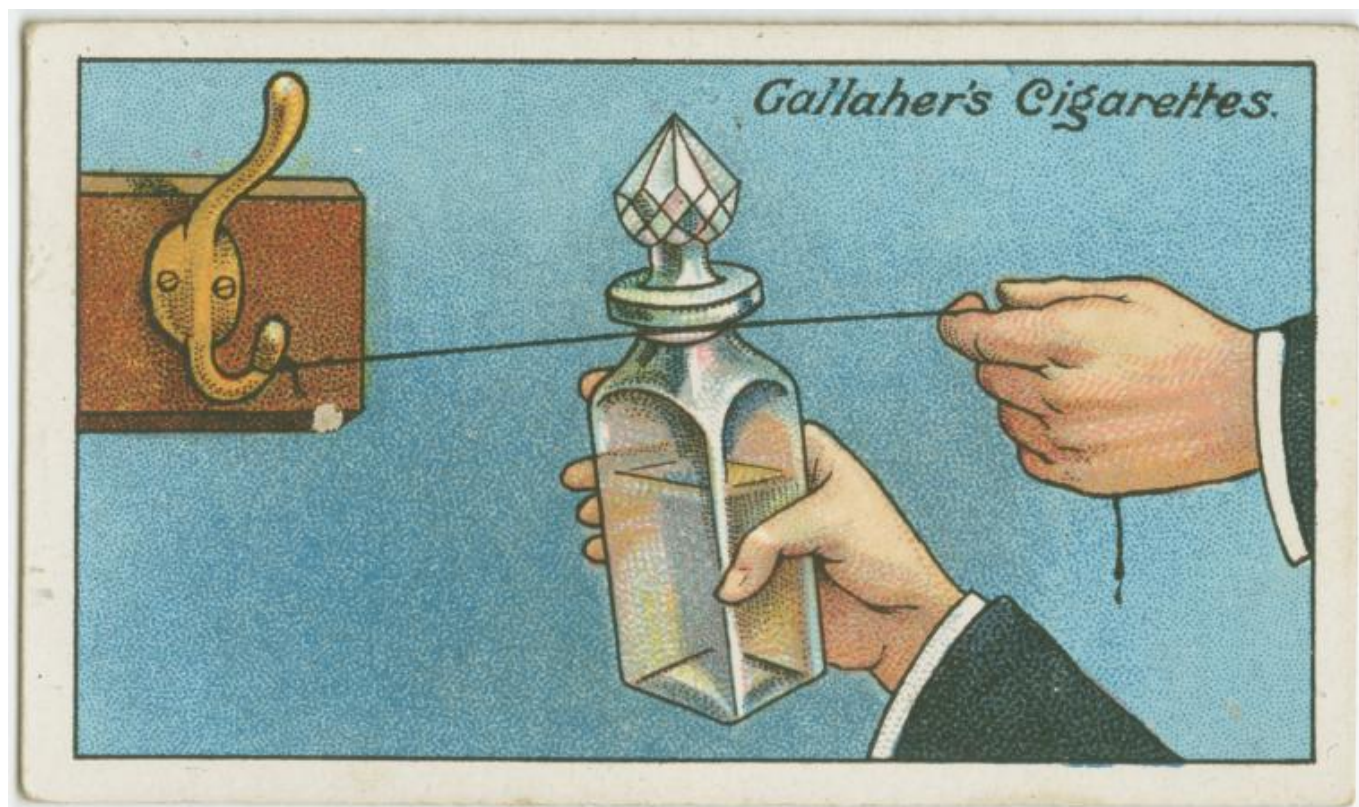
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28. How To Remove a Stuck Glass Stopper



100 IN SET

How to do it

Nº 40

HOW TO REMOVE GLASS STOPPER FROM BOTTLE

There are several ways of overcoming the difficulty of loosening a glass stopper that is tightly fixed in a bottle, the method shown in the picture being one of the best. Tie a piece of strong string to a firm support, twist it round the neck of the bottle outside the stopper and then quickly rub the bottle to and fro till the neck is hot. This causes the glass to expand, leaving the stopper loose.

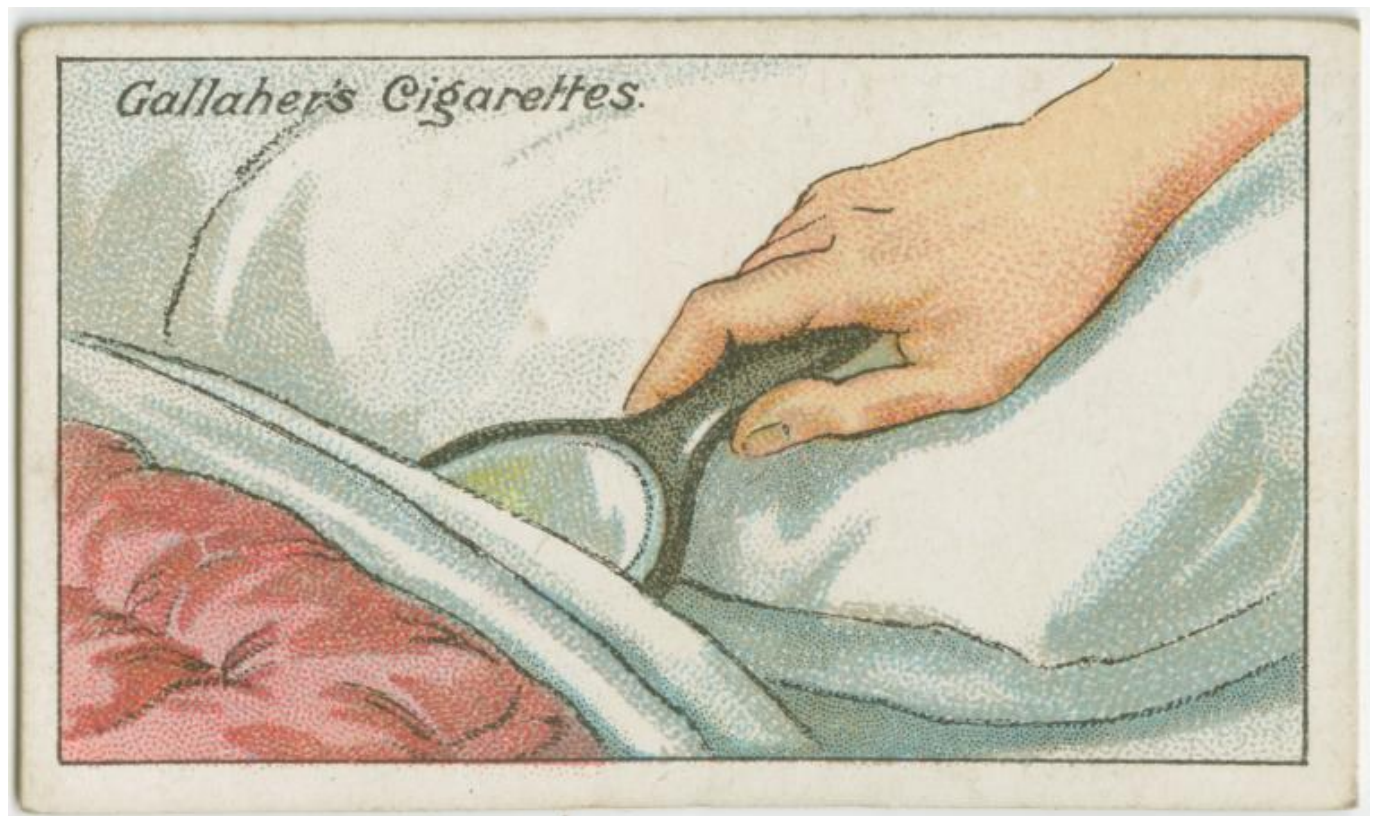
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29. How To Detect Dampness in Beds



100 IN SET

How to do it

Nº 2

HOW TO DETECT DAMPNESS IN BEDS.

In order to detect dampness in a strange bed and so be warned of the danger, a small hand-mirror should be slipped between the sheets and left for a few minutes. Any mistiness or blurred appearance of the mirror's surface when withdrawn is an indication of dampness, and the bed should not be slept in.

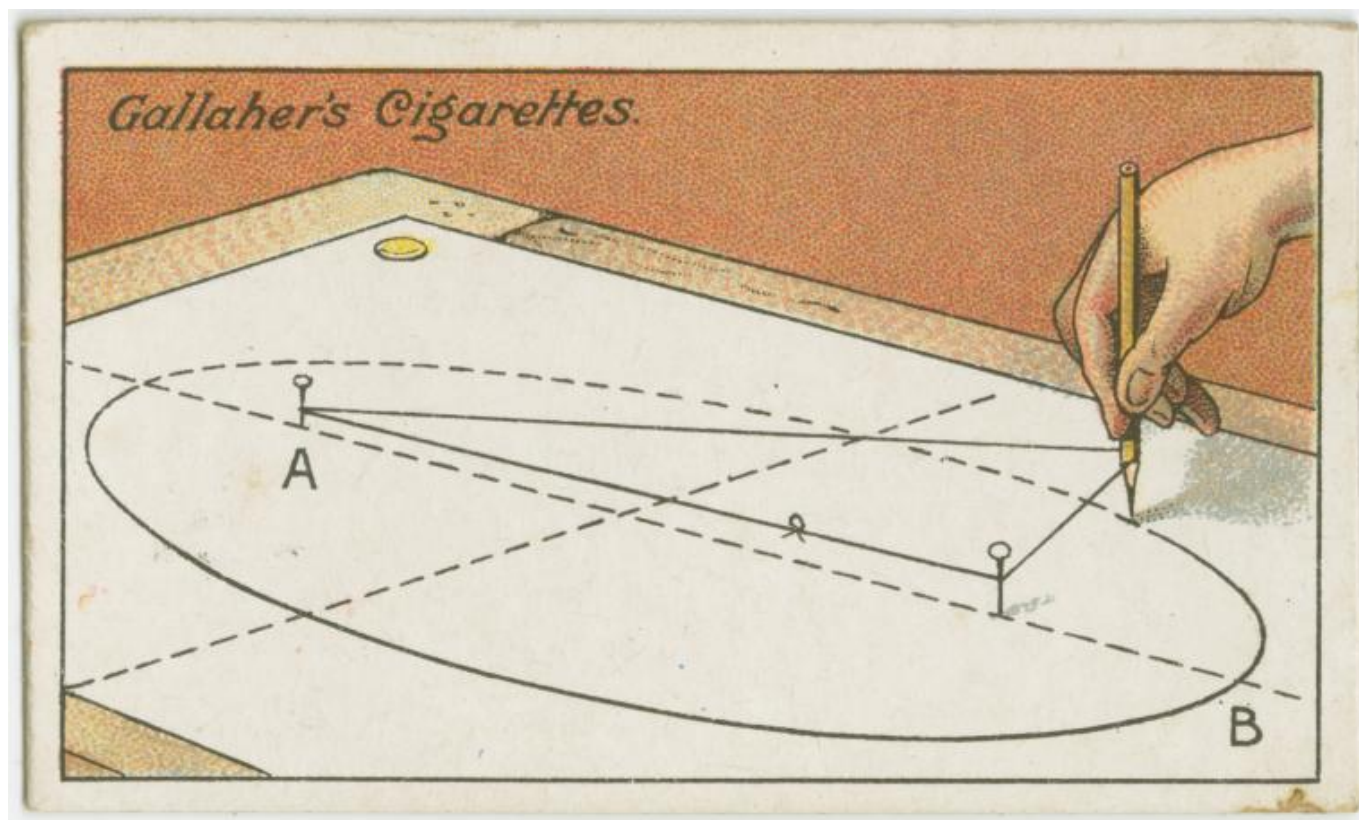
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George Arents Collection, The New York Public Library

30. How To Draw an Ellipse with String



100 IN SET

How to do it

Nº 37

HOW TO DRAW AN ELLIPSE WITH STRING.

