

AFRICAN LEADERS

FALL 2021

MAGAZINE

THE GLOW-UP ISSUE

The guide to improve your finances, career, business, health and lifestyle.

With Penda Invest and Cecilia Lokange

DR AMIRA OGUNLEYE

"Legacy isn't about what you leave for people, it's about how you impact people when you leave..."

MOZAÏK 2 DESTINÉES



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Editorial Note

Does life have a real meaning without growth ?

Growing, evolving and going to a higher level is a common aspiration. However, it requires making decisions, having faith and resources, and taking action.

Becoming a better version of ourselves has a cost that often looks like sacrifices, tears, and challenges at all levels. And that's what we call: the Glow Up process.

A LeadHer is that, a woman who takes charge of her life, who is constantly evolving in her character, her life situation, her relationships and/or her career and ventures.

She is in tune with who she is, she continually strives to discover herself and does not hold back from shining.

This issue is a guide, an inspiration for all those who wish to go further in their finances, careers, business, state of mind, health, beauty, and more. The goal is to be encouraged and inspired to reveal our most authentic and powerful selves.



Founder & Editor-in-Chief

How we behave with money is deeply rooted in how we think about money and fear can be crippling.

But what you deny or ignore, you delay. What you face and accept, you conquer.

ARESE UGWU

Finances & Investments

Photo credit: @Pendainvest



INTERVIEW

PENDA



Crédit photo : IG @Pendainvest

WINVEST

What encouraged you to invest in real estate?

Freedom. Real estate is one of the only secure area where financial security is possible. Investing allowed me to not be dependent on this system which is sometimes unfair. And today I can imagine and plan my life however I want. My first ambition was to buy a property and see what it could be like, and in the end, I kept acquiring more properties. It became like a drug!

INTERVIEW

As an real estate investor, can you share with us the two main challenges that you encounter on a daily basis?

The first challenge is discipline. Being an investor requires a special routine and discipline. All you need to do is slip on a cog and everything can fall apart. This requires an excellent hygiene of life.

The second challenge is knowing how to differentiate my professional and personal life. This is certainly the biggest challenge you face as an entrepreneur. You are driving your boat alone without anyone to guide you. There is no predefined working schedule or even a workplace. It's up to us and sometimes the pressure is such that we can quickly lose control and that can affect our sanity, which has happened to me before. Now, I have set up a schedule with days when I forbid myself to work and I remain unreachable so that I can have time for myself.

Why did you decide to share so much on social networks (Instagram and YouTube)? What message do you want to spread?

When I started out in this industry, I realized that many had received ideas about real estate and investing in general. That it was inaccessible when you weren't earning at least 5k € / month or if you weren't from a wealthy background. However, I personally come from a very popular background, with working parents, a mother who was a former cleaner and a father who was a storekeeper. One day I realized that my surroundings could be either an excuse or a strength. And I made it a strength and my goal when I started on social media was to be able to show that everyone, if they give themselves the means, can have access from near or far to the investment world, whether it is real estate or something else.

My wish is to be able to demystify this sector as much as possible.

Financial education is not necessarily taught to the general public, do you have any ideas on how to improve it?

Yes unfortunately it is still rarely taught ... I can see only one thing to remedy this, it's to include this subject in school, started in high school for example. It would be interesting to explain to the students some basic things such as the importance of saving early, the different investment accounts they will have access to, but above all that to avoid doing sports betting with their money which is a real scourge among young people today. It would have a HUGE impact on them, that is for sure.

”

EVERYONE CAN HAVE ACCESS TO
INVESTMENT AT SOME POINT...

Can you tell us a little more about “Get The Push” and your profession as a real estate consultant?

"Get the push" is my second real estate investment training program. My goal as a coach and consultant is to be able to support my students to succeed without stress and with success in their first acquisition. In this program, I truly reveal all the keys and secrets that have allowed me to get to where I am today. This program is very important to me, I am very proud of it, it helps dozens of people every month to get started and finally achieve their freedom. Being a real estate trainer was really a revelation for me, being able to contribute to the financial success of my students ... This has no equal!

THE IMPORTANCE OF FINANCIAL EDUCATION



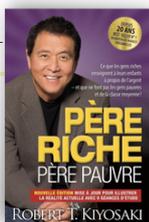
Today, financial education is no longer optional or reserved for a caste of connoisseurs. To manage your finances well, you need to be educated and know the basics such as debt management, savings and investments. There are many ways to access financial education affordably, whether that's by listening to financial podcasts, using social media, reading financial books, or even consulting with a finance expert. We've put together some great resources that will help you educate yourself for your financial well-being!

Tools for your financial education

Tools to learn how to manage your personal finances and have the right mindset.

Rich Dad, Poor Dad from Robert Kiyosaki

A classic from Robert Kiyosaki, one of the pioneers of financial freedom since the 90s. His book is ideal to understand the basics of finance. You will learn how to choose the right investments and take action quickly.



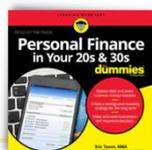
Heureka

A YouTube channel about finances and economics. The episodes are written as dialogues in order to facilitate understanding.



Personal Finance in your 20s & 30s

This book includes both a theoretical part and a practical part. Everything explained is done in an accessible way. This is a useful book even if you are not in your twenties or even thirties. Unfortunately, it is only found in English.



Budget chéri

A podcast hosted by Delphine Pinon passionate about the subject of personal finance while avoiding economic jargon as much as possible.



Clever Girl Knows



A Real crush !

This podcast covers topics related to business, finances and life. You can find very interesting interviews and practical advice. So if you need help getting rid of debt, saving money, and wanting to learn more about how to make your money grow, then you absolutely must listen to this amazing podcast! There is also a YouTube channel and a site.

The Money Manual from Tonga Rapley



Tonya Rapley is the CEO and Founder of My Fab Finance. Tonya wants you to be in control of your power and break the life cycle of living from paycheck to paycheck. The author provides actionable advice and even a built-in manual to help anyone in debt or in financial difficulty.

Invest, understand the stock market and financial markets

For those who wish to understand the challenges of finance and understand how and where to invest.

La Martingale



In this podcast, Matthieu Stefani receives financial experts, business leaders, and investors who share their experiences and advices on savings, wealth, and personal finance management.

Become a Pro Trader by Benoist Rousseau



Benoist Rousseau is an expert in the world of trading. In this guide, the author gives us all his secrets and experiences from years of research, experimentation and reflection. Everything is reviewed, starting with the basics of trading, going through the choice of your trading station and ending up with the transition to own account trading.

The Art of Trading from Thamy Kabbaj.



It allows anyone wishing to get into the financial markets to acquire the most effective forecasting methods to anticipate major movements and develop strategies... The author provides the necessary tools to forge a fair opinion and successful speculation in the financial markets.

7 KEYS TO SUCCESSFULLY MANAGE YOUR PERSONAL FINANCES

Wouldn't it be nice if there was a magic formula that would make you never have to worry about money or the management of your finances ever again?

While this may not be realistic, there are some simple things you can do right now to improve your financial situation. Try these seven tips for successfully managing your personal finances.

1

Know your fixed charges

Whether you are an employee or self-employed, it is important to have an excellent knowledge of your monthly fixed charges. They are often minimized and when we start to add them up, we can achieve fixed charge ratios greater than 70% of our total charges. To correct the situation, you will need to be able to question your lifestyle, which must suit your income.

Limit *(or even delete)* the use of deferred debit cards.

Deferred debit cards are a real obstacle to managing your finances. They are neither more nor less than a debt to your bank, which clearly distorts the vision of your spending during the month. Limit their uses or delete them.

