YOUR COMPLIMENTARY COPY

ISSUE 18 MARCH-MAY 2014

Wings

THE INFLIGHT MAGAZINE OF ARIK AIR

Lilliput London

The best of the city for kids

LIBERIA RISING

7 GREAT REASONS TO VISIT NOW

Travel Trends

Insider tips for future-forward travellers

Contributors

Meet some of the talented people behind this issue...

Caroline Shola Arewa

Caroline Shola Arewa is a humanistic psychologist, yoga master, wellness coach, author and long-time contributor to Wings. Her pioneering and award-winning work has spanned 30 years and seen the publication of five books and features in health and lifestyle magazines worldwide. Shola is a specialist in Energy and Lifestyle Medicine and founder of Energy 4 Life wellness coaching.

She never travels without her yoga mat and journal to collect mementos. "I love everywhere I have been," she says, "The world is full of the most amazing people and that is what makes travelling so wonder-filled for me." With her background and positive outlook, she's the perfect person to tune us in to the healing power of the mind. (page 29)

Larissa Clark

Larissa Clark is the co-author of the Monrovia Visitors Map and co-director of adventure travel specialists Another World Adventures, the place to go if you're looking for an out-of-the-box experience.

When not organising trips of a lifetime for others she's experiencing them herself. She recently sailed across the Atlantic Ocean and drove with her partner in their 22-year old Nissan Patrol on a 4,500km road trip from Liberia to Senegal.

Larissa splits her time between Monrovia where she's lived for two years, London, and Vancouver. She works on a range of projects on environmental justice, human rights, social enterprise, adventure tourism and sustainable development. An adaptable and seasoned travel, we're in good hands as she takes us to her beloved Liberia (page 40)

Morgana Wingard

Morgana Wingard is a photographer based in Monrovia. Previously, she worked for NGOs and marketing companies in Washington DC and New York before "accidentally moving to Liberia."

After volunteering in the country for a week, she was so enchanted, she stayed. One week quickly turned into one year. She continues to work as a photographer, videographer, and creative director from her new base. "Photography is never boring," she says, "because you're always learning about new people and organisations and places. It's my ticket to the school of life."

Morgana is the force behind the lens of some of the photographs in our cover story (page 40)

The Regent School Abuja

• Nursery • Primary • Secondary

A SOLID INVESTMENT

- Academic Excellence
- Vibrant Community
- Strong Ethics

Call or visit us at:
1, Euphrates Street, Maitama, Abuja
1, Regent Close, Mabushi District , Abuja
+234 807 229 3289, +234 703 779 3322
www.regentschoolabuja.com

SEAT 1A

HEALTH & BEAUTY

Well-being, inside and out

Mind Medicine

New discoveries about the healing power of the mind can combat the damaging effects of stress from personal pressure and excess work and travel.

WORDS CAROLINE SHOLA AREWA

© Jonathan Pangle

Caroline Shola Arewa

It is safe to say that we each desire abundant health and wellbeing. Living a long, healthy life is considered a great blessing. Being physically fit, mentally astute and emotionally stable allows us to enjoy life to the full. We are able to relate easily with family and friends, be satisfied in our work and pursuits, and take pleasure in our broader relationships. We work, we play and enjoy life. That is, if we are healthy.

It is said that 'health is wealth', and anyone who has struggled with the reality of serious illness knows how true this statement is. When facing the fears and distress of just how impermanent life is, we quickly realise who and what is truly important. It seems that all over the world, people are facing an increasing amount of illness, much of it stress-related. Don't underestimate stress. It is responsible for a great many issues, and it affects people all over the globe.

Under Pressure

The American Institute of Stress estimates that 60–90 per cent of accidents at work are due to stress. Stress causes tiredness, lack of sleep and mental distractions that can lead to fatal accidents. Absenteeism is another costly result of pressure in the workplace, with millions of dollars – and naira – lost every year in productivity. And now we are seeing a new phenomenon known as 'presenteeism' – this is the act of showing up to work, but failing to function adequately once actually there. We have all witnessed colleagues who are so

© iStockphoto.com

Don't underestimate stress. It is responsible for a great many issues, and it affects people all over the globe.

WELL-BEING CHECKLIST

Some methods to support greater health in your body, mind and spirit

VISUALISATION
Creating positive images of health supports the body to heal. With your inner eye, see yourself free from illness and pain. Your perception creates good feelings and emotions, which in turn release chemicals, such as endorphins. Endorphins are both analgesic and sedative, comprising the ability to reduce pain and relax your whole body.