Size of ellipse having been determined, focuses are found by measuring off the short diameter (or width of ellipse) from ends of long diameter (or length of ellipse). Two pins should be fixed, and string or thread looped round, as shown in picture. Length of loop should be from A to B.

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31. How To Pick Up Broken Glass



100 IN SET

How to do it

Nº 49

HOW TO PICK UP BROKEN GLASS.

To pick up broken glass quickly and cleanly a soft damp cloth will be found to be most effective, for it takes up all the small splinters. The best plan is to use an old piece of rag that can be thrown away with the glass.

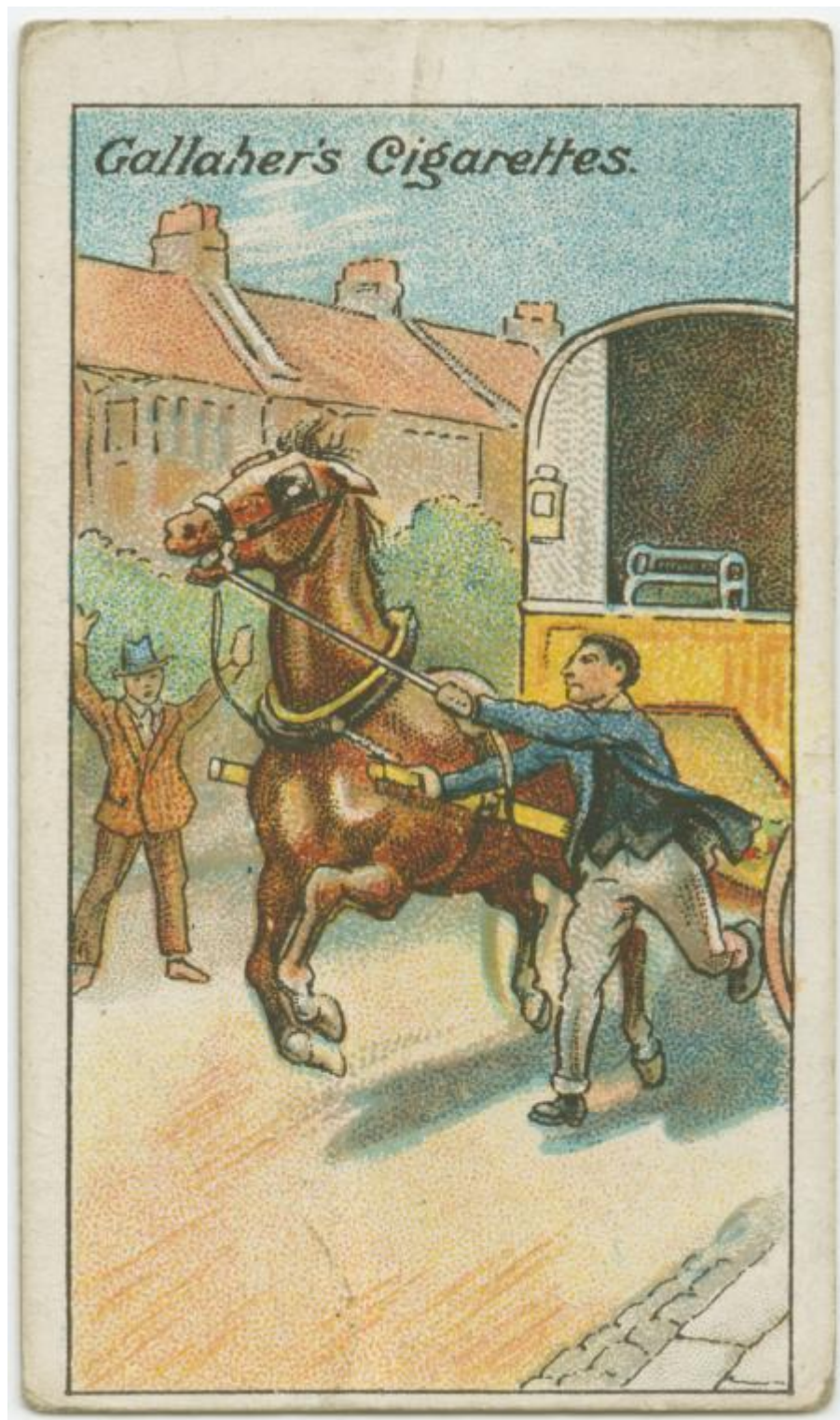
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32. How To Stop a Runaway Horse



100 IN SET

How to do it

Nº 99

HOW TO STOP A RUNAWAY HORSE.

Never rush in front of the horse. Run along beside, and with the hand nearest grip the shaft and keep the body clear by the stiffened arm. Then with the free hand, catch the reins and pull the horse to a standstill. Do not jump about, wave arms or shout. It frightens the horse.

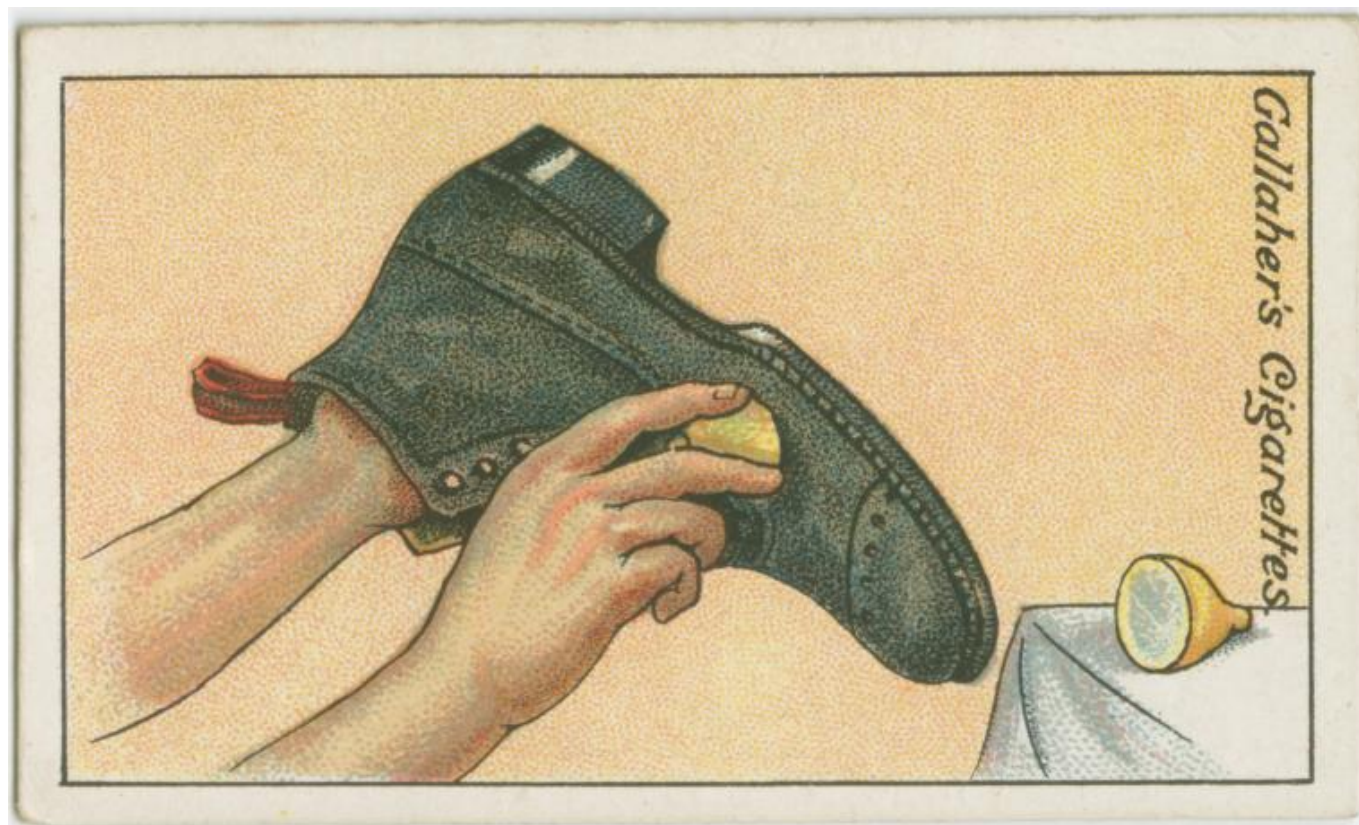
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33. How To Clean New Boots



100 IN SET

How to do it

Nº 31

HOW TO CLEAN NEW BOOTS.

New boots are sometimes very difficult to polish. A successful method is to rub the boots over with half a lemon, allow them to dry, after which they will easily polish, although occasionally it may be found necessary to repeat the application of the lemon juice

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34. How To Remove a Tight Ring from the Finger



100 IN SET

How to do it

Nº 22

HOW TO REMOVE A TIGHT RING FROM THE FINGER.