2

3

Don't give in to impulse buys and promotions at the expense of your cash flow

We've all been there. You see a bag and immediately want to buy it. You don't even stop to consider the cost or if you really need it and most importantly if you can afford it. Before reaching out for that new bag, ask yourself if you can afford it and if you really need it.

Also be careful not to give in to all-out promotions. For example, when faced with a volume purchase. It is difficult to resist the temptation to buy in large quantities for a better unit cost.

However, by too often making a purely economical choice, you risk exceeding your budget. In many cases, when your budget is tight, it is best to spread the expense out over time even if it is more expensive. It is more reasonable to spend strictly what you need for the current month, and not for the next 3 months.



4

Make a monthly budget

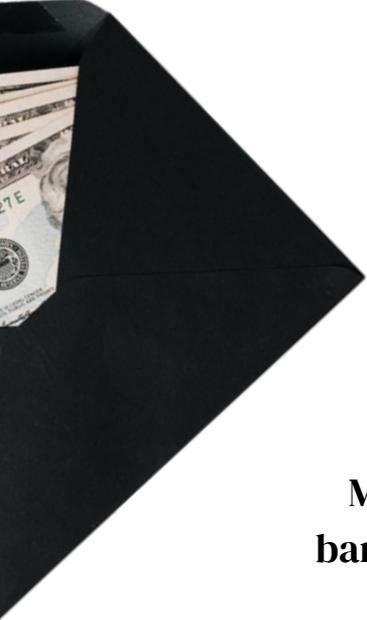
A monthly budget will allow you to see where your money is coming from and what you are doing with it. There are several ways you can manage your finances based on your preferences and organizational habits. Paper for those who prefer the physical to the virtual. The spreadsheet (Excel, Numbers, Google Sheets.) Or some applications such as Banking, quite recent, but increasingly complete and powerful, allow you to manage your accounts and your finances directly from your smartphone.

5

Automate your monthly expenses

(as much as possible)

Rent, phone bill, utilities... Like everyone else, you probably have several monthly bills to pay. But do you pay them all automatically? If you pay your bills manually every month, this has two main drawbacks. Not only does it take up your time, which you would surely prefer to devote to something else (unless your unwavering passion is manual bill payment ...). But in addition, you take the risk to forget some of them. However, your creditor will never forget you!



6

Make your banker an ally

You should see your banker as a service provider, a true partner with whom you can maintain frank and useful communication, in the service of your financial situation. Thus, your banker will be more inclined to offer you financing solutions adapted to your situations.

7

Earn extra income

Do you have a skill or hobby that you can monetize? Your talents can help you free yourself from your debts! Having multiple streams of income is the key to being more financially comfortable.

WHY AND HOW TO DIVERSIFY YOUR INCOME?

No matter how long you've worked in a company, or where you are in your career, losing your job is a possibility even when in a full-time position. Whether it's due to changes in the business, a market downturn, a disagreement with your boss, or a pandemic, the impact can be devastating. How can you protect yourself financially? One way to do this is to diversify your sources of income.

Why should you diversify your income?

Diversification will allow you to live comfortably. This implies being able to support yourself and indulge yourself in certain pleasures. For example, to buy the car of your dreams or to treat yourself to a high-end vacation. The creation of multiple incomes will allow you to establish a financial independence. A freedom that will give you the opportunity to change jobs and avoid bank loans. Finally, as soon as you start an activity, you owe it to yourself to prepare for your retirement. You are not immune to professional and personal accidents. Prepare now to ensure a comfortable pension for your old age.



Here are the most common ways and most accessible to diversify your income

Invest in the stock market

Many amateur investors have a nagging fear of the stock market, realizing that the market can go up or down, depending on different variables. However, this fear is largely unfounded; the stock market has a long history of stable growth in almost every sector and even temporary slowdowns can be easily

overcome. Investing prudently, in stocks that pay regular dividends is a good way to secure additional income.

Invest in real estate

Real estate investing can be an effective way to diversify your income. Here are 3 types of investment:

- **Rental properties:** If you have built up a lot of capital, investing in rental property is the best way to become a rentier and earn income for life. In addition, you build up solid real estate assets that you can pass down onto your heirs.
- **Invest in parking lots or garages** to rent them out. If you don't have enough capital, you can also invest in a parking space or garage. This investment requires very little maintenance. Be careful to choose the location, favoring towns where parking is often difficult.
- **Rent storage meters** from individuals or businesses if you have room in your basement or attic.

Create a side hustle

Try to use your creative talents by starting a side business. The Internet offers great opportunities for starting your own business. If you are an expert or have skills in one area, you could monetize your expertise and teach classes, become a consultant, and turn your hobby, such as hairdressing, jewelry making, into a business venture.

Improve your time management

Each source of income requires an investment of time. The biggest problem you are likely to run into while diversifying your income streams is time management. Fortunately, the following tips can help you overcome this problem:

- **Remember your main activity.** Your main activity should be your main priority. If any of your secondary sources of income start to encroach on this primary priority, you will need to reconsider your investment in this area. It is better to do one thing right than five things wrong.
- **Delegate when you can.** If you have the opportunity, consider delegating some of your tasks in each area.
- **Regularly rebalance the distribution of your efforts.** During your diversification process, you will want to rebalance your "portfolio" of income streams. If you find that one source is more profitable than the others, you can spend more time on it. If any of them are wasting too much time, you can remove them completely.

Diversifying your income has many advantages. It creates a financial safety net that helps you get through tough times and opens you up to new opportunities.

Go ahead and start diversifying your income!

THE CONCEPT OF DELAYED GRATIFICATION

What is Delayed Gratification ?

Did you ever find yourself wanting to splurge on an item or have the urge to do something but a voice in your mind tells you to wait ? Because it is not the time, because you have other priorities, or because you are working towards a goal that requires a little bit of sacrifice. Well that is the principle of “delayed gratification”.

By definition, delayed gratification refers to the ability to resist to the temptation of an immediate pleasure in order to obtain and gain a valuable and long-lasting reward in the long-term. For instance, you are planning on buying a home but you would gladly enjoy taking days off from work now. However, you prefer not to go on vacation to save money towards the down payment of your future home. Resisting to go on vacation now can turn out to be a great decision for your future.

Why is Delayed Gratification important ?

We live in a world where everything is instant and is happening now. Everything is microwaved and available in one click. Hence, we lack patience and it gets extremely hard to wait for anything, even our goals and dreams. However, some things require time, sacrifice, and actual work.

Evolving and growing in this life will require 90% of the time the practice of delayed gratification. It gives us a perspective for our life and future. By doing so, we build up our character and our patience. In life, nothing is actually handed down and we must put the necessary effort towards what we desire. Indeed, every important aspect of life takes time like building a relationship or friendship, building a career, raising kids, saving money, and even investing.

“ Nothing really worth having in this life comes quickly or easily. If it did, I doubt that we would ever grow. ”

Eknath Easwaran

3 Tips to master delayed gratification:

1. Ask yourself the right questions - Who are you? Who do you want to be? What kind of life do you ultimately want to live? By doing so you will be able to establish your goals and plans for your life. It will give you perspective and a sense of purpose. Hence, you will have your "Why".
2. Shift your perspective - Are the things you desire now so important that you cannot wait? The truth is the handbag, the vacations, the restaurants are not going anywhere. Hence, if your eyes are fixed on your goals you will easily forget about the little things that will bring you satisfaction now because you know that a greater gratification is on the way. And it feels amazing when we get to accomplish our dreams and desires.
3. Shut down distractions - Delayed gratification will force you to be mentally strong and say no to a lot of things. In fact, family, friends, or a certain lifestyle can distract you from focusing on your goals. Therefore, you must have the courage to say "no, not now". There is absolutely no need to keep up with the Jones. And, yes people will think you are weird or selfish but always remember your "Why".

