

# Thinking outside the box

WORKERS in Kingston are unsatisfied in their jobs and do not know how to unwind, according to a relaxation expert.

Janice Moore of Kingston-based relaxation training centre, The 4th R, says that people are risking their health by living chaotic lives.

The centre, on Uxbridge Road, carried out a survey which revealed that watching television is the most popular method of relaxation.

Now she is appealing to local people to get away from the box and find other ways to relax and improve their lives.

She said: "People in Kingston who come to us are not being true to themselves and are doing things in their life and

work that they don't want to do. They are compromising themselves and this leaves them stressed."

Using a process called MythoSelf, Janice trains people to relax without relying on more popular methods.

She said: "The majority of people consider relaxation as something that occurs from the outside in.

"We work to change these attitudes and the way people approach their lives.

"Television does provide a welcome escape from reality, so it's hardly surprising that 'TV therapy' was voted number 1, but if it's true that sustained stress and anxiety is the leading cause of ill-health, maybe a rapid change in attitude is needed."