To remove a tight ring from the finger without pain or trouble, the finger should be first well lathered with soap. It will then be found that, unless the joints are swollen the ring can easily be taken off. If, however, the finger and joints are much swollen, a visit to the jeweller is advisable.

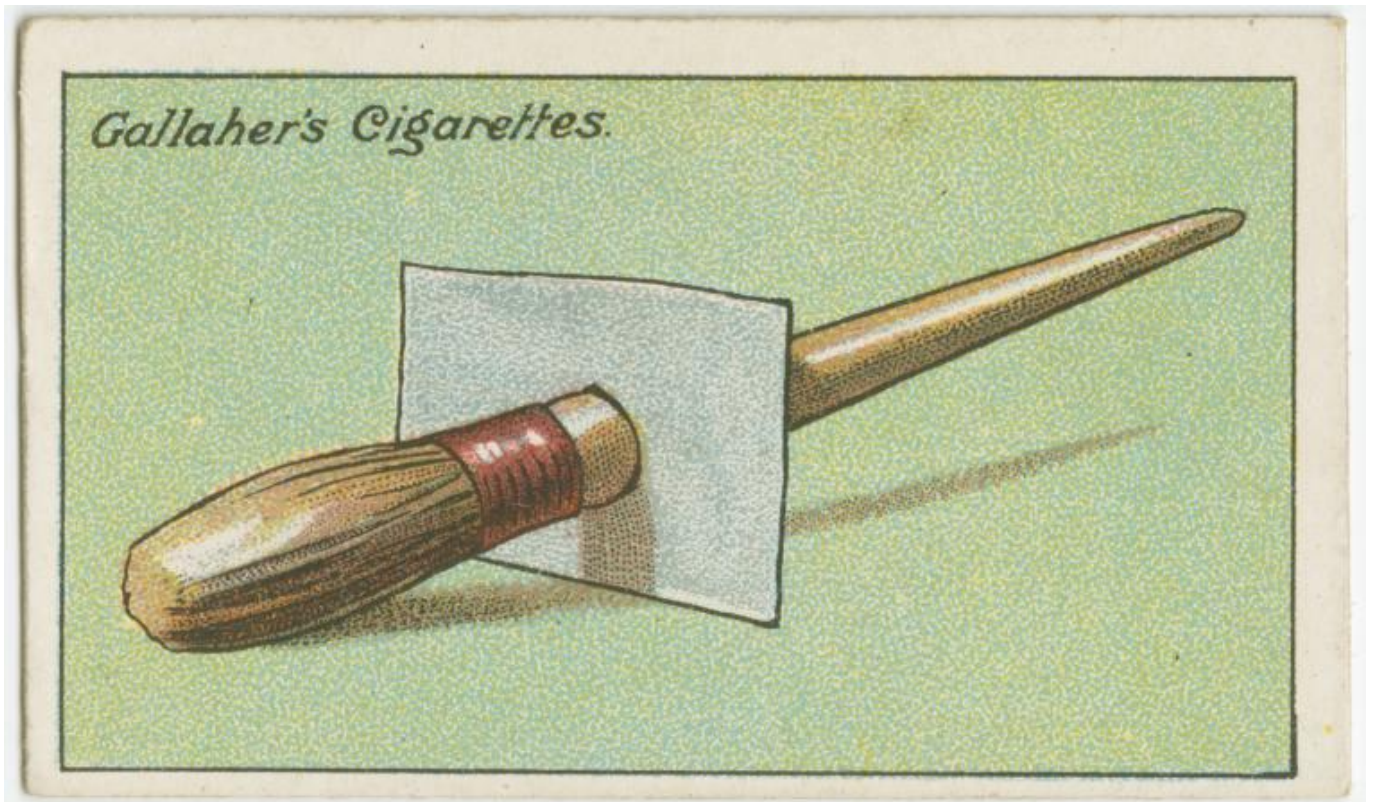
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George Arents Collection, The New York Public Library

35. How To Keep a Paint Brush Handle Clean



100 IN SET

How to do it

Nº 36

HOW TO KEEP A PAINT BRUSH HANDLE CLEAN.

To do away with the annoyance of a wet and sticky brush handle, which is so unpleasant to the amateur painter, get a piece of card or tin and make a hole in it through which the handle can be forced, as shown in the picture. This prevents the paint from running down.

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36. How To Take Ink Stains Out a Handkerchief



100 IN SET

How to do it

Nº 47

HOW TO TAKE INK STAINS OUT OF A HANDKERCHIEF.

A fine linen handkerchief which has had the misfortune to become stained with ink can be restored to its original spotlessness. When the accident occurs, the handkerchief should at once be plunged into milk. After soaking for some time it will be found that the ink stains have disappeared.

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37. How To Fit a Large Candle



100 IN SET

How to do it

Nº 65

TO FIT A LARGE CANDLE.

If a candle is too thick to fit the candlestick, don't pare the end, but get a bowl of hot water and hold the end of the candle in it until the wax softens. If the candle is now pressed into the candlestick, it will fit firmly.

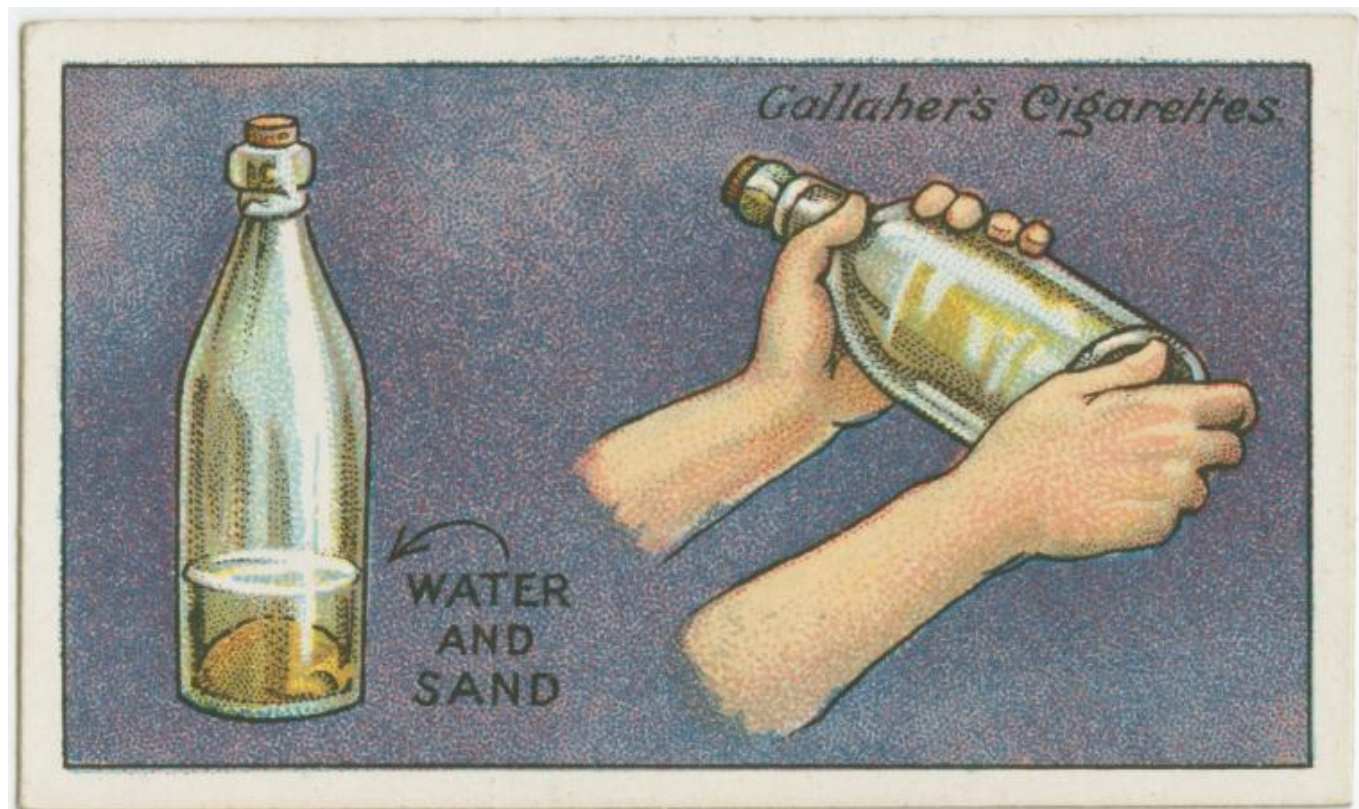
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38. How To Clean Bottles



100 IN SET

How to do it

Nº 27

HOW TO CLEAN BOTTLES.

To clean the interior of bottles, a little sand and water should be well shaken about inside them. This will have the effect of cleansing every part, and the bottles can then be washed out and dried.