Opportunities are not offered, they must be ripped off. And that takes perseverance and courage.

MARIE-CHRISTINE BEUGRÉ



Business & Career



Dr **AMIRA OGUNLEYE**

Originally from the land of Egypt, Dr Amira is a wife, mother, daughter, sister, friend, award-winning cosmetic dentist, and business woman. As she wears these multiple hats with determination and grace, we were eager to know where her work ethic came from as well as her aspirations.

As a daughter of Egyptian immigrants in the United States, she did not come from a wealthy background and the memories of her family lacking is what gave her the drive for a better future, as she explained. She was well taken care of by her older sister Dr Ronia Baker who introduced her to dentistry.

After graduating from the well-known Howard University, her sister and herself decided to open their own business practice named Beautiful Smiles. Indeed, their vision was above just plain dentistry, they wanted to give people their confidence and self-acceptance back. And what is better than a beautiful smile. It is their way of impacting people's lives positively.

Beyond that, Dr Amira is an advocate for women empowerment and believe that as you go to the top do not forget to pull other people up. She aspires to inspire through excellent work ethic and with purpose. One way that she uses to inspire is to share her work, business, and values on social media. She continuously gives advice and mentors young aspiring dentists. This is her legacy.

Her strong values, faith, and culture help her to juggle all of this while maintaining a healthy family. Indeed, a part being a busy working woman, she is a very dedicated wife and mother and this is her priority. Dr Amira emphasizes the fact that at home she is not the boss and that each role that she has requires a different side of her which might not be easy but it is crucial for a balanced life.

INTERVIEW & PORTRAIT

"You must become so detailed & excellent at whatever it is that you are doing that when people think of your area of expertise, you are the first one that comes to mind and they can't take their eyes off of you and your work."

Three words that describe you as a woman today ?

Ambitious, compassionate, and purposeful. The most important for me is purposeful. As we grow older, we pray and hope to find our purpose on Earth. Knowing what is my purpose and why God has put me here for is what I am more proud of.

What are the key ingredients to pick the right career ?

I believe it starts from passion. You have to find that tugging on your heart, that excitement, happiness, and fulfillment. You can only become truly accomplished at something that you love. Once you find that thing... don't chase the money. Chase your craft and the relationships you will build.

You must become so detailed, so excellent at whatever it is that you are doing that when people think of your area of expertise, you are the first one that comes to mind and they can't take their eyes off of you and your work.

A mantra you are living by career wise ?

Nobody cares how much you know, until they know how much you care. And when you truly care about people, when you pour into them, when you leave them feeling better after experiencing you or your brand, when you deliver more than is expected: This is when you will achieve the highest level of success.

What does work ethic means to you and why it is important ?

There is a quote that says "if people don't know you for your work ethic, you are not truly working". I believe that the harder you work for something, the more amazing you feel when you achieve that goal.

The reason I go so hard is also because of my humble beginnings. When you come from nothing it is easy to work hard because you remind yourself that just like that you can lose it all and be there again. And I know that in the event where I cannot live comfortably, it won't be because I did not work hard enough for it. So, I thank God for the struggles because it shaped me into who I am now.

What was the vision behind your company "Beautiful Smiles" ?

My older sister started the company while I was in school and it just started to be a simple dentist office. As time went on, I realized that It was a great opportunity to be a representation and that it was more than dentistry. And I started to understand how impactful being who we were, two African immigrants sisters in a white male industry was. It is all about changing the ratio of more women, people of colour, and immigrants in higher positions.

What legacy would you like to leave to your children and the world ?

Legacy is not what you leave for people but what you leave IN people. I want my legacy to fill the insides of people's hearts with a memory of someone who impacted the lives of others. I want my legacy to be defined by lifting as you climb. Remembering that at the end of the day, it's not about all your accolades or how high you rose. However, it's about who you lifted up, who you encouraged, what you have given back and who you have inspired and impacted.

What a Leader !





BUILDING CONFIDENCE IN THE OFFICE IN 8 POINTS ...

How to be more assertive? How to increase your self-confidence? How to dare in an environment often strewn with pitfalls and people devoided of benevolence. How to surpass yourself without distorting yourself?

1 Prepare !

There is no secret. To be reassured, you have to master your subject. This requires real preparation. Before meeting with a client, do in-depth research on its industry, its latest news, and the news of its competitors. Identify his need. What are you going to sell him? What are you going to promise him? Why your business and not another?

2 Learn how to sell yourself !

Who are you ? Learn to talk about yourself in 1 min, 2 min and 5 min. Make the other person want to know you and work with you.

3 Get the training !

We often tend to think that the training received and the diplomas obtained are sufficient. The diplomas only give you a kind of temporary "free pass", which will be confirmed or invalidated at the end of your probationary period.

It is essential to get additional training, constantly, and systematically. It requires rigorous involvement, not only in your daily tasks, but also outside of your working hours. We operate in a world where access to information has become fluid, almost instantaneous. So, enjoy it and keep learning about your industry.

We advise you to take the time to read, to look at the information. You are fans of Netflix, enrich your viewings: watch documentaries, reports on current events. Discuss and keep in touch with your former colleagues. Talk about your job around you; while of course being careful not to divulge confidential information.

4 Enrich your circle !

Not yet registered on LinkedIn? Take a break from reading this article to remedy that. Register and subscribe to the accounts of people who inspire you professionally. Follow their news and interact with them. Take part in debates, conferences, webinars. You will meet people there, and maybe have the chance to find a mentor.

6 Be Humble !

There is no shame in not knowing. Keep in mind that you have room for improvement, that you will learn and improve over time. No one expects you to be the next Einstein. Be humble, recognize your mistakes when you make them, and be careful not to repeat them.

5 Get out of your comfort zone !

Even if your first team meeting interventions are limited: "I agree"; "I also think it's a good idea"; "May I also assist you on this mission?" I am interested in the subject and it will allow me to learn more "- it is important that you show your interest in some way. To make this easier, we recommend that you spend a little more time with your colleagues to get to know them better.

It is true that sanitary conditions do not allow it as much as before - but if possible, organize team lunches once every two weeks or once a month. Accept to go to Afterworks if we offer it to you! You immediately feel more serene, when you are in meetings with people that you "know".

7 Value your work !

As much as we advise you to take responsibility for your mistakes and learn from them, we strongly encourage you to value your work because others will not hesitate to take responsibility for it. Did you get good results? Your client has informed you by email of his satisfaction, do not hesitate to forward the email to your manager, in order to show him that you are managing and monitoring the file and that he can therefore trust you. This is how you will progress and be given more responsibility.

8 Let it go !

Remember that your job is part of your life, but that your life should by no means be reduced to your job. In other words, go out, enjoy your friends, keep your personal life balanced. You will need it to face this professional world, sometimes difficult and challenging!

Bonus Tip:

We invite you to follow

Tiana Mayembe

on Instagram. Her advice will be more than useful to you in any situation you may have to go through.

**Focus on the business
world**

6 INDUSTRIES WHERE TO INVEST IN AFRICA

Top 10 most attractive African countries for investors *



The Africa Investor Attractiveness Index 2020 is based on the responses provided by African business leaders to the following question: "Which African countries do you find most attractive to invest in at the moment?" (Cabinet Deloitte)

Thanks to a globalized economy, the African continent has become an El Dorado for investors looking for business opportunities. As a result, the continent is the preferred destination for expanding business activities and this is not too surprising considering that half of the countries with the highest growth rate in the world are in Africa. Investing in Africa is the new trend for business tycoons. But what exactly are these sectors? Renewable energies, agribusiness, not to mention access to tourism, are all very lucrative sectors and ensure the economy of the continent. Discover 5 promising business sectors in Africa.

