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COVER PHOTOGRAPHY BY: PEDRO VIRGIL



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EDITOR'S NOTES

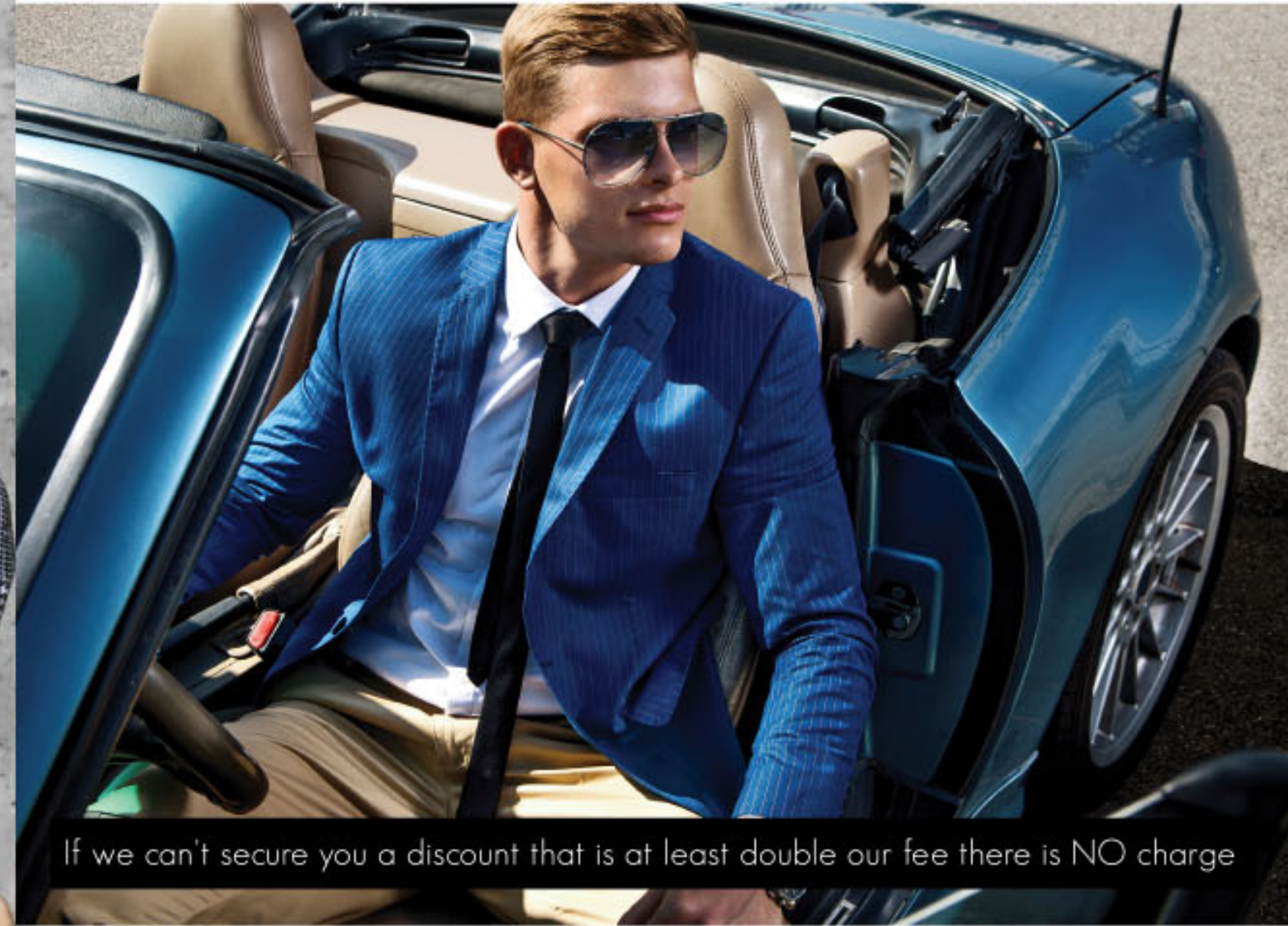
We are so pleased and excited to bring you the very first comeback issue of Model & Mode Magazine. We are all about promoting promising and upcoming talents from all over the world. In the broader picture, Model & Mode is for anyone who is passionate about the modeling and entertainment industry and would like to be kept informed about those issues that are most pertinent to continued success.