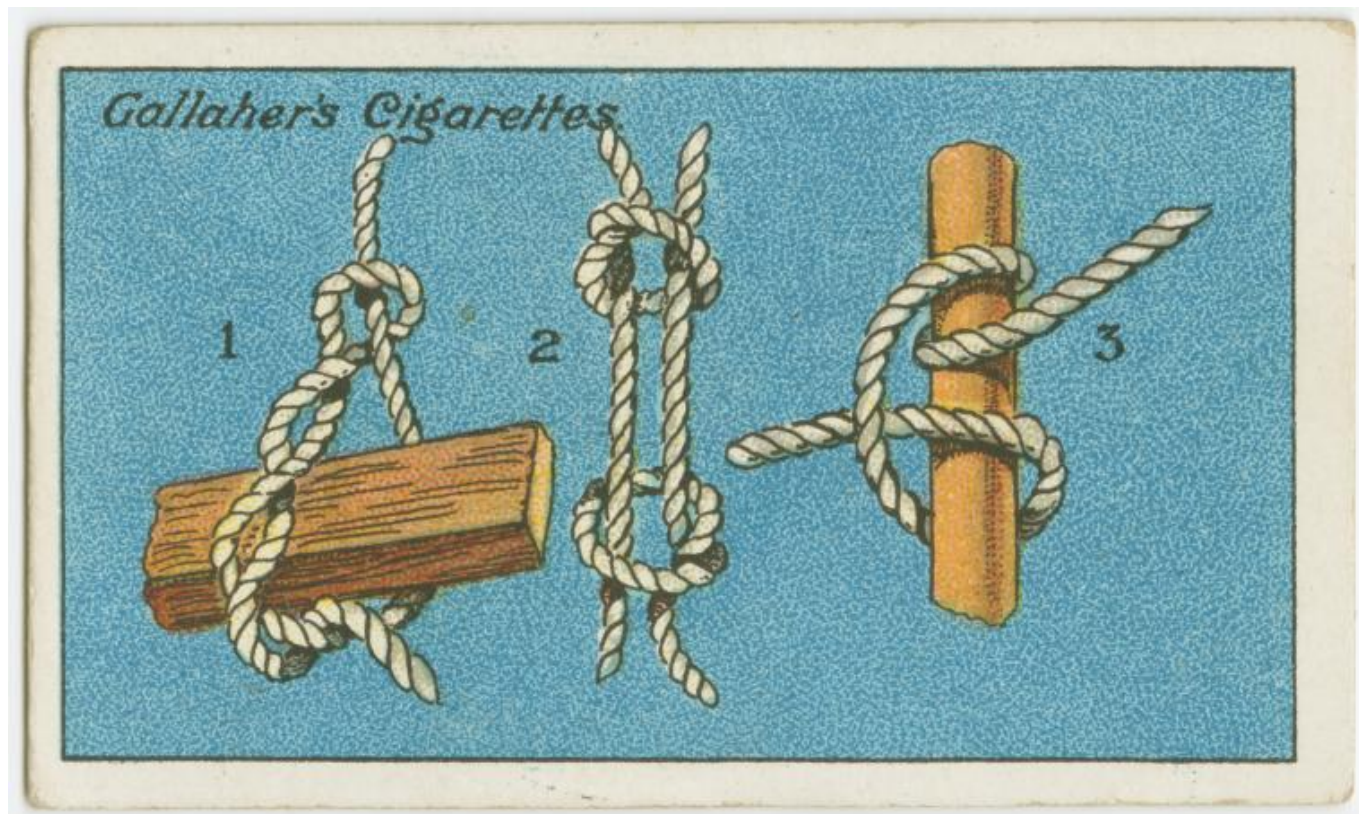
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39. Three Useful Knots



100 IN SET

How to do it

Nº 98

THREE USEFUL KNOTS.

No. 1 is the Timber Hitch, which is especially useful in lifting all kinds of heavy work, such as huge beams, etc.

No. 2, the Fisherman's Knot, shows a good method of joining two ropes tightly together.

No. 3 is the famous Clove Hitch, which becomes tighter the harder it is pulled.

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40. How To Separate Glass Tumblers



100 IN SET

How to do it

Nº 61

TO SEPARATE GLASS TUMBLERS.

When two glass tumblers stick together there is a danger of breakage in trying to separate them. The simplest and most effective method of releasing the glasses is to put cold water in the upper one and place the lower one in warm water. They will be found to separate at once.

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Sursa: twistedsifter.com

Cum Să-ți Alegi un Ceas. Ghidul Complet pentru Bărbați

De mult timp, ceasul a încetat să mai fie doar un accesoriu util. Mai ales pentru bărbați, ceasul este astăzi un statement înainte de toate. În funcție de ceasul pe care îl ai la mână, de cât de bine îl îngrijești sau cum l-ai asociat cu ținuta, cineva își poate da seama de stilul tău de viață, de statutul social și de gusturile și preferințele tale.

Așa că alegerea ceasului poate să fie, brusc, ceva mai complicată decât îți imagineai. La ce să te uiți? Ce ar trebui să știi? Ți-am pregătit un ghid cu câteva direcții de care să ții cont dacă ești în căutarea unui ceas și nu știi de unde să începi.

Cum să îți alegi un ceas. 4 lucruri de care să ții cont

Până să te gândești la orice altceva, cel mai important lucru este să îți placă ceasul respectiv. Dacă nu te reprezintă sau nu îți reflectă personalitatea, stilul și statutul, atunci orice alte caracteristici ale ceasului, indiferent de calitate sau bugetul alocat acestuia, pot să fie nepotrivite în imaginea de ansamblu.

Dacă ai bifat deja lucrurile de mai sus, atunci iată la ce să te uiți atunci când îți alegi un ceas:

#1. Mecanismul

Nu degeaba mecanismul este numit și „inima ceasului”. El este responsabil pentru determinarea orei, minutului și a secunde. În principiu, există două tipuri de ceasuri, în funcție de mecanismul după care funcționează.

- **Ceasuri electronice sau Quartz**



La rândul lor, ceasurile electronice cunosc mai multe derivații. Există ceasuri Quartz clasice, care funcționează pe baterie, dar există și Quartz speciale de tip solar. Le vei regăsi sub denumirea de Eco-Drive la brandul Citizen sau Seiko Solar la brandul Seiko.

Care sunt principalele diferențe? Mecanismele solare au o durată de viață a bateriei de până la șase ori mai mare, în timp ce o baterie obișnuită durează între un an jumătate și doi ani. În cazul ceasurilor care funcționează pe bază de mecanism solar, cadranul ceasului este un panou fotovoltaic care înmagazinează lumina solară printr-un acumulator.

Brandul Seiko, de exemplu, mai produce și un mecanism numit Kinetic, care înglobează principiul mecanismului automatic cu beneficiile unui mecanism Quartz. Ceasurile automate au capacul din spate din geam, prin care poți vedea cum se învâрте o contragreutate care acționează un dinam și care, la rândul lui, produce electricitate și încarcă un acumulator.

În general, un mecanism de tip Quartz este mult mai rezistent la șocuri și este, prin excelență, cel mai precis mecanism pentru un ceas.

- **Ceasuri mecanice**



Ceasurile mecanice sunt și ele împărțite în mai multe categorii: există ceasuri manuale – care funcționează prin întoarcerea frecventă a rotiței, dar și automate. Acestea din urmă funcționează prin mișcarea naturală a încheieturii purtătorului, nemaifiind necesară întoarcerea manuală.

#2. Carcasa



E recomandat să fie din oțel inoxidabil, pentru că are calitatea cea mai ridicată. Și oțelul poate fi de mai multe feluri, cel mai bun fiind oțelul 316 L; câteva branduri care produc ceasuri numai din acest tip de oțel sunt, de exemplu, Tissot, Junkers, Zeppelin, Citizen și, parțial, Seiko.

Carcasa poate fi și din alamă sau din alamă cu spatele din oțel – acestea din urmă sunt recomandate în mod special

alergicilor.

#3. Geamul



Geamul ceasului poate fi din trei tipuri de materiale.

- Plastic. Este cel mai slab calitativ, pentru că se zgârie foarte ușor, însă vestea bună este că se poate polisa.
- Cristal mineral. Nu se sparge, dar se zgârie, este mult mai dur decât plasticul, însă nu se polisează.
- Cristal safir. Este cel mai indicat deoarece are cea mai mare transparență, poate fi tratat cu antireflex și este cel mai rezistent. Brandul care folosește la toate ceasurile cristal safir este Tissot.

#4. Cureaua sau brățara



O primă categorie de curele sunt cele din piele. Atenție la calitatea acestora. Curelele pot fi din materiale de calitate inferioară cum ar fi vinilul, dar și de calitate medie – partea din spate din piele naturală, iar partea din față din imitație de piele – și, nu în ultimul rând, de calitate superioară: piele naturală 100%. Aceasta este și cea mai elegantă alegere.

De asemenea, există o altă categorie de curele, cele din silicon. Ceasurile care au curele din silicon au avantajul că sunt antialergice, se spală ușor și arată foarte bine.

A treia categorie de curele o reprezintă curelele velcro sau textile, de tipul celor făcute cunoscute de brandul Daniel Wellington. Acestea sunt foarte bune pentru că se pot spăla, lucru foarte important pentru un ceas care, pe termen lung, acumulează foarte multe bacterii dacă nu este constant îngrijit.

Brățările sunt metalice și se poartă, în general, pe ceasuri casual, de zi cu zi. Ele se deteriorează mai greu și sunt cele mai viabile, inclusiv în ceea ce privește prețul.

Sursa: watchshop.ro

Cum sa vorbesti cu un copil furios: 17 fraze de care copilul are mare nevoie sa i le spui

Toti copii au momente de iritare, chiar de manie. Iar comportamentul lor este perfect normal. Insa, nu toata lumea stie cum sa controleze atacurile de furie ale copiilor. Mai mult decat atat, acest comportament este aliment si prelungit de anumite fraze spuse de parinte.

Cresterea frumoasa si armonioasa a copilului este precum o calatorie. Astfel ca, pentru astazi, m-am gandit sa ne oprit putin asupra frazelor de care copilul chiar are nevoie sa le auda de la tine! Mai ales atunci cand este suparat.

Data viitoare cand ne confruntam cu o criza de suparare, putem folosi una dintre urmatoarele afirmatii, in functie de situatie :

1. In loc de: "Nu mai trage de... / nu mai arunca cu"

Poti folosi: "Ai aruncat cu jucariile si ma gandesc ca nu iti mai place sa te joci cu ele. Asta s-a intamplat?"

Imagineaza-ti aceasta tehnica drept o usa mica ce elibereaza sentimentele copilului, astfel incat emotiile / plictiseala starea lui sa nu se manifeste sub forma de conflict. Aceasta tehnica de comunicare activa iti permite tie, acum, sa te intelegi cu copilul fara sa te enervezi si sa **afl**i **exact** motivul comportamentului sau.

Dar este un exercitiu minunat pentru toate situatiile similare ce vor urma. Astazi arunca o jucarie, maine are un ton nepotrivit, poimaine refuza sa mearga la cursurile de inot. Intotdeauna este un motiv care influenteaza comportamentul.

Poate arunca jucariile prin casa intrucat s-a plictisit de ele.

Poate ai vorbit prea mult la telefon sau ai avut de scris la laptop si are nevoie de atentia ta.

De la “inaltimea” noastra, lucrurile par intr-un fel. Prin ochii copilului, insa, lucrurile se vad altfel. Iar tehnica de mai sus ii permite copilului sa-si exprime sau sa-si reformuleze gandurile altfel. Metoda are rezultate aproape de fiecare data. Pentru ca, odata verbalizate frustrarile sau nemulțumirile **parintele intelege motivul real, iar nevoia copilului este rezolvata.**

2. In loc de: “Copiii mari nu plang / tipa sau Baietii cuminti nu plang / tipa”

Poti folosi: “Si noi, oamenii mari, ne mai simtim asa uneori. Inteleg de ce esti trist / nemulțumit / suparat”

Sa fim seriosi! Si pe noi ne mai bufneste plansul uneori, enervati la culme de un coleg sau un sef uracios. Si noi ne enervam zilnic pe situatii pe care altii le-ar numi prostesti, dar care pentru noi conteaza. Atunci cand cineva ne spune ca ne consumam degeaba sau ca motivul supararii noastre e copilaresc nu ne ajuta cu nimic.