1 Renewable energies

Between poor performance, lack of rain and dependence, Africa is often confronted with frequent power cuts. However, there are solutions: renewable energies. Africa has vast expanses of untapped land, solar energy is one of the most abundant resources as it is available 300 days a year. According to recent studies by Irena (international agency for renewable energies), the African continent is the most favorable place in the world for the development of solar energy.

2 Agribusiness

This sector has been neglected and considered unattractive. The agricultural sector remains at the heart of African state economies. Indeed, 65% of the working population works in agriculture but this sector contributes only to 36% of the global GDP of the 54 countries. Agricultural production has experienced a significant increase over the past two decades resulting in a production three times greater than before. Despite this, the continent continues to import agricultural products to meet the food needs of its people. Faced with this situation, African states can no longer count on imports to feed their populations. The development of the sector is necessary to ensure food security and fight against poverty. The advantages: abundant labor, fertile and cultivable land.

What type of plantation to choose? The easiest way is to invest in food crops. Unlike export crops (coffee, cocoa ...) these do not need to be processed and can be directly consumed by the local population. For example tubers (yam, cassava...) which represent 20 percent of calories consumed in Africa. But also bananas, okra, chili and rice. These are commodities that require less time and less capital.

3 Payment solutions

How to send money to relatives in Kodzé while being in Lomé? The low level of household banking has long been a drag for many Africans. You had to go through a loved one or rely on a money transfer company. Mobile payment solutions have been a real answer to the challenges of sending money. Even though cash transactions remain the most preferred method of payment, mobile banking has become a part of everyday life for Africans.

4 Health & Pharmaceuticals

As we have all seen with the Covid-19 pandemic, the health sector is under-exploited in Africa. As a whole, the continent suffers from a lack of adequate hospital infrastructure capable of handling any type of intervention. This sector can be exploited very well by setting up hospitals, maternities and private clinics in many countries investing in research. All this will help to reduce the mortality rate and improve the hygiene of life.

5 Internet and telecommunications

Internet and telecommunications services in Africa exist but are insufficient as of now to meet the needs of a growing population. Existing providers face little competition and charge relatively high prices. Investing in Africa in this area to offer solutions would make common communication accessible to all. Offer better connection speed, access to larger areas, at more affordable prices.

6 Real Estate

Multinationals are settling there more and more, expatriates who decide to invest in the continent, offices and agencies which extend throughout Africa, real estate has been experiencing a real boom for several years. Without forgetting tourism which occupies a preponderant place in the economy of African countries. There are many ways to invest in real estate. Next to traditional techniques, you can turn to crowdfunding. Through a dedicated Internet platform, you can invest in African real estate projects with a fairly low entry ticket, in a secure environment and with complete transparency.

Obviously, these are only a few examples, there are many others: tourism, art, raw materials... Africa is a fertile ground for business. Beyond the clichés which can frighten and slow down, the opportunities are there. The important thing is to be well advised. Analyze your choices carefully before you start and dare to succeed!



Photographer: Angela - Make Up: Merveille - Stylist: Sweetsecrets - Model: Enrica Mas





When a girl attends school, she grows to demand the most out of life and learns to pave a career path for herself. When women rise, they reinvest back in their communities and create a cycle of prosperity.

NOELLA COURSARIS MUSUNKA



DENISE NYAKERU

TSHISEKEDI

D

Denise NYAKERU TSHISEKEDI born Denise NYAKERU is the first lady of the Democratic Republic of Congo, wife of President Félix-Antoine TSHISEKEDI TSHILOMBO for 23 years. They are the happy parents of 5 children.

Born on March 9, 1967 in Bukavu in South Kivu, Denise lost her parents when she was only 9 months old following a traffic accident on January 25, 1968. After this tragedy, she and her 7 brothers and sisters were then raised by their maternal uncle, Father Ngami Mdahwa Sylvestre, Catholic chaplain in chief of the Zairian armed forces until his death during a car accident in 1985. Another tragic episode which will forge her character and determination.

Denise studied nursing in Belgium where she met her husband. She worked as a nurse in a nursing home for the elderly "At Ariadne's Gardens" before having to leave to get involved in the presidential campaign alongside her husband in 2018.

While becoming the first lady of the Democratic Republic of Congo in December 2018, Denise gave her first speech on the occasion of the international day of women's rights on March 8, 2019. She announced that she was investing in the fight against discrimination and violence towards women in the DRC.

In May 2019, she created her foundation "Fondation Denise NYAKERU TSHISEKEDI (FDNT)" which focuses on 4 crucial axes:

- First, women's health, its objective is to support, advocate and contribute to access to healthcare for women suffering from silent diseases such as cancer but also better reproductive health through family planning.
- Second, the education of young girls and mainly those from disadvantaged backgrounds.
- Third, the fight against violence suffered by women on a daily basis through an awareness campaign and multifunctional centers which support women and girls who are victims of violence.
- And fourth, financial empowerment, its objective is to encourage and support female entrepreneurship through training and access for women to decent jobs.

PORTRAIT



Credit photo: IG @Dntshisekedi

Since the ascension of the President Félix-Antoine TSHISEKEDI to the Congolese supreme magistracy, what is commonly known as "the very distinguished First Lady" has consistently valued and promoted Congolese women. Her charisma, determination and hard work are undoubtedly promising for the country.

In May 2019, she was appointed Goodwill Ambassador of the World Population Fund (UNFPA) for her fight against violence against women. The Office of the Special Representative of the United Nations Secretary General responsible for the issue of sexual violence designated her in December 2019 "World Champion in the prevention of conflict-related sexual violence".

Denise Nyakeru Tshisekedi does not simply set out to be the voice of all those who cry in silence. But to support them and to make each Congolese woman's struggles her struggle and her mission.

THE MOTHER OF THE NATION

3 ASSOCIATIONS

Who have a real impact on the continent

The issue of Africa's development is a major issue for the world. The potential therein attracts investors from all over the world. When it comes to investment and development in Africa, the people are at the heart of the action, especially women. Even if the involvement of women is imperative, their right to freedom and independence is still very limited due to violence, wars, poverty and unfavorable economic and social conditions. There is a real general awareness and a surge of internal solidarity that is taking shape. Today, everyone has the opportunity to be part of this change. Several foundations and organizations are working for a better Africa for Africans, let's look at 3 of them together.

Sephis Foundation



As mentioned at the very beginning, it is impossible to talk about development in Africa without the major involvement of women. Founded in 2009 by Ms. Sephora KODJO KOUASSI, the SEPHIS Foundation offers a platform for the training and education of young African women in leadership. This Foundation focuses on improving the social and economic conditions of African women by enabling them to have more power and autonomy. It is currently present in 5 countries including Senegal, the Democratic Republic of Congo, Togo, Liberia, Ghana and its head office is in Ivory Coast in Abidjan.

The missions of the SEPHIS Foundation are multiple including: conscious and responsible education, the restoration of moral values of young people, and the

power of leadership and empowerment of women and many others. Today 10,000 young women in Africa and about 7,000 in Ivory Coast have benefited from the training offered by this foundation.

In 2018, the foundation's program "THE AFRICAN WOMAN OF THE FUTURE (AWF) was recognised among the African Union's 50 Best Educational Innovations. If the education and training of young women is a subject that fascinates you, it is possible to join the foundation as a volunteer.