Here at Model & Mode we like to have fun for sure. But, there's a consciousness and an ethical slant that drives the stories we wish to present. In this edition you will find a splash of fashion and lifestyle editorial amongst our profile pieces. There are also some great advice pages and career tips. It's a must-read for any aspiring model, actor or entertainer.

So, if you like your style with substance you will love Model & Mode Magazine.

Mike Ilagan
editor-in-chief

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Wintertime SKIN TIPS

5 TIPS TO MAINTAIN THE PERFECT COMPLEXION

Our skin reacts to the environment we are in. I've worked with hundreds of girls over the years and one of the things I discovered is that not many people change their makeup and skincare seasonally.

It's great practice to get into the habit of switching up your key products according to the seasons. As a model, products and layers of heavy makeup are applied on the daily. One of the top priorities for you should be a consistent regime to maintain the perfect complexion. Here are five helpful tips to help save your skin:

More Sunshine = More Sunscreen

Get into the habit of using an SPF daily, as Aussie sun is extremely damaging even though we're currently in the middle of winter. Whether that be swapping out your foundation for a tinted SPF, or adding a layer of sunscreen as your primer. To avoid issues with pigmentation, loss of collagen, elastin and accelerated signs of aging - always use an SPF30+ when outdoors. SPF 50+ for added points of protection.

You can easily dodge pigmentation concerns when you incorporate a consistent sunscreen routine into your beauty regime. If you have pigment/melasma concerns, serums that are high in Vitamin C, Niacinamide or Retinol are great options for daily treatment.

Detox More Frequently

Always amp up your cleansing and detoxing regime. Ensure you are doing deep cleansing masks or treatments once a week, on top of your daily double cleanse at night with your preferred cleanser (Kaolin clay masks work great, or oxygen activated products are the new rage at the moment). Sunscreen absorbs deeper into the skin, thus cleansing has to be incredibly effective.

Facials are a great way to eliminate toxins via lymphatic drainage and are a cheat way to achieve a glowing complexion within one session. I would highly recommend a facial with a reputable skin clinic with every change of season, that way you are always staying on top of your skin needs.

Don't Forget Your Toner

When toners first came onto the market, they were laden with heavy acids and alcohol. These are the ones that should be used sparingly, and even avoided!

Hydrating, cleansing toners on a cotton pad as a last step of your cleansing regime will always show you how much makeup and cleanser you didn't take off (our hands only take off 60% of our makeup, scary times!). It's so important that we have clean skin before any moisturizer is applied. Toner also helps your serums, and creams penetrate deeper into the skin, so, therefore, you don't have to use as much cream as you think you need! Win-win!

Bold Trends For Wintertime Glam

There is something about wintertime that calls for elevated glam. I love adding Classic Reds and punchy bright hues of fuchsia or deep oranges to enhance a glowing complexion.

DO: keep your lipstick texture in mind.

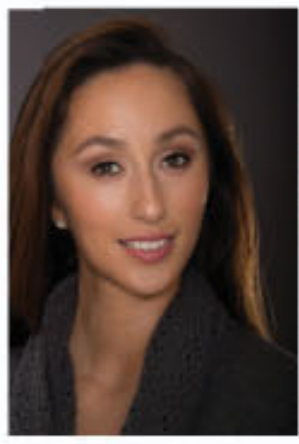
If you're prone to dry lips, opt for creamy formulas, or sheer glossy lipsticks (and be sure to exfoliate your lips beforehand). That way they will fade to a soft tint over the evening. If you don't feel like touching up over the evening, reach for the punchy mattes and keep the colour within the edges of the lip line. Remember, you don't need lip liners with matte liquid lipsticks! Still afraid of the bold? Make your lip more wearable by using your finger as the applicator. Then using the tip of your ring finger, softly diffuse the colour around the lip line, creating more of a stained effect.