FAITH
Dr Herbert Benson has spent over 30 years studying the effects of faith. The faith factor certainly appears to aid in recovery from illness, such as heart problems, which are the biggest causes of death in the USA. In many cultures, faith is the primary medicine. Due to the connection between mind and body, science is now demonstrating that our hopes and beliefs can have proven and effective physiological benefits.

MEDITATION
Many people proclaim the benefits of meditation. It has become very popular in recent years, because studies show that just 20 minutes of silent mediation a day improves energy and vitality levels, strengthens the immune system and improves cardiac health. The mind also benefits from being more focused, clear and rested.

Feeling Free
A beach in Freetown, a natural setting to help reduce anxiety

exhausted they can barely focus or function. This distressing state can result in unnecessary mistakes, too much time spent on minor tasks, reduced quality of work, anger and frustration, resentment and low morale. Research suggests that stressed workers not only place a strain on the immune system, but are also at an increased risk of mental health problems, ranging from anxiety, substance misuse and most prevalent, depression. What can we do to ward off stress, maintain mental health and keep serious illness and disease at bay?

Distress to Success

Advances in medicine and healthcare continue to bring us medication, operations and procedures that can reverse disease and bring about lasting health. However, there are also complementary approaches to healthcare that we can utilise to reduce stress, prevent illness and enhance our health. We are learning from neuroscience and quantum physics that our thoughts and the mind have the power to heal. A new paradigm is emerging in healthcare that advocates a move away from one-size-fits-all towards a more

© iStockphoto.com • © Victor Pelaez

Do you speak to yourself in an encouraging and positive manner, or do you abuse yourself with words of fear, doubt and negativity?

personal approach to health and healing. We are increasingly recognising that we hold the responsibility for our wellbeing within ourselves. And the more we are consciously aware of our thoughts, beliefs and actions on a daily basis, the more we will prevent illness occurring.

Lifestyle Medicine

Health is not limited to physically being without illness: it is broader, and extends to our spiritual health and emotional wellbeing. It is how we live life that matters. In fact, we are now seeing a rise in what is termed 'lifestyle medicine'. Lifestyle medicine recognises that it is what we think and do every day that makes the difference; what we choose to eat, how much exercise we indulge in and the length and quality of sleep we experience daily. Most important of all is what we think and say to ourselves on a regular basis. Do you speak to yourself in an encouraging and positive manner, or do you abuse yourself with words of fear, doubt and negativity? Your happiness and achievements in life are a direct result of what you tell yourself. Whether you say you can, or you say you can't, you are always right. Your psychology impacts on a molecular level, becoming your biology, which in turn determines your level of wellness.

As a psychologist and wellness coach, I help people develop optimum health and wellbeing. In order to get positive results, it is essential to utilise the power of the mind.

SERENITY SUPPLIES

Tools to soothe the mind

MIND GAMES
This web-based training system stimulates the brain to unlock your full potential. The training is founded on the latest neuroscience and cognitive studies. It involves games that improve brain health, attention and performance, and you can tailor your programme to your specific requirements, too.
Lumosity.com

SMOOTH TRAVELS
Stress can cause internal imbalance. Endorphinate is an all-natural patented formula that helps to rebalance the endorphin system, your body's own feel-good factory. This in turn promotes positive endorphin signaling, which produces an increased sense of calm, balance and pleasure. This is a good adaptogen to combat the stress of flying.
ponderapharma.com

GUIDED MEDITATION
Use this simple tool to relax, re-focus and re-energise in just a few minutes with short guided meditations that help you become a positive force in your own life.
just-a-minute.org

JOIN THE JET SET FOR
A WORLD CLASS CASINO EXPERIENCE.

Live it up in style and luxury while you play your hand at everything from Roulette, Blackjack, Easy Poker, Stud Poker, Baccarat, Texas Hold 'Em Poker and Bingo to lots of slots.

VIP SPECIAL OFFER
Bring this advert with you and enjoy free entry, a complimentary mouth watering meal, drinks and up to $300 in double up vouchers, on the house.

WHERE WINNERS PLAY
JACARANDA CASINO
www.jacarandacasino.com

ABUJA | Sheraton Towers +234(0) 803 949 3514 · PORT HARCOURT | Beverley Hills Hotel +234(0) 8109 864 225 · OWERRI | Concorde Hotel +234(0) 8067 890 604