You can find all the necessary information on their website fondationsephis.org



Panzi Foundation

Created in 2008 by Dr Denis Mukwege, the Panzi Foundation is based in the Democratic Republic of Congo and more precisely in Bukavu in the commune of Panzi. In 2018, the gynecologist and human rights activist was named Nobel Peace Prize for his fight against sexual violence as a weapon of war ravaging the Congo. The Panzi Foundation is a relay at the Panzi Hospital where Dr. Denis Mukwege operates and treats women victims of sexual violence and today he is known worldwide as "the man who repairs women".

This foundation is made up of 4 main pillars: psychological, medical, legal and social reintegration. The objectives of this foundation are to promote the rights of women, to support and accompany the victims of sexual violence and their dependents. Fight against sexual violence and finally support the actions of Panzi's Reference General. The needs of the hospital are manifold, material and financial.

To support this organization, it is possible to make donations directly on their website: fondationpanzird.co

African Women's Development Fund



It is concerned about the issue of social justice, organization for the defense of the rights of African women and the improvement of their living conditions and equity in the notions on the continent that 3 women aligned their passion. Bisi Adelaye-Fayemi, Joana Foster and Hilda Tadría, all three active African feminists and leading global experts in the field of women's rights, created in 2000 in Accra, Ghana, the AWDF (African Women's Development Fund).

This grant-making foundation was created with the aim of supporting local, national and regional women's organizations. The organisation works for the empowerment of African women, the promotion and realisation of their rights

Its mission is the mobilization of financial, material and human resources in order to support transformation initiatives led by African women and women's rights organizations. In 2014, \$500,000 was mobilized in a few weeks to support women's rights organizations fighting against Ebola in Liberia, Sierra Leone and Guinea. Since the creation of AWDF, 49.9 million dollars have been raised and 1371 women's organizations have benefited in 46 countries in Africa and the Middle East. AWDF fundraising has helped 1,200 women's organizations across the continent.

If you want to contribute to this change you can also make donations on the foundation's website: awdf.org

Show me a problem a good pair of
pants cannot fix.

ANDREA IYAMA





Crédit photo: IG@Cecilia_lconsulting

CÉCILIA LOKANGE

STYLE CONSULTANT

Cecilia, 32, is a style consultant with more than one string to her bow. After having worked for 10 years in fashion (ready-to-wear and luxury houses), cosmetics (L'OREAL) and jewelry with French and international customers, her interest in women image consulting increased.

More than a basic fashion support, she wants to allow each woman to find their style identity to have the perfect balance between personality and appearance. The content of her services allows you to acquire the basics in terms of style for everyday life but also personalized support adapted to each profile.

Her essential qualities for this profession are her ability to listen and her expertise in order to understand the needs of her clients. Each woman is unique, knowing and loving each other is therefore essential to enhance our external image through our clothing. If you want a perfect match between your interior and exterior image, Cecilia is there for you!

“ THROUGH CLOTHING WE TELL OUR STORY

What is the essential item for elevating a wardrobe ?

The timeless basics in which we feel good and which are in our colors and fit our morphology. The blazer, for example, is essential because it can be worn in many ways and for all occasions.

How to enhance an outfit ?

The choice of our accessories and our makeup are key elements to enhance an outfit, make it unique and above all to stand out.

How to know our morphology well ?

There are 6 major female morpho-silhouette categories referenced. To locate yours, you can do the following exercise on your own:

Observing your figure in front of a mirror (in underwear or in a close-fitting outfit) can already give a first indication. Then take your measurements to specify the result. If necessary, call a professional for assistance. However, each body is unique, the only projection of morphology and style that we must have has to be our own.

How to find our style ?

The process begins with getting to know yourself, knowing your identity (who am I?), Accepting yourself (loving yourself, esteeming yourself) and trusting your uniqueness. But above all, we must detach ourselves from the common opinion called "fashion". So that what is reflected is fully us: our style is our personality.

Which item every woman should invest in?

A good bag! Whether new or second-hand, a high-end bag designed with durable and timeless materials is THE piece per excellence in which to invest.

5 BEAUTY ESSENTIALS

— Glow Skin

Who doesn't want a skin that GLOWS. Here is a selection of items from one of the best African brands that will ensure you a radiant, hydrated and healthier-looking skin.

Nyakio Hydrating Facebook with Kola Nut



This oil is recommended for those who wish to reduce the appearance of wrinkles. The oil is absorbed into the skin very quickly and reviews say that it smells heavenly.

It leaves the skin smooth without a greasy film. For application, just put 2 to 3 drops on the palms of your hands and pat on a clean face morning and evening.

The little extra is that it is a vegan product made with natural ingredients and for all skin types. If you want your skin to be luminous and more hydrated, Nyakio is what you need.

Black girl Sunscreen Broad SPF30



It's the sunscreen to have in every season. Yes, sunscreen isn't just for summer and for lighter skin tones. Darker skin tones should also protect themselves from the sun and UV rays all year round. Sunscreen blocks these rays, greatly reducing the risk of sunburn. By applying sunscreen every day, you cut your risk of getting skin cancer in half. This sunscreen does not leave a gray or white film on the skin. It is vegan, cruelty-free and fragrance-free and infused with nourishing ingredients such as avocado oil and cocoa.

54 thrones Minona - The glow Body Oil

It is a body serum that is designed to penetrate deep into the different layers of your skin. It rejuvenates the skin with natural ingredients such as Egyptian jojoba and Ghanaian baobab oil. Rich in vitamins, it has nourishing properties and gives radiance and shine to the skin. The serum is to be applied after your body cream and does not leave any greasy residue. It's even said to be one of Oprah Winfrey's favorite products.



Ayele & Co Sunflower Sweet Mask

This mask helps to clarify and deeply cleanses to reveal smooth, youthful, glowing and revitalized skin. It unclogs pores, reduces rashes and evens skin tone. All natural ingredients will oxygenate your skin cells and remove all dead skin to make a way for silky smooth skin. Apply gently and generously to the face and neck.