DON'T: Go overboard with the rest of your makeup when playing up the lip.

Keep the rest of the complexion clean and sophisticated. Meaning, you should keep your eyes softer to bring more attention to the gorgeous bright lip. Opt for bronze shadow. That way you are bringing attention to one area of the face, this is how you create balanced makeup.

About Kim Barry:

While assisting multiple artists, Kim has also worked for Mecca Cosmetics, in both management and artistry for the last six years. With a strong background in skincare teamed with luxury makeup, she has earned a reputation for creating the perfect, photographic complexion. Clients and productions Kim has worked for and collaborated with include: Mercedes Benz Fashion Week Australia (runway), Best & Less (TVC), Keno (TVC), SBS Australia (film), Masterchef (television), Packed to the Rafters (television), Vogue Living Australia (print), Cosmopolitan Magazine (print), American Apparel (print), General Pants (print), and more. She has also worked alongside several international makeup artists for brand events such as By Terry, Chantecaille, Hourglass, and Stila.



TEN WAYS TO

DETOX

& STAY HEALTHY THIS WINTER... ON A BUDGET!

By: Maddy King

When it comes to getting fit and healthy, life can get expensive. So here are a few of my favourite free and cheap ways to stay healthy this winter.

1. Hot and cold showers

Run a warm shower, then cold, warm again and finish on cold. This is wonderful for our overall health as it improves circulation which helps the whole body by getting the blood and nutrients to all the cells in the body, it helps activate the lymphatic system to help remove toxins, improves will power, our immune system, great for recovery, as well as wakes you up in the mornings. Strangely enough, it also helps some people sleep too!

My favourite fact that I've learned is that it helps make you happy. Cold water activates temperature receptors under the skin that releases hormones such as endorphins and adrenalin.

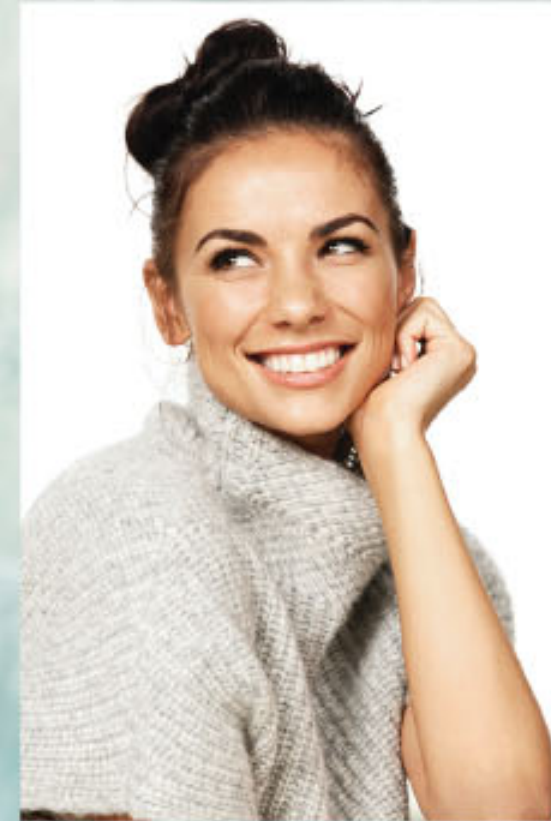
2. Greens powders

This is my favourite multivitamin. Greens powders are made from real vegetables and whole foods. They are full of natural vitamins, minerals, and natural phytonutrients that our body can easily absorb. A lot of supplements are made synthetically in a lab and although they can help, natural options are always my go to first.

3. Detoxing beverages

I like to wake up with cold or hot water with fresh lemon, cayenne pepper, and apple cider vinegar, it gets the system moving.

