

Power up for summer!

Don't let sweaty trains and stuffy offices get you hot under the collar this summer. Chill out with these simple stress-busters instead...

Answer the call of nature

Don't scoff at those blokes in bobble hats who spend their weekends clambering over mountains with a flask in their hand – spending time outdoors is a scientifically proven tonic for the mind, body and spirit. Not only does it have a positive effect on our blood pressure and psychological wellbeing, it can aid sleep and give our immune system a boost too (a mere glimpse of the great outdoors has been shown to help hospital patients recover faster). So why not make the most of the great British countryside with a spot of fell-walking or by joining a green gym? Or why not pitch up with a pint at one of the increasing number of country pubs that have campsites. You won't find a better – or cheaper – form of therapy.



Show your smile off this summer

Smile! You might not realise it but a smile is nature's Prozac, instantly boosting your mood and lowering stress levels. What's more, according to one survey, 88% of women say they remember a man with an attractive smile. So make sure yours is worth showing off this summer with the help of the Philips Sonicare Elite toothbrush. Using patented sonic technology and a specially angled head that delivers 31,000 brush strokes a minute, it's designed to remove plaque and bacteria from the hardest-to-reach places, leaving you with sparkling white teeth, healthy gums and fresh breath. Use twice daily for two minutes each time and you'll be able to smile with confidence all summer long.

Find your sense of adventure

Remember the sense of joy you felt when you climbed a tree as a kid? Well, you don't have to stop doing the fun stuff just because you're an adult (just ask Keith Richards). Play is essential to our mental and physical health so why not try your hand at a few of the latest adventure activities like coasteering (an adrenaline-pumping mix of swimming, climbing and cliff jumping), mountain boarding (a new action sport that can be done on any surface) or hovercraft racing, (an alternative to stock-car racing made all the more fun by the craft's total lack of breaks!).



Ready for a little adventure?



Confidence = a winning smile

Try 'mood combining'

There's no better time than summer to counteract the stressful affects of work with the positive benefits of being outdoors. Mixing purgatory with pleasure can be as simple as taking a stroll to your bank to pay a bill instead of doing it online, working through a presentation in your mind while taking an after-work jog or taking your laptop to the park at lunchtime. Studies have shown that being in urban, green spaces can reduce stress and enhance productivity, so it won't just be you who'll benefit from an occasional outdoor excursion – your boss will too.

Win! For your chance to win one of five summer essentials packs, including the Philips Sonicare Elite and a Black's/Milletts gift voucher for all your outdoor needs, simply log onto menshealth.co.uk/sonicare. The Philips Sonicare Elite comes jam packed with accessories including a power handle and charger base, 2 Elite brush heads, deluxe travel case, wall mountable brush head holder, 28-day satisfaction guarantee and a two-year warranty and is available from Boots, Argos, Superdrug, Amazon.co.uk and other leading retailers. For more information go to www.sonicare.co.uk