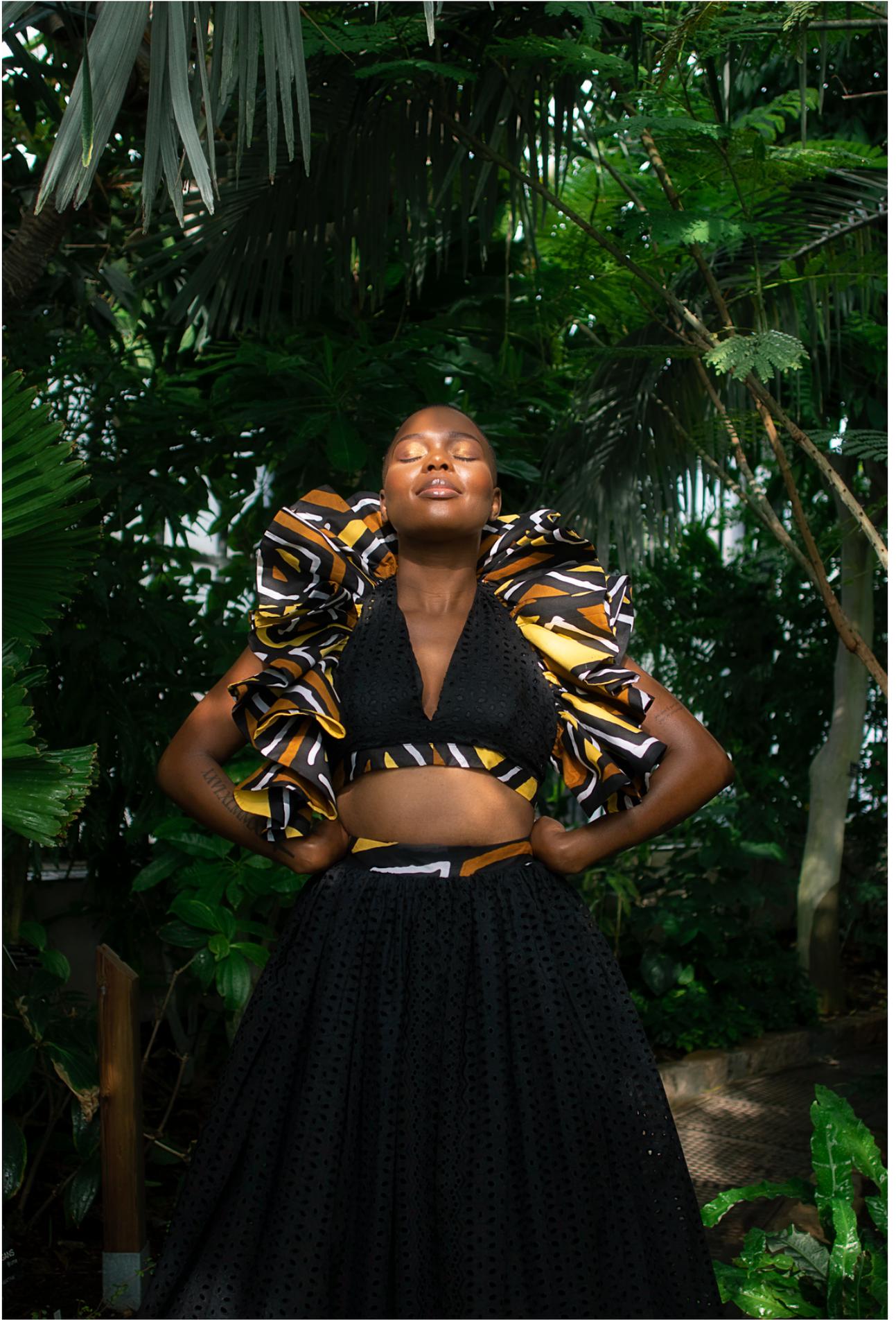
Agricology Purifying cleansing gel

And finally, we all need a good cleanser that will deeply cleanse the skin without drying it out. Gentle but very effective, it is fresh and fragrance-free, leaving the skin perfectly nourished and hydrated. It helps to balance the level of sebum to avoid blemishes and prevent whiteheads or blackheads. A must have that gives a nice feeling of softness on the skin.









DIDI STONE

THE MODERN FASHION MUSE

OLOMIDE



Credit photo: IG @DidiStone

New muse of Jean Paul Gauthier, model in the prestigious modeling agency Elite Model France and ambassador at L'Oréal Paris. Didi is gaining momentum and making a real name for herself in the French fashion industry. All with grace and sophistication!

At 22, this young woman has more than one string to her bow and we can already say that she has been able to accomplish great things. With a community of 1 million followers on Instagram who follows all these facts and gestures, Didi shows us her daily life between photoshoots with the greatest fashion designers, events, shopping, and idyllic trips!



**“In Congo,
the way we dress
is crucial...”**

It is true that on social media we only see all of the fashion and luxury side, but Didi is pursuing her studies in fashion business in Paris as well.

Regarding her style, she is a fan of great designers such as Mugler, Fendi, or Bottega Venetta. She is at the forefront of fashion with sought-after and sophisticated looks. Each of her outfits shows how fashion is not just a hobby for her but an integral part of her identity. Indeed, “la sappe” is a real culture for the Congolese population. As she puts it in her own words in vogue:

“Their philosophy is to always dress in the best possible way with elegance and authenticity. So, I was always taught to dress well and take care of my appearance. And growing up in Paris reinforced that.”

Didi is the IT girl par excellence, she knows how to diversify, showcase herself and sell herself. She has this little “je ne sais quoi” that draws all eyes to her and makes you dream. Her daily life and her adventures captivate the world and she uses this attention to good effect and brings it to the benefit of her promising career.

Aesthetic Medecine

Aesthetic medicine includes a wide range of medical procedures: botulinum toxin injections ("botox"), hyaluronic acid injections, peels, laser treatments (hair removal, vascular, tattoo removal, etc.) but no surgery.

The latter aims to beautify and improve the appearance of patients in a discreet way. It helps delay the effects of aging and small complexes on patients while maintaining good health and improving aesthetics.

Aesthetic medicine is part of the practice of anti-aging medicine. It is based on prevention and well-being, acts both internally and externally, thus allowing healthy aging and maintaining a pleasant body image.

Cosmetic Surgery

With regard to cosmetic surgery, it is a corrective practice that is intended to correct morphological abnormalities or the external appearance of the body or face that is poorly accepted by a patient. It aims to improve a person's physical appearance through surgery.

With the rise of social networks, cosmetic surgery and aesthetic medicine are more popular than ever! We can no longer hide it, according to the latest study by ISAPS (International Society of aesthetic plastic surgery) there has been an increase of 7.4% since 2019. It is both surgical and non-surgical interventions that increased (by 7.1% and 7.6%, respectively).

There is a lot of pressure these days to look young and flawless. And this particularly affects women because they are more likely to be judged by their appearance. There are plenty of programs in the media that showcase these methods by encouraging people into believing that they will be happier getting rid of a few small flaws or complexes.



MEDECINE SURGERY



Ruth
29

I am for it as long as is to enhance the beauty a little bit but not to fit the codes that society imposes and medias make us see at the risk of our lives. Cosmetic surgery these days goes further and further and the transformations are often even frightening without wondering what the repercussions will be in the long term.

Kim
23

I did injections of hyaluronic acid in the chin and injections in the lips. I was very self-conscious but in the end I feel better about myself and my self-confidence has improved. I am for aesthetic medicine because it is for the well-being and it is preventive!

Mélanie
34

I am fully in favor of preventive medicine known as aesthetic medicine. To stay healthy and I appreciate the fact that I can go to a doctor for fun, without being sick, just to help me feel better.

At the end of the day, people should do what makes them happy while being careful and thoughtful. If someone is not happy with how they look and wants to change something, there should not be an issue about it.

However, it's important to keep in mind that yes we can do everything, but not everything is beneficial. However, when there is a real physical complex and uneasiness one should try to understand where it comes from before making the decision whether or not to do cosmetic surgery or medicine.

Opinions differ on this topic but it is essential to understand why this phenomenon has become so popular in recent years and that it has an impact on people and their self-esteem.

**You can kill a man's identity but
you cannot kill his spirit.**

AFRICAN PROVERB

LIFESTYLE

Photo: @Asiyami_gold



Crush

ASIYAMI GOLD

Originally from Nigeria, this powerhouse is known as a multi-faceted, independent content creator and curator. With a community of 313,000 followers. Asiyami is the go-to woman who represents effortless creativity and elegance. But who would have thought that she was first in nursing school and decided to quit to pursue an artistic career.

Now a full-time designer and artistic director, the Nigerian is also a traveler who uses her lens to capture the most breathtaking images of her travels. From the streets of Havana to the cafes in Paris and beyond. Asiyami constantly inspires us to go out and discover the world.

She first started helping emerging brands in their creative direction. But passionate about design, photography and travel, she decided to launch her own creative agency in 2013 with an eye-catching aesthetic that conquered brands such as Gap, J crew, Pantene and Vogue.

Her brand offers a singular vision of beauty and exploration with passions always looking beyond what the eye can see and reaching more to what the heart can feel. ASIYAMI GOLD views the emotional and cultural qualities of life through an authentic perspective where the art of creation is imbued with a warm and honest spirit.

