

Genius Solutions



Expert advice from **Professor Gordon Parker**
MB BS, MD, DSc, FRANZCP, FASSA

1

Move To Stay Grooved

"I play golf 2-3 times a week. It's the only time I turn my brain off. Even when I'm driving home from the course I'm thinking about this and that." Brisk exercise may boost mood by burning up stress chemicals, upping serotonin levels in the brain and, via distraction, breaking patterns of pessimistic thinking.

3

Work The Food-Mood Link

"There's evidence some of the mood disorders may emerge as a consequence of a poor omega 6/omega 3 ratio. I married a wonderful woman who's also a great cook. Ten years ago I decided to lose weight so I cut out all sugars and took up golf. I lost 12 kilograms and now feel great."

2

Be A Social Animal

"I've been blessed with friends that I made at school. For 45 years we've been going to Bathurst at Easter. Now we're there with our kids and their kids, so there are up to 200 people there. I've got other groups of friends whose company I enjoy, but then as an only child and creative writer I also cherish my own space."

4

Hit Your Work-Play Sweet Spot

"I've changed the rhythm of my life over the past few decades to become busier - lots of downtime doesn't work for me. The right mix of work and play is related to your personality type. If you're a type A, then keeping busy is key. But if you're more passive, then lots of lying on the beach is perfect. Play to your strengths."

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Nip Misery in the Bud

Your risk of suffering depression has been overblown, but it's still miles from miniscule. "My figures would be: 5-10 per cent lifetime chance of a biological depression, and another 10-15 per cent for a non-biological depression of clinical importance that brings you to your knees," says Gordon Parker, Scientia Professor of Psychiatry at the University of NSW. Research shows you're more prone if you tend to be anxious, introverted, perfectionistic, sensitive to judgment or tantrum-prone. Lifestyle choices can help keep the black dog on a tight leash.

TWO-SECOND LIFESAVERS

Undress For Success

Follow this order when stripping in front of a woman: shoes, socks, shirt, belt, pants, underwear. *Never* stand there in shirt but no pants. The shirt is one piece of clothing women find sexy to remove, but help her with tricky buttons. She can't wait to rip your pants off? Help her with the belt.



NIKKI GOLDSTEIN
BSocSc (Psych), PG Dip (Couns), DHS,
Sexologist and relationship expert

Front Up For Gains

Front squats are a fantastic exercise. They work the same muscle groups as regular squats, with less stress on the knees and back. Keeping your elbows high and letting the bar sit on your fingertips will keep the majority of the weight across your shoulders, reducing any wrist discomfort.



GREG STARK
BSc (Ex&SpSc),
Founder and Director,
Better Being personal training

Invest Like a Pro

Be wary of buying property in a period of low interest rates and soaring home prices. Judge affordability on the assumption rates will rise to 7.5 per cent. Also, factor in the ongoing costs of property ownership: council rates, insurance, maintenance. All doable? Green light.



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