Din contra! Ne face sa nu mai vorbim – cel puțin nu cu acea persoana – si sa acumulam frustrare si mai mare, pentru ca nu suntem ascultati si intelesi. Faptul ca cineva iti neaga supararea nu inseamna ca ea a trecut, nu?

Acelasi lucru se intampla si cu copiii. Intr-adevar, problemele lor comparativ cu ale noastre sunt infime. Dar in acel moment este un lucru important pentru ei si trebuie sa fim cel puțin empatici.

3. In loc de: “Inceteaza cu plansul!”

Poti folosi: “Si eu ma lovesc uneori si ma doare tare! Hai sa exersam ragetul si sa punem stapanire pe durere”

Este o tehnica pe care o folosesc in ultima vreme cu Luca (3 ani si 7 luni). Ii place un serial difuzat de Disney Junior – “Garda Felina” – in care personajul principal, un pui de leu, a mostenit un raget puternic, cu ajutorul caruia sperie dusmanii si alte pericole.

Astfel, pentru ca a “vazut” puterea ragetului si pentru ca nu ii vorbesc despre lucruri abstracte, greu de imaginat pentru el – cum ar fi “gestionarea emotiilor noastre” – folosesc acest truc atunci cand se mai supara sau este chiar nervos.

Si am mai aflat ceva important! Studiile arata ca atunci cand ne lovim ne ajuta sa eliberam un strigat de durere. Tipatul intrerupe mesajul de durere care ajunge la creier. Astfel, cand copilul se loveste, l-ar putea ajuta sa strige de durere, decat sa se abtina.

4. In loc de: “Sa nu indraznesti sa (ma) lovesti!”

Poti folosi: “Inteleg ca esti suparat, dar nu te voi lasa sa (ma) lovesti. Nu facem rau, indiferent cat suntem de suparati!”

Este cel mai bun mesaj pe care il poti transmite copilului: ii recunosti emotia, ii accepti starea si ii confirmi ca este normal ceea ce simte. Insa, impulsul sau intentia de a lovi / a face rau nu este acceptata. Atunci cand este furios, ori se loveste, din instinct copilul vrea sa faca rau celui de langa el, sa sufere si celalalt. Insa, cu aceasta fraza il ajuti sa separe furia de actiune. Si ii va fi de foarte mare ajutor si pe viitor.

Cele mai periculoase 12 cuvinte pe care le poate auzi un copil de la parintii lui

5. In loc de: "Spala-te pe dinti acum!"

Poti folosi: "Vrei sa-i spalăm dintii ursulețului și apoi pe ai tăi?" sau "Vrei sa gadilăm mai întâi maselutele sau dintii din fata?"

Dacă ai un copil mic sau prescolar știi, deja, foarte bine că simpla rutină este foarte obositoare. Copilul va lua orice situație pentru a-și impune controlul, pentru a face ca el. Iar răzvrătirea de acum este asupra activităților banale din rutină cotidiană: spălătul, îmbrăcatul, strânsul jucăriilor, statul la masă, adormitul.

Te va ajuta să vii cu opțiuni ("mai întâi ursulețul și apoi tu?") sau să transformi activitatea într-un joc amuzant ("să gadilăm maselele").

6. In loc de: "Ori mănânci tot, ori te duci în camera ta și te culci flamând"

Poti folosi: "Cum putem face ca această mâncare delicioasă să ajungă în burtică?"

În chestionarul pe care l-am lansat în urmă cu scurt timp (și pe care îl mai poți completa **AICI** dacă ai 2 minute la dispoziție), dintre cei 1.568 de părinți participanți, mulți ne-au spus că **mâncarea este una dintre problemele mari** care generează discuții în casă.

Și, pentru că problema nu se rezolvă chiar atât de ușor, îți recomand aceste articole:

Când copilul nu mănâncă. Cele mai frecvente greșeli ale părinților

Copilul e topit după dulciuri? Cum îl ajuti să renunțe fără să-l obligi

Transforma situațiile tensionate cu copilul în glume. 22 de fraze fermecate

7. In loc de: “Camera ta este un dezastru! Nu iesi de aici pana nu pui totul la loc”

Poti folosi: “Ce ai spune daca am face putina ordine in acest colt de camera. Te voi ajuta”

In loc sa te concentrezi pe cei 10-12-14 metri patrati de dezordine – o sarcina descurajanta si pentru tine – atrage copilul oferindu-i o noua perspectiva a lucrurilor: un colt de camera. Iata, un colt de camera este destul de usor de curatat, nu? Si, astfel, ai sanse mult mai mari sa il faci sa colaboreze cu tine.

Apoi, daca folosesti si o clepsidra, un timer sau chiar alarma de la telefonul tau, faceti o mica intrecere, sa vedeti cate jucarii puteti strange in 5 minute.

Nu doar ca iti vei atinge obiectivul: de a face curat in camera, dar totul se va realiza cu calm si relaxare pentru amandoi, chiar daca vorbim despre curatenie. Este metoda ideala de care aveti nevoie amandoi!

8. In loc de: “Hai! Trebuie sa plecam acum! Imbraca-te odata!!!”

Poti folosi: “Ce trebuie sa faci / de ce ai nevoie pentru a fi gata de plecare?”

Permite-i copilului sa se pregateasca de rutina zilnica in ritmul sau. Tu stii bine ca este mereu pe fuga si contratimp, ca ai nevoie de 3 minute sa te machiezi, 2 sa te imbraci, 5 sa mananci si inca 1 sa iesi pe usa. Copilul tau nu iti va urma niciodata programul, mai ales cand este atat de agitat si cand copilul se simte nepregatit, luat pe sus.

Astfel, dimineata – mai ales – repeta-i programul: mancam pana la ora ... sau pana suna alarma de pe telefon. Apoi ne luam rucsacul, ne incaltam si plecam. Spune-i din timp sa se gandeasca daca ar dori sa ia cu el o jucarie si care este aceea. Alegeti de seara hainele sau alege-i tu seara doua variante de haine, iar dimineata lasa-l sa se imbrace cu una

dintre cele doua optiuni.

Aici am un truc: pentru ca Luca a inceput gradinita acum doar 4 luni, dimineata inca este o perioada sensibila pentru el. Mi s-a intamplat sa nu aud mereu alarma, ori sa o mai aman, astfel ca m-am trezit in situatia in care sa fiu nevoita sa-l grabesc. Si a fost dificil. Dezbracatul de pijamale si imbracatul in hainele de gradinita ajungea sa dureze chiar si 15-20 de minute!

Asa ca am un truc pe care am de gand sa-l mai folosesc doar pentru o scurta perioada de timp: il imbrac cu hainele pentru gradinita inainte sa se trezeasca. M-am cronometrat si nu imi ia mai mult de **3 minute** sa il dezbrac de pijamale si sa ii pun apoi toate hainutele pe el. Abia dupa aceea il trezeam.

Am mereu grija ca hainele lui si ale mele sa fie pregatite de seara, la fel si rucsacul.

9. In loc de: "Nu mai tipa"

Poti folosi: "Incearca sa imi spui cu vocea ta normala. Cand tipi nu inteleg ce zici"

Copiilor le place galagia. Ce facuta de ei, desigur. Astfel ca ajung sa comunice tipand. De asemenea, tipetele sunt nelipsite dintr-o cliza de furie. Tocmai de aceea, asigura-te ca ii comunicii copilului tau – in ambele situatii – ca mesajul il vei intelege atunci cand va folosi vocea lui normala. Rugandu-l sa repete folosind o voce calma, normala, il vei invata ca asa se procedeaza, indiferent de vulcanul de stari care este in interiorul nostru.

10. In loc de: "Nu te mai plange"

Poti folosi: "Te ascult. Putem gasi o solutie impreuna?"

Din nou, tehnica face ca responsabilitatea sa fie in mana copilului. Tu esti un ghid, iar copilul este cel care isi cauta singur solutii, incurajat de atitudine ta intelegatoare.

11. In loc de: "De cate ori trebuie sa repet acelasi lucru?"

Poti folosi: "Observ ca nu m-ai auzit prima oara. Iti voi spune din nou si apoi te voi ruga sa-mi repeti"

Prin aceasta metoda te asiguri ca mesajul tau a fost ascultat si inteles de copil. Coboara la nivelul lui, foloseste o voce calma atunci cand ii formulezi aceasta rugaminte.

„De cate ori sa-ti spun?!” 10 cauze de ce nu ne asculta copiii

10 sfaturi de la cel mai cunoscut pediatru ucrainean, dr. Komarovskii

12. In loc de: "Du-te la tine in camera"

Poti folosi: "Raman aici pana cand esti pregatit de o imbratisare"

Mai sunt situatii cand, de nervi, iti vine sa ii spui copilului sa plece la el in camera. Insa, izolarea ii transmite mesajul ca este ceva rau cu el. Oferă-i spatiu pana cand este pregatit, asigura-l ca esti langa el, iar mesajul pe care i-l transmitti astfel este de siguranta.

13. In loc de: "Ma faci de rusine"

Poti folosi: "Hai sa mergem intr-un loc mai ferit si sa rezolvam problema asta"

Sentimentul de rusine iti apartine in totalitate. Insa, aici nu mai este vorba despre tine. Este vorba despre el, despre sentimentele sale. In acelasi timp, voi doi sunteti o echipa! Tu ai grija de el, el are grija de tine. Astfel ca incearca sa nu atragi atentia asupra comportamentului sau nepotrivit atunci cand sunt si alte persoane de fata. Rusinea si vinovatia nu vor face decat sa incurce si mai mult situatia. Prin aceasta tehnica ii transmitti ca, indiferent de ceea ce face, esti acolo sa gasiti o rezolvare, fara sa il faci de rusine.