With her own words she says that she:

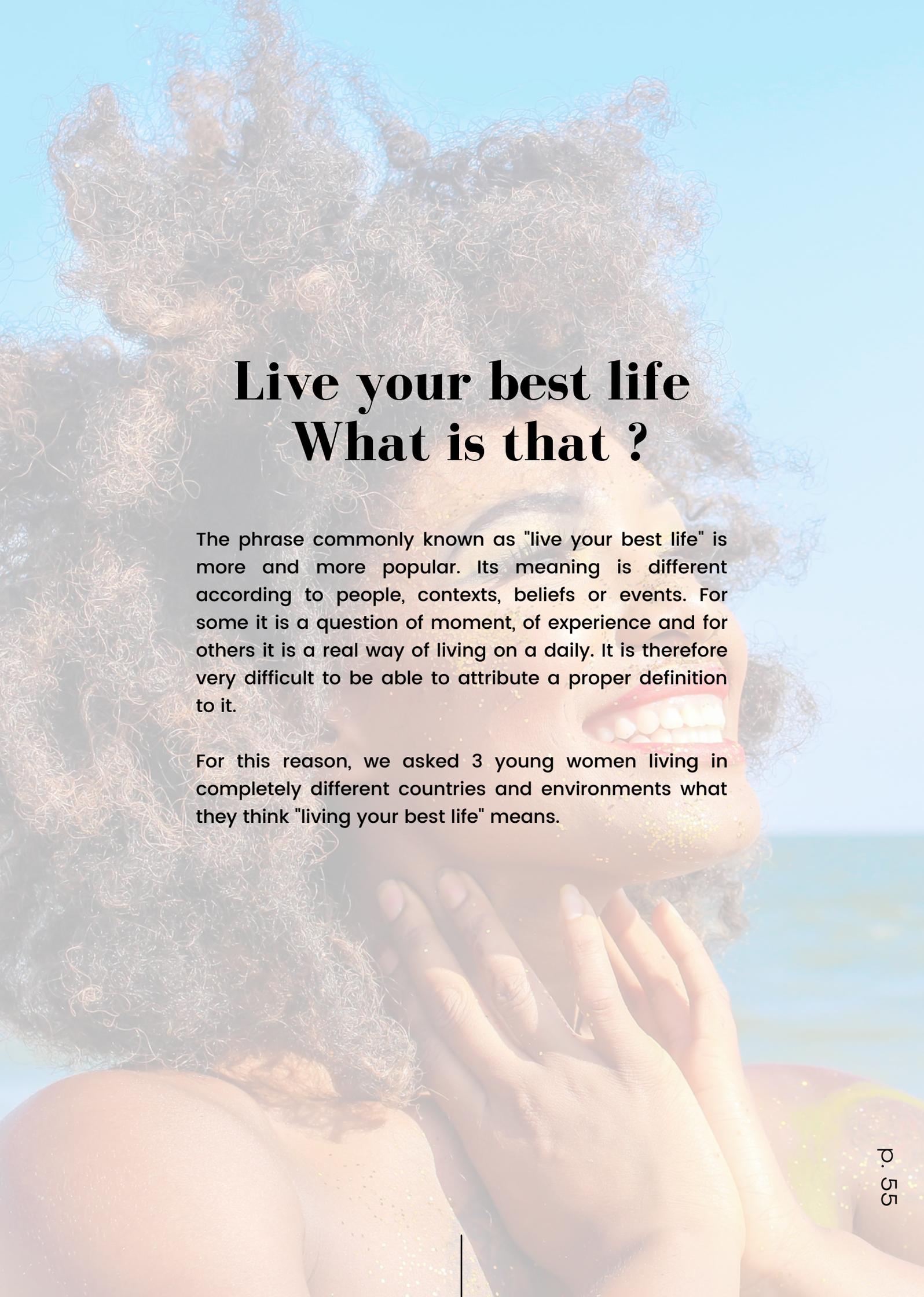
“I love documenting beautiful things and bringing things to life that are often taken for granted. Through my work I am able to offer a different perspective on how people may perceive their everyday 'norm' and that is what makes it all really magical to me.”

If you're looking for more inspiration and creativity, take a look at his work via:

Instagram [@asiyami-gold](#) and website: www.asiyamigold.com



Crédit photo: IG @asiyami_gold



Live your best life What is that ?

The phrase commonly known as "live your best life" is more and more popular. Its meaning is different according to people, contexts, beliefs or events. For some it is a question of moment, of experience and for others it is a real way of living on a daily. It is therefore very difficult to be able to attribute a proper definition to it.

For this reason, we asked 3 young women living in completely different countries and environments what they think "living your best life" means.

"In my opinion, living my best life is being able to set goals for myself and achieve them. It's having constructive relationships that helps me grow and develop because I truly believe that we are the average of the 5 people we spend the most time with. It is also being able to travel and discover the world. And the most important thing is to have good health and a correct lifestyle so that I can enjoy and have fun with the people I love without obstacles."

Blanche
- Morocco

"Living my best life is just living being true to myself. To not be afraid of the opinions of others, or afraid of making mistakes. It is to have this attitude of genuine happiness. It's about enjoying every moment and knowing how to get rid of what society expects. It's to unlearn what I have learned over the years that no longer suits me or that I no longer identify with and freely accept my evolution without having to apologize. Living my best life is also understanding that if I am not genuinely happy it will be impossible for me to transmit happiness to others so there is no point in pretending. Accept who I am, my failures, my victories, my experiences, and live my life because no one will live it for me. I have the choice between living it fully while enjoying each person and each moment or remaining a spectator of those who experience their best lives."

Peggy
- Afrique du sud

"For me, living my best life would start with just relaxing alone at the spa or over a glass of wine after a good day/week at work. It's also organizing trips even on my own, because what matters more to me is what I discover from the places I visit. To feel that I am progressing in my career and on a personal level (mental, physical, emotional health). Without forgetting the basis of all things which is a personal and harmonious relationship with God."

Amandine
- France

In short, living your best life would be a matter of balance and personal happiness. It's all about the relationship between who we are, those around us, and what we do. We do not have the same strict definition of this phrase; nevertheless, happiness remains the common point.

5 of the Best African Cities to Live in...

For many Westerners, living in Africa means living in insecurity and underdevelopment. Our continent is full of places that are both heavenly and authentic. The history of Africa transpires in every corner and on every smile.



To live in Africa you have to go beyond prejudices and thanks to social media for finally being able to show a better image of this beautiful continent. There are so many great places and cities there that we would have to write an entire book. Let's take a look at 5 African cities where life feels good and who knows, maybe we will make you want to put your bags there ...



Port Louis – Ile Maurice

Ranked at the top of the list of the prestigious consultancy firm Mercer, the capital of Mauritius is considered one of the best places to live on the continent. Firstly, Port Louis offers its population a gentle and incomparable living environment in the tropics with a sunny climate practically all year round.

When you visit one of the most authentic places on the island, the village of Baie du Cap and come into contact with the locals, you will fall under its spell. Mauritius is ranked by the OECD (Organization for Economic Cooperation and Development) as one of the most respectable countries when it comes to taxation. The goal is to encourage investors to settle on the Island while respecting international standards. The Island's geographic location provides easy access to India, Asia and Australia. For traders there are bilateral agreements between Mauritius and some of these countries.

In the streets, we speak French and English while tasting local dishes sold on stands at every street corner.

The cultural richness of this country is visible through its Muslim and Indian neighborhoods and its colonial history which can be read by visiting places like the Place d'Armes. The inhabitants of Port-Louis have nothing to envy to other large cities as we live there peacefully.



