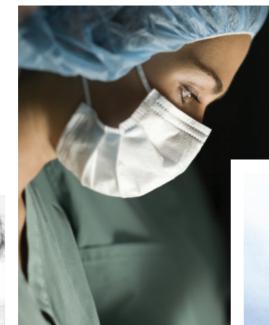# DEDICATED TO THE NHS

THIS ISSUE of *Fit & Well* is dedicated to all those working hard, every single day, spending time away from their families and putting themselves in danger on a daily basis, because of the coronavirus. Obviously this goes much further than the NHS staff – it's everyone from supermarket workers to binmen and postal staff, it's the men and women delivering to us because we can't reach the shops and the people doing emergency services from sorting out problems with gas and electricity to looking after our pets. As I write this, we still have no idea how long the lockdown will last, but it's certainly given us all pause for thought. It's a time of great stress for many people concerned about relatives and about job security but we're here to try to alleviate the stress and take you away from all that. Our wonderful coaching section (kicked off by Katy Hill on page 16) is a good start, including ideas for healthy good food and for summer barbecues and a wonderful plan to (one day) escape to beautiful destinations around the globe are all inside. Keep working out, keep taking the immune-boosting vitamins and dream of a time we'll be able to hug those day-to-day heroes who make our lives better.

Ally

EDITOR *Ally Oliver*

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KEY WORKERS THANK YOU

EDITOR'S PICKS

1. THE most divine-smelling body oil has just landed at *F&W* and is perfect for very dry skin – we've been slapping it on our hands, too. Cha Vøhtz Pure Luxe Body Oil contains pomegranate, safflower and neroli. £25, greenpeople.co.uk

2. I HAD THE good fortune to meet the author of *This Too Shall Pass* a little while ago and her book reflects the sort of person she is – warm, understanding with a hint of steel. Psychotherapist Julia Samuel shares in-depth case studies, real people dealing with personal tragedies and life crises. *This Too Shall Pass*, £14.99, Penguin Life.

3. I'M OBSESSED with Jasmine Hemsley's Wellness Wednesdays on Instagram. Try doing her face massage session as she follows facialist and model Charlotte Connoley, it feels wonderful! ∎

'A remarkable portrayal of how we need to understand ourselves to truly heal' ESTHER PEREL
'One of the most valuable books I've ever read' ADWOA ABOAH

Julia Samuel
This Too Shall Pass
Stories of Change, Crisis and Hopeful Beginnings

#WellnessWednesday Workshop