14. In loc de: “Esti imposibil!”

Poti folosi: “Acum treci printr-un moment dificil. Te inteleg. Hai sa vedem cum putem rezolva impreuna”

Separa reactia copilului tau de sentimentele sale! Atunci cand si noi trecem prin momente dificile ne comportam mai putin frumos tocmai cu cei la care tinem cel mai mult. Pentru ca, in prezenta lor ne simtim in siguranta sa ne lasam prada emotiilor. Secretul nu este decat al mentinerii echipei, sprijinului. “Hai sa vedem ce solutii putem gasi **impreuna!**” ajuta mai mult decat o critica sau o etichetare a comportamentului.

15. In loc de: “Nu pot discuta cu tine acum”

Poti folosi: “Incep sa ma enervez. Ies din camera 1 minut sa ma linistesc si apoi ma intorc sa vorbim”

Invata copilul faptul ca supararea este normala. Nu putem controla sentimentele si emotiile, dar putem controla modul in care reactionam in fata lor. Iar copilul invata mult prin observare. Astfel ca situatiile acestea, din viata reala, sunt cea mai buna lectie.

16. In loc de: “Opreste-te sa mai spui NU!”

Poti folosi: “Inteleg ca nu vrei asta. Hai sa vedem ce putem face / lua diferit”

Atunci cand copilul refuza ceva sau iti spune NU!, iar tu ii raspunzi ca il intelegi, el se va linisti rapid. Pentru ca stie faptul ca tu **l-ai inteles**. In loc sa va certati pe **Da** si **Nu**, va concentrati pe o solutie. Este mult mai simplu si vei observa ca atitudinea rigida a copilului se va schimba rapid. S-a simtit ascultat, a vazut ca se incearca o solutie noua, nu este ignorat, sentimentele si vocea sa conteaza

17. In loc de sa suspini si sa-ti dai ochii peste cap

Poti folosi contactul vizual, aminteste-ti rapid lucrurile pe care copilul tau le face bine si zambeste-i

Trucuri de frumusețe care îți fac viața mai ușoară în 5 secunde

Poate nu știai, dar când te machiezi, faci anumite greșeli care îți fac viața mai grea. Vezi câteva trucuri de frumusețe care îți fac viața mai ușoară în 5 secunde.

Aplică vaselină pe încheieturi înainte de a folosi parfumul preferat, ca să dureze mai mult aroma.

Fă-ți buzele mai groase folosind peste ruj un concealer (corector) deschis pe mijlocul buzelor, vertical. Amestecă bine culoarea cu degetele și aplică un lipgloss rozaliu peste.

Ai ochii obosiți? Folosește un fard deschis de pleoape sau un creion de ochi beige deasupra și sub sprâncene, apoi amestecă-l în fond de ten ca un corector. Vei avea un efect de ochi luminoși și odihniți fără straturi de corector.

Când folosești contur de ochi, aplică negru numai pe pleoapa de deasupra ochiului, în timp ce dedesubt vei aplica în colțul exterior contur maro și în colțul interior, lângă nas, un creion deschis, care să îți deschidă mult ochii și să ai privirea luminoasă.

Desenează semnul hashtag # în colțul exterior al pleoapelor pentru un efect de smokey eyes rapid. După ce ai desenat cu creion contur de ochi, amestecă bine culoarea, astfel încât să arate ca un fard de pleoape. Este rapid și rezistent și nu greșești niciodată forma dacă începi astfel.

Pentru un efect de gene false, aplică un strat de mascara obișnuit, aplică pudră pentru bebeluși pe gene și abia apoi aplică al doilea strat de rimel. Genele tale vor părea uriașe și foarte dese.

Folosește spumă de ras ca să scapi rapid de petele de fond de ten de pe bluze și gulere.

Scapă imediat de cearcăne aplicând corectorul în formă de triunghi cu vârful în jos, nu doar pe zona vineție de sub ochi. Odată amestecată culoarea, aspectul general va fi mult mai luminos și mai natural decât dacă ai ochii înconjurați de o piele prea albă.

Sursa foto: femeie pudră

Sursa articol: unica.ro

15 Exercises Every Woman Should Do to Improve Her Sex Life

Overview

You're only one workout away from a better sex life! Not only can you lose weight, sculpt a strong, lean body and cause your endorphins to soar, but you can also count on exercise to make your time in the sack more enjoyable. Recent research indicates that improved body image as well as doing as little as 20 minutes of exercise a day enables you to enjoy sex more and become more sexually aroused. In addition to cardio and strength training, flexibility is crucial for better sex. It

helps alleviate aches and pains and allows you and your partner to experiment with positions that otherwise may be difficult. The following slides provide a series of 15 exercises and stretches you can do to enhance your time under the covers.



1. Squats

Squats are great for toning and shaping the legs and booty. But all that blood pumping below the waist can also improve your ability to become aroused during sex. Plus, squats strengthen and prepare you for those times you'd like to be the one on top. HOW TO DO THEM: Stand upright with your feet shoulder-width apart. Keeping the heels glued to the floor and most of your weight in your heels, initiate a bend at the waist first, then bend the knees, as if sitting into a chair. Be sure to keep the knees from passing in front of your toes to protect your knees and leg muscles from injury. Your shins should remain as vertical as possible throughout the exercise. You can also incorporate three- to five-pound weights and raise your arms to shoulder height as you squat down. Move up and down very slowly and do between 10 and 30 reps.

12 Essential Squat Variations to Try



2. Bridge Pose

Bridge pose is the precursor to pelvic tilts and Kegels (read on for more on both exercises). It strengthens the glutes, inner thighs and hamstrings and stretches the hip flexor. Because the pelvis is inverted, bridge pose awakens the pelvic-floor muscles and can reinforce the female sex organs. This can lead to stronger, more controlled orgasms. HOW TO DO IT: Begin on the floor on your back. Lengthen through your fingertips with your arms on the floor by your sides. With your feet hip-distance apart, bend your knees then slowly lift your buttocks off the floor. As you hold the posture, keep your knees from splaying out and press through your feet, your weight evenly distributed between your feet. Do not allow your feet to roll outward. Hold the pose for 30 to 60 seconds. Lower your spine one vertebra at a time, all the way down to the tailbone.

10 Yoga Moves to Remove Stress and Relax You at Bedtime



3. Pelvic Tilt Pulses

This exercise strengthens your core and lower back, which are used often during sex. Pelvic tilt pulses will also awaken the lower abdominal region and prepare your body for Kegels (another great exercise to enhance your sex life) and prepare your body for inverted positions. HOW TO DO THEM: Lie on the floor with your knees bent, feet hip-distance apart and arms, hands and fingertips flat on the floor. Pressing through your heels, lift your pelvis and glutes to bring your torso into a straight line (as in bridge pose). Hold your abs tight as you continue to press through the heels, squeeze the glutes and inner thighs and slightly pulse the pelvis up and down (just a couple of inches, not the full range of motion). Do 20 to 25 pulses, then slowly lower the spine, vertebra by vertebra, until you feel your tailbone touch the floor. Repeat, working up to three to five sets.

17 Exercises to Shape and Tone Your Booty



4. Kegels

The pelvic floor muscles play an integral part in orgasm, and Kegels are an easy way to improve the strength of those muscles. Additionally, they provide great sexual satisfaction and stronger orgasms (especially when Kegels are done during sex) by targeting the muscles that tighten and release during sex, making the entire experience more pleasurable for both you and your partner. HOW TO DO THEM: You can do Kegels anywhere – sitting, standing or lying down. Focus on tightening those pelvic floor muscles (as though you're attempting to stop the flow of urine). Hold for three to five seconds and repeat. Do that for five minutes a day or throughout the day.

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5. Stability-Ball Pull-Ins

A strong core is essential in preventing injuries to your back when having sex. One of the best exercises to strengthen your abdominal muscles and protect your back is the stability-ball pull-in. This exercise works your core (which provides a support system for your back) as well as your upper body, boosting your endurance for on-top positions. HOW TO DO THEM: Start in a plank position with your shins supported on a stability ball. Keep your arms straight and strong. Slowly roll the ball in, using your abs to bend your knees toward the floor as you drag the ball toward your chest. Slowly roll the ball back out as you straighten your legs. Keep your upper body and hips strong throughout the range of motion to prevent injuring your lower back. Don't hunch your shoulders and lengthen through the crown of the head to be sure there is space between your head and shoulders. For an added challenge, lift one leg off the ball as you roll the ball forward with the other leg. Then switch legs. Do two to three sets of 10 reps.

The 15 Toughest Do-Anywhere Workout Moves



6. Plank Pose

Plank pose is one of the most effective ways to strengthen your entire body while focusing on your core. It not only increases your endurance and stamina at the gym but in the bedroom, too. HOW TO DO IT: Press your body straight, extending your legs back and keeping your arms strong. Think of keeping your body in a straight line from your feet to your head. Your pelvis is neither sagging too low nor elevated too high. Engage the abs, squeeze your inner thighs and butt cheeks together, tighten your quads and press your heels back so your feet are flexed. If you need to modify the pose, do your plank on your knees. Be sure your forearms are on the floor and your elbows are directly under your shoulders throughout the hold. For a more advanced version, raise one foot a few inches off the ground and hold for 10 seconds, then switch legs without compromising your form. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds.

30-Day Ab Challenge



7. Open-Leg Rocker

“Open-leg rocker is essential for improving balance through core control and strength,” says Risa Sheppard, master Pilates certification trainer and founder of The Sheppard Method in Los Angeles. „As we strengthen our core, which includes the pelvic girdle, lower back and abdominals, it awakens not only the muscles, but all the pathways that help to enhance our sexual pleasure... [And] the open-leg portion of the exercise creates flexibility in the inner thighs, making various positions more accessible.” HOW TO DO IT: Sit upright with your knees bent into your chest, legs about shoulder-width apart. Lengthen through the crown of your head, roll your shoulders back and down and lift your chest so your back is strong. Grasp your ankles on the outside of the legs. Pull your naval deep into your spine and lean back until you are balanced on your tailbone with your feet off the floor. Straighten both legs toward the ceiling in an open V position and balance. To initiate the rocking, inhale, draw your naval to the spine and bring your chin to your chest. Keeping your head tucked, roll backward, stopping the action and reversing it before you get to your neck. Upon return, stop and balance

on the tailbone, legs open and up toward the ceiling. If you need to modify the exercise, keep your legs bent.