Kigali – Rwanda

It may not come out on top of the best cities to live in, but the Rwandan capital nevertheless remains a key destination on the continent. Its economic development and security make it attractive to investors as well as to those looking for a booming environment. Kigali has a reputation for being a welcoming land. Spread over 3 hills, access to housing is not difficult due to the development of infrastructure. The presence of European investors and its dynamism favors its economic growth.



Dakar – Sénégal

Commonly called "La Téranga", the Senegalese people are known to be very hospitable. Its history with slavery attracts a large number of African-American celebrities to visit in an attempt to find out where they came from. The island of Gorée, where the Slave Museum and the House of Slaves are located, is highly visited by tourists; the locals usually go there for the magnificent beach. The geographical, cultural beauty, and its cuisine known all over the world can be very good reasons to settle there. The economy is very diverse, from agriculture to fishing, tourism, services and industry. The school system is fairly stable and well rated compared to other French speaking countries. The development of infrastructure and especially real estate has a big impact on the growth of this country.



Abidjan, Ivory Coast

Abidjan is one of the largest metropolises in West Africa. It is impossible to speak of a city where it is good to live in Africa without mentioning Abidjan and as it is commonly said: Abidjan is the sweetest in the world. The Ivorian economic capital is changing rapidly, offering enormous professional opportunities and fulfillment.

With a humid climate, lovers of tropical rains will be served. As soon as you land at Félix Houphouët Boigny Airport, the hospitality of the local population will make you feel at home. The numerous traffic jams are quickly forgotten with a dish of Garba.



Durban - South Africa

South African cities also top the ranking of the Mercer consultancy firm, and especially Durban. Less known and popular than Cape Town or Johannesburg, Durban remains a destination nonetheless where life is good. Commonly referred to as "The Rainbow Nation" as the cultural mix of South Africa makes its beauty. Durban particularly has a strong Indian cultural domination especially with the arrival of Gandhi who founded his first "ashram" there, a place where one is led to adopt a positive attitude and where meditation is taught by the yogi as well as yoga classes. This city is also the seat of British culture in South Africa through old monuments from the 17th century such as "The Union Jack" which testifies to the strong presence of the pioneers and soldiers of Queen Elizabeth.

Durban's history also gives it a strong influence on the country's politics. This city is the ideal destination from the northern part to its waterfront, even Johannesburg residents come here for the weekend. South Africa is also recognized for its very good school system, among the top twelve African universities, 9 universities are South African. It is impossible to forget that this country is the 2nd economic power in Africa and therefore offers enormous investment opportunities.

**Invest in your mental health.
Strengthen it so you are ready for
all seasons.**

HAFOU TOURE SAMB



THE BENEFITS OF THERAPY

Mental and emotional problems appear to be increasing on the continent and among the black community around the world. To overcome this, therapy is one of the best options for many. However, mental illness and therapy are rarely discussed in the community and it is often saw as a sign of fragility.

There is a stigma about therapy. Expressing this suffering seems unacceptable in a society which encourages everyone to smile without flinching and which promotes the misconception that therapy is for so-called “crazy” people.

Yet, the impact of certain life situations such as historical ills, oppression, racism, violence and other traumas on our mental health can be huge. And this requires special attention in order to heal and ultimately be fulfilled.

Many of us have grown up with this feeling that we shouldn't talk about internal things as it is seen as a sign of weakness and we just need to be strong and face it. This way of thinking is the source of so many problems in our lives. Indeed, when the problems of the past are left untreated, they can persist, fester and have a negative impact on the daily life. The more the ailments and emotions are stifled, the greater the suffering.

**So, do you wonder if
therapy is right for you?**

Having a therapist gives you the opportunity to explore your thoughts, feelings, and behaviors. It can also help you learn new coping skills and techniques to better cope with the challenges of the everyday life.

Seeking the help of an expert is something that many people consider when dealing with depression, relationship issues, trauma etc. Whatever the reason, therapy offers a wide range of benefits.

Therapy provides you with a safe, non-judgmental space where you can share anything, with a trained professional who is there to help.

So it requires honesty, with yourself and with the therapist you are working with.

The goal is to improve the quality of your life through self-awareness and self-exploration. We only focus on you, which can really help you understand yourself better and deal with difficult situations.

By working with a licensed professional who specializes in helping others, you can learn healthy coping mechanisms that allow you to overcome life's challenges without wearing yourself out or breaking down. As human beings, we all face challenges and difficult times. Everyone can therefore benefit from it.

Therapy can lead to improvement in all areas of your life. That's not to say that something is wrong with you, because at the end of the day, taking care of your sanity and inner self is an act of self-esteem especially in these days when appearance is often considered more important. This work encourages self-care, motivation to achieve certain goals and helps to have and/or maintain a high level of self-esteem.

It may take some thought before deciding that you are ready for therapy. You may want to wait and see if the weather, lifestyle changes, or support from friends and family improves anything you struggle with. Take your time and don't force yourself

*Let's continue to open the
dialogue*

about mental health and the benefits of therapy in order to create a safe space among us to end this stigma by taking the necessary action.



TAKE CARE OF YOURSELF FROM THE INSIDE OUT

Cardiovascular disease is at the top of the list of causes of death in the world. According to a report published by the WHO in December 2020, in 2011 more than 13.2 million people have died of cardiovascular disease.



Africa is not just malaria. The number of people affected by cardiovascular disease is increasing every year. The main heart diseases are: cerebrovascular accidents (stroke), cardiomyopathies, high blood pressure, coronary heart disease but also rheumatism. Cancer is also wreaking havoc around the world and the lack of health development in some African countries makes it another major cause of death.

Do you know that it is possible to fight and prevent many of these pathologies by having a better hygiene of life?

To take care of yourself from the inside is to be careful or to choose carefully what enters our soul, body and spirit. It's about paying attention to what has an impact on our emotions, our mental health and our relationship with life. This involves what we eat, what we watch and our management of social networks, but also the various romantic, friendly or family relationships that we have. We don't think about it automatically, but managing stress and daily pressure well is also essential to our inner health.

But you are probably wondering where to start? Here are 7 simple practices that will allow you to take care of yourself internally and that will have a positive impact on your life:

Take part in a sports activity

Sport helps relieve the stress of everyday life. Endorphin, which is an hormone secreted during physical activity, generates a well-being that can improve our mindset. In the long term, it also reduces the risk of cardiovascular diseases, high blood pressure and cancer.

Eat healthy & balanced foods

Food plays a key role in our health. Choosing our food well allows us to take better care of ourselves and prevent many diseases.

Drink enough water and get enough sleep.

Sleeping regenerates our energy stores and helps with the well-functioning of brain cells. Sleeping also strengthens short and long term memory and helps prevent diseases like Alzheimer's. Drinking enough water helps flushing toxins from the body, reduces stress, improves sleep, and prevents illnesses such as osteoarthritis.

Take breaks from screens

Instagram, Facebook, twitter and all the other social networks are great but they can easily take us away from real life. Taking frequent breaks allows us to refocus on the essentials.

Cut and stay away from unhealthy relationships.

The relationships we have either uplift us or destroy us. It is important to be careful and move away when necessary to preserve our mental and emotional health.

Meditation

It allows us to connect with our inner selves for some and/or with God for others. Meditation helps to develop an attitude of gratitude and therefore better appreciate what we have. It tends to reduce the need to compare ourselves to others as we are more in tune with ourselves.

**Ultimately you get it right, taking care of yourself starts from the inside.
What you are on the outside is just a reflection of who you are on the inside.**





Photograper: Angela - Make Up: Merveille - Stylist: Sweetsecrets - Model: Enrica Mas

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MAGAZINE