Top 10 Pilates Exercises



8. Seated Leg Extensions

For many women, when the legs are fatigued during a workout, they may shake or quiver. This is a good thing while working out, but in the bedroom, not so much. You want to know you can count on your legs to go the distance. And seated leg extensions are a simple way to strengthen your legs and increase stamina. HOW TO DO THEM: Sit in a chair, roll your shoulders back and down and lift your chest. Bend your knees at a 90-degree angle with your feet flat on the ground. Make sure your ankles are directly under your knees. Grip the sides of the chair without hunching your shoulders or tightening your neck, upper back or shoulders. Keep the hips firmly planted on the chair as you lift and unbend one leg and lift the leg straight up slowly, until it reaches hip height. Slowly bring the foot back down. To modify the exercise, shorten your range of motion in the leg you are lifting, taking the leg half the distance. For an added challenge, lift

both legs at once. Do at least two to three sets of 10 reps on each leg.

10 Machine-to-Free-Weight Swaps



9. Triceps Dips

Solid arm strength is crucial for many everyday tasks, but especially during sex. Working the triceps will strengthen and enable you to prop yourself up without tiring in underneath positions. HOW TO DO THEM: Sit with the heels of your hands on the edge of a sturdy chair, knuckles rolled down toward the ground to alleviate wrist strain. Place your feet hip-width apart and bend your legs at a 90-degree angle, making sure your ankles are directly below the knees (they can also be further out in front of the knees or completely straightened, if you'd like a challenge). Slowly slide your butt off the seat, supporting your weight with your hands and arms. Keeping the elbows facing directly behind you, bend the elbows and slowly lower your butt toward the floor. Keep the elbows pointing straight back behind you, and bend them to about a 90-degree angle (don't overstretch the front of your shoulders by going too low to begin with). Slowly push back up until

your arms are straight. Need more of a challenge? Hold your feet and legs in a figure-four position (one ankle sits on the other leg's thigh, with the top foot flexed). Do five to 10 of these before switching legs.

Upper Body Workout Routines for the Gym



10. Push-Ups

Just like planks, push-ups strengthen your core, shoulders, glutes and legs with the added bonus of improved strength in your arms and chest. Also, the intensity that comes from doing push-ups will increase your stamina and endurance. HOW TO DO THEM: Start a plank position. Be sure your pelvis does not sag too low or lift too high (think about keeping your body as straight as a board). Inhale as you lower your chest until it almost touches the floor. Exhale as you press back up to the starting position. Avoid hunching your shoulders into your neck by lengthening out of the crown of the head to create space between you head and shoulders. To make push-ups easier, separate your feet to hip-distance apart or do push-ups on your knees. Or if you want to make them harder, place your feet on a step or bench.



11. Bridge Bench Press

Women who shy away from on-top positions during sex often do so because of the exertion involved. The bench press will definitely increase your arm and chest strength, but this variation takes it a step further by doing it while in bridge pose. Bridge wakes up those pelvic floor muscles (the ones that help control your orgasms), improving blood flow to the entire area and waking up the receptors that allow for more pleasure during sex. HOW TO DO IT: Lie on your back with three- to five-pound dumbbells easily accessible. Bend your knees and keep your feet about hip-distance apart. Slowly lift your glutes up into bridge pose. Holding the dumbbells, bring your elbows out to the sides of your shoulders with your dumbbells up toward the ceiling, making a goal-post shape with your arms. Slowly press the dumbbells straight toward the ceiling, then slowly return back to the goal-post position. As a modification, try this on an incline bench and start with lower weights. Or for an added challenge, cross one leg over the other, ankle placed on the grounded leg's thigh. Do half of your reps and carefully switch legs. Do 10 to 20 reps and

release your bridge in between sets. When you are finished, lower one vertebra at a time, all the way down to the tailbone. Do three to five sets.



12. Upward-Facing Dog

Upward dog strengthens many of the muscle groups required by a wide variety of sex positions – the lower back, the glutes and the arms – while stretching the core, psoas and hip flexors. And yogis have long believed it to increase energy and blood flow to the pelvic region. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and raise your torso by pressing through the hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of the head so you don't hunch your shoulders into your neck. Breathe regularly for about 15 to 30 seconds. If you're advanced, your thighs should lift off the ground.

5 Yoga Poses to Firm the Butt



13. Happy Baby Pose

Happy baby is an excellent stretch for the lower back, glutes, hamstrings and hips. It's also a great counter-stretch to upward dog, because it relaxes and opens tight lower-body muscles. HOW TO DO IT: Lie on your back with knees bent in toward the chest, the soles of your feet flexed and parallel to the ceiling. Line your ankles up with your knees so your shins are vertical. Keep your tailbone down as you grab the outsides of your feet with your hands and pull them down so the knees move toward the floor on the outsides of your rib cage. Relax your neck and breathe deeply, lengthening the breath as you go. With each exhale, and without compromising form, pull the knees toward the floor. Hold this pose for three to five minutes.

The Best Yoga Poses for Runners



14. Seated Straddle Stretch

The average person sits at a desk most of the day, which constricts and stagnates the muscles in the pelvis and groin. Straddle increases blood flow to that area, which means increased sensation and easier orgasms. It also stretches the inner thighs, making you more flexible and ready to play with some more adventurous positions. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and, while lifting the chest, slowly press your torso as far forward as you can comfortably go without rounding your back. Reach your hands to your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



15. Reclined Butterfly Pose

This version of the yogic butterfly pose will open up your hips and stretch your inner thighs. It targets the muscles that are constantly stretched and challenged in a multitude of sexual positions, enabling you to be strengthened, loosened up and ready for your partner. HOW TO DO IT: Lie on your back and, keeping the tailbone down, bend your legs toward your chest, soles of the feet together. Grab your feet and pull them toward your chest as you use your elbows to press the knees outward. Be careful not to let your head arch back too far. Keep the neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga Poses to Help Bad Knees



What Do YOU Think?

Have you ever done any of these exercises? Have they had an impact on your sex life? Are there any others that you swear by to give you an extra boost in the bedroom? Share your experiences and suggestions in the comments below!

13 Exercises Every Man Should Do to Improve His Sex Life

Sursa: [livestrong.com](https://www.livestrong.com)

13 Exercises Every Man Should Do to Improve His Sex Life

Overview

Want to give your sex life an added boost? It's as simple as

hitting the gym. Exercise increases energy, tones your muscles, burns fat and improves your mood and self-image. But for more reasons than you may know, exercise can also improve your sex life. For instance, research shows that if you burn as little as 200 additional calories a day, you can lower your risk of erectile dysfunction. In addition to cardio and strength training, stretching is also loosens you up, enabling you to experiment with different positions. So even if you already have a pretty great sex life, try incorporating these 13 exercises and stretches into your workout routine and reap the benefits in the bedroom.



1. Kegels

You read that right. Kegels are a beneficial exercise for men, too. They improve endurance and control by toning and strengthening the pubococcygeus (PC) muscles (the muscles that stop the flow of urine) and the perineal muscles (the muscles that support erectile rigidity and provide the power behind ejaculation). “Pelvic floor muscle training can prove helpful in many situations: overactive bladder, erectile dysfunction [and] premature ejaculation,” says Andrew L. Siegel, M.D., co-creator of the Private Gym pelvic floor muscle-training

program for men. HOW TO DO THEM: Start by interrupting the flow of urine when going to the bathroom to get familiar with the PC muscles. Once you're familiar with them, your goal will be to progressively increase the squeeze duration, intensity and number of reps until you tire. But when you do them, don't hold your breath, push down or tighten your stomach, buttocks or thigh muscles. Work up to five-second squeezes, relaxing in between each contraction, for 10 to 20 reps.

How to Treat Erectile Dysfunction Without Medication



2. Plank Pose

Holding a plank is one most effective ways to increase your endurance and stamina at the gym and in the bedroom. Planks give your arms staying power for missionary or other on-top positions. They also strengthen your core, which helps to improve thrust and supports your back to prevent injury. HOW TO DO IT: Start at the top of a push-up with your hands shoulder-width apart, arms strong and pelvis level. Think of your body as a solid wooden plank. While there, engage the abs, squeeze the inner thighs and butt cheeks together, tighten the quads and press the heels back so the feet are

flexed. Hold for at least 20 seconds and work up to two minutes at a time. Do one to 10 reps a day, depending on the length of your plank holds. You can modify the pose by doing your plank on your knees, keeping the arms fully extended to the floor or by doing plank on your forearms. For an added challenge, place one foot heel to toe on top of the other and hold for 10 seconds, and then switch legs without compromising form in the rest of your body.

30-Day Ab Challenge



3. Stability-Ball Crunches

This variation of the standard abdominal crunch requires balance and stability and targets your core. A stronger core improves your thrusting ability and strengthens your back, which can often be injured during sex, and the ability to balance in a variety of sex positions. HOW TO DO THEM: Place your middle to lower back on a large stability ball, with your feet (about hip- or shoulder-distance apart) planted firmly on the floor. Place your fingertips behind the nape of your neck, roll the shoulders back and slowly, while lifting through the chest, raise your upper body until your abdominal muscles

tighten. Take it as high as you can manage without compromising form. Slowly return to your starting position and repeat. Work up to three sets of 30 crunches.

21 Sit-Up Variations You Won't Totally Hate



4. Lying Leg Raises

Lying leg raises provide an intense core workout, which helps improve thrust and provide mild engagement in the quads and glutes, helping you last longer in upright positions. HOW TO DO THEM: Lie flat on your back with your legs stretched out in front of you. If you have any back issues, fold a towel and put it under the small of your back. With precision and control, raise your straight legs up toward the ceiling and stop when your legs are perpendicular to your body and the floor. Then, slowly lower your legs back down until they are about an inch off the floor. If the exercise feels too easy, try to lower more slowly. Repeat five times then rest for 30 seconds. Start with three sets and increase repetitions and sets as you get stronger. To modify this exercise, start with your legs bent at the knees and calves parallel to the floor. From there, straighten the legs to the ceiling then slowly

lower the legs back into the bent-knee position. Lower your bent legs toward the floor until the toes are an inch from the ground. Return to the start and repeat.

3 Cardinal Rules of Fast Six-Pack Abs



5. Push-Ups

Push-ups strengthen your upper body and core, providing increased all-around endurance and enabling you to rock those on-top positions during sex. If you commit to doing them regularly, you'll notice a difference in your staying power, your ability to maintain a strong thrust and your overall core and upper-body strength during sex. HOW TO DO THEM: Begin in a plank position, hands directly under the shoulders and feet hip-distance apart. Do not allow your pelvis to sag too low or lift too high. Lower your chest to the floor and slowly press back up. Do as many of these as you can manage at least twice a week. To modify, take your feet slightly wider apart or drop to your knees, keeping a solid plank position from your neck to your knees. For added intensity, bring your feet together and your hands in slightly. Try adding a clap between push-ups or do one-armed push-ups if you're feeling really strong.

30-Day Push-Up Challenge



6. Stability-Ball Bench Press

The bench press strengthens the pecs, deltoids, forearms, biceps, triceps, lats and abdominals, especially when done on a stability ball. That increased muscle mass and decrease in fat (though regular exercise and a healthy diet) not only makes you look and feel better, it will also prepare your body for whatever you and your partner choose to do between the sheets. HOW TO DO THEM: Place your middle to lower back on a large stability ball with your feet planted firmly on the floor about hip- or shoulder-distance apart. From a goal-post position, push a pair of dumbbells (start with 20 pounds and increase from there) straight up, directly over the chest. Do three sets of 25 reps. Being on the stability ball will provide the added core and balance workout – also great for enhancing your bedroom performance!

Get Superhero Arms With Ascending Trisets



7. Squats

Because squats are known to increase testosterone levels and to increase blood flow to the pelvic region (making orgasms more intense), they're an incredible exercise for enhancing sex. They'll also strengthen your lower body for a more powerful thrust both while you're on top and while your partner is on top. HOW TO DO THEM: With a dumbbell in each hand held straight down at your sides, bend at the hips and knees to squat as low as you can while keeping your back straight. Keep your shins as vertical as possible and your knees directly over your ankles. As you lower, slowly raise your arms straight out in front of you to shoulder height. Drive through the heels and you will naturally lean forward a bit in the upper body for balance. Slowly rise to standing as you lower your arms back down to your sides to complete one rep. Do at least 15 reps.

12 Essential Squat Variations to Try



8. Stationary Lunges

Lunges in general are great for building strength, endurance, mobility, balance and core stability. But lunges also increase blood flow to your pelvic region, enhancing your action in the bedroom. They'll help out when you could use an extra dose of balance and hip flexor mobility or when you'd like to go a little longer. HOW TO DO THEM: Stand up straight and tall – holding a pair of dumbbells at your sides for added intensity – then step one foot forward about a foot and a half. Bend both knees to 90 degrees, stopping when your back knee is about an inch from the ground. Be sure to keep your front knee doesn't pass over your front toes. Drive through the front heel to stand back up. Do 15 reps before switching legs or alternate legs as you go.

11 Simple Ways to Add Variety to Your Strength-Training Routine



9. Interval Training

Doing interval training will increase your stamina and endurance. And you can do intervals just about anywhere – outside on a track, at the park or on a bike, elliptical, stair climber or treadmill. HOW TO DO IT: After your warm-up, start your intervals at full speed, going as hard and fast as you can, and push yourself for at least 30 seconds. Then back off for a minute or two. Repeat this several times. Add these to your workout a couple of times a week and soon you'll be ready to go longer or be ready whenever your partner wants to go again.

The Optimal Training Program to Build Strength and Performance in 4 Weeks



10. Upward-Facing Dog

Upward-facing dog is a yoga pose that stretches the core, psoas and hip flexors, increasing energy and blood flow to the pelvic area. This stretch also protects your lower back for any heavy lifting you do at the gym or bedroom. HOW TO DO IT: Lie on your belly with your legs hip-distance apart and the tops of your feet on the floor. Bring your hands to the sides of your chest and lift your torso by pressing through your hands. Lifting all the way up, roll your shoulders back and down, lengthening through the crown of your head so you don't hunch the shoulders into the neck. Breathe regularly for 15 seconds or longer. If you are advanced, your thighs will lift off the ground.

10 Yoga Moves to Remove Stress and Relax You at Bedtime



11. Seated Straddle Stretch

If you sit at a desk or work at a computer for hours a day, it can constrict and stagnate the muscles below the waist. Doing a straddle stretch will loosen things up, bringing blood flow back to the pelvic and groin region. Increased blood flow means increased sensation, which means better orgasms. It's also an excellent inner-thigh stretch, which will enable you to introduce some adventurous positions in the sack. HOW TO DO IT: Sit on the floor with your legs wide apart. Flex your feet and make sure your knees are pointing up toward the ceiling. Roll your shoulders back, lengthen through the crown of the head and slowly lean as far forward as you can comfortably go while keeping your back straight. Reach for your calves, ankles or toes and breathe deeply. With each exhale, take your stretch a little deeper without curving or hunching your back. Hold the position for five to 10 long breaths.

Yoga Poses for Flexibility



12. Reclined Butterfly Pose

This stretch loosens up your inner thighs and your hips, the muscles that are constantly stretched and challenged in a variety of sexual positions. By adding the butterfly stretch to your workout, you'll be strong, loosened up and ready for action! HOW TO DO IT: Lie down on your back and bend your legs in toward your chest, soles of the feet together and your tailbone down. Grab your feet and pull them in toward your chest as you use your elbows to press the knees out. Be careful not to let your head arch too far back. Keep your neck and spine relaxed. Hold this posture as you continue to press the knees outward for 15 to 20 seconds.

Yoga for Runners



13. Twisting Forward Bend

This two-part stretch will feel like a full rejuvenation to a lot of those muscles that tend to fatigue easily. It reaches the inner thighs, hamstrings, obliques, pecs, triceps and lats. If you only do part one, you'll notice a huge difference, but try both if you can. HOW TO DO IT: Sitting on the floor, extend your left leg out straight, tucking the bottom of the right foot flat against the left inner thigh (right thigh flat on the floor). Twist your torso so your chest is squared toward your bent right knee. Wrap your right arm toward the back and around the back of the waist and try to grab hold of your left thigh with your right hand. Take your left arm/hand and reach for your calf, ankle or toes, without bending your left knee. Roll the right shoulder back and open the chest by pushing the middle back forward. Breathe and hold this stretch for several seconds up to a minute. For the second part, release your right arm and move it slowly up toward the ceiling and around toward the toes. As you do that, take the crown of the head toward your toes. Bring your right palm down toward the floor and, with each breath, lengthen through the right fingertips toward your left toes. Breathe

and hold for about 30 seconds. Slowly rise, bring both legs forward to shake them out and switch sides.

Yoga Postures to Help Bad Knees



What Do YOU Think?

Have you ever done any of these exercises with the intention of improving your sex life? Are there others you've tried? Share your experiences and suggestions with the Livestrong community in the comments below.

15 Exercises Every Woman Should Do to Improve Her Sex Life

Sursa: [livestrong.com](https://www.livestrong.com)

Cum sa crești un copil

rezistent emotional. 20 de tehnici simple si de efect

Anul trecut, un studiu realizat pe 1.600 de adolescenti a aratat doua trasaturi pe care le aveau in comun cei mai rezistenti din punct de vedere emotional. Acesti copii au raspuns afirmativ la aceste doua enunturi:

1. Am parinti care tin la mine
2. Am parinti care ma asculta.

Studiul, realizat in Australia de Andrew Fuller, un renumit psiholog de copii si adolescenti, a dezvaluit, astfel, de unde porneste rezistenta emotionala a copilului si ce trebuie sa-i oferi tu, ca parinte.

Oricat de mult ai incerca sa-l protejezi, la un moment dat, copilul tau va fi ranit emotional: poate va fi necajit la scoala de alti copii, ori prietenii il vor lua peste picior pentru ca nu are cel mai nou model de telefon. Copiii pot fi destul de rai, iar al tau poate ajunge sa sufere din motive care tie ti se par banale.

Tocmai de aceea, trebuie sa-l inveti cum sa fie puternic pentru a face fata mai usor provocarilor.

Iata 20 tehnici simple prin care tu iti poti ajuta copilul sa fie puternic:

1. Nu-i mai spune "Sunt ocupat! Am treaba! Nu pot acum". Pentru un copil, dragostea nu se traduce prin cadouri, ci prin timp si atentie.
2. Inchide telefonul mobil, tableta, laptopul, televizorul si ofera-i copilului tau timp de calitate, sansa unei comunicari

adevarate.

3. Atunci cand ii vorbesti, priveste-l in ochi.

4. Asculta-l cu adevarat! Nu-l intrerupe, fii interesat de ceea ce spune.

5. Nu renunta la ora de povesti, inainte de somn.

6. Fii calm. Sau propune-ti sa fii mult mai calm decat esti acum.

7. Petrece timp doar tu cu el, mai ales daca in casa mai sunt si alti frati. Momentul de 1 la 1 este foarte important. Pentru ca atunci cand vine vorba despre subiecte delicate este foarte putin probabil sa vorbeasca in prezenta altor persoane.

8. Oferă-i multe imbratisari si mangaieri.

9. Zambeste-i de fiecare data cand te cheama, cand te intreaba ceva.

10. Fa-ti timp sa nu faci nimic. Stati cu totii relaxati, fara a fi presati de un program.

11. Cand lucrurile sunt complicate, nu le complica si tu mai mult. Daca ai un copil care plange nervos, pastreaza-ti calmul. Daca te enervezi, nu vei rezolva nimic. La fel si in situatiile in care esti pus in fata unui comportament mai dificil al copilului. Tu esti adultul si trebuie sa dai dovada de maturitate, maiestrie si finete in astfel de situatii.

12. Oferă libertate! Daca mergeti la restaurant, lasa-l sa-si comande singur. Incurajeaza-i independenta si fii mai mult un ghid si un observator atent, nu un conducator.

13. Scrie de mana mici biletele vesele, ori cu mesaje de afectiune sau incurajare.

14. Jucati-va pe covor, stati pe iarba. Prima si cea mai importanta punte de legatura cu copilul este prin joc.

15. Pastreaza toate cadourile pe care le primești: de la castane, felicitari stangace, flori de camp. Pastreaza ceea ce iti daruieste si tine cadoul la vedere. Va simti ca il apreciezi mult.

16. Spune-i "Te iubesc!". Nu-ti fie teama de aceste cuvinte si, in niciun caz, jena sa iti arati sentimentele. Pana la urma, este copilul tau si el merita cel mai mult aceste cuvinte.

17. Arata-i ca-l iubesti.

18. Arata-i ca-l respecti.

19. Fii mereu acolo pentru el, la orice ora

20. Nu tipa la el, nu-l pedepsi, nu-l brusca, nu-l jigni atunci cand iti spune ca a facut ceva.

Sursa: all4romania.eu