Instead of sugary drinks, make ice tea with herbs. To make herbal teas therapeutic, I like to get in three-plus cups in a day, this isn't always easy so a great way to get them all in during summer is to make a big jug and put it in the fridge or your water bottle. Fresh herbs or teabags work well together.



International Model, Maddy King started her modeling journey at the age of 14 after winning a Dolly and Supre Competition. Since then she's worked for brands like David Jones, Kmart, Big W, Best and Less, Running bare, & Toyota to name a few. Her favourite modeling job was for Crystal Cruises where she was flown to Mauritius to cruise on a 6-star boat from Mauritius to Broome for 10 days while she shot their advertising campaign. Her career wasn't all roses though, with her having a unique health challenge at the age of 19. Through her investment in learning from the best health practitioners, she has since dedicated her life to helping people as a nutritionist, Chi Nei Tsang practitioner and breathing coach who has a specialty for understanding how to heal gut health issues, adrenal fatigue, skin issues and female issues such as UTI's, thrush and rebalancing hormones.

4. Breathing techniques

This is something I teach every client.

When I was first told to do breathing techniques I thought, why do I need to learn to breathe? I already know how to breathe!

How wrong I was.

Breathing techniques have endless benefits for the body and help every system in the body.

Through the breath, oxygen reaches every cell in the body, our cells are also able to release toxins on the way out too, it can be very powerful work.

So what's an easy way to start practicing some breathing techniques?

Taking the time to sit and relax. Take 10, slow and deep belly breaths. Breathing in and out of the nose. Making sure to expand that belly and breath out slowly too.

You can do this when you wake up, before you sleep, before you meditate, on a bus or anytime!

5. Salt therapy

Ask any surfer or most people who have grown up near a beach about the benefits of an ocean swim after a few drinks the night before.

Ocean water has high amounts of minerals including sodium, chloride, sulphate, magnesium, and calcium. So why not jump in the sea for a swim to improve your mood and health for free!

6. Those unused shower brushes

You know those big bristly brushes that hang in most people's showers but never get used. Well, use them!

They are a fantastic way to get the lymphatic system moving and help your body remove the rubbish. The easiest way is to brush towards the heart, and don't forget the bottom of the feet. They really do get your skin looking better.

7. Move and sweat

Whether it's via exercise, movement techniques or any type of sauna, traditional or infrared. Moving the body and sweating helps to break up blockages, get the energy and blood flowing and removes toxins.

Many traditional cultures have been using sweat lodges for centuries and still do, there is definitely something in it.

8. Baths and buckets

Using a bath and adding herbs, herbal tea bags, Epsom salts or even organic fresh flowers can make a wonderful relaxing and detoxing option. Don't have a bath? Easy, use a bucket, add cayenne pepper and pop your feet in!

9. Meditation

While we sleep our mind still works, taking the time out during the day to give your brain a little rest can work magic, especially for our nervous systems.

It's simple, free and painless.

There are also some amazing free apps, websites and YouTube videos to help you get started if you are not quite sure where to start.

10. Self-abdominal detox massage

And lastly my favourite. I now teach all my clients self-techniques to rub their own tummies, in most massages everyone avoids the belly... yet it's so powerful and a wonderful way to detox.

Slow, gentle spirals starting from the belly button, in a clockwise direction are a great way to start as a beginner. To learn more stay tuned on my website for free tutorials coming soon.



THE TRUTH ABOUT FAT FREEZING

By: Dr. Mike S

Is it sci-fi fantasy or can you really just freeze your way to the body you always wanted?

Imagine a quick, non-invasive procedure that could reduce stubborn areas of fat. It's virtually painless, touted as safe, and has zero downtime. Sound too good to be true?

Meet Cryolipolysis. Also known as fat freezing or CoolSculpting. The fat in the area the patient wants to decrease is painlessly sucked into a wand-like, non-invasive device which then breaks down the fat cells with cold temperatures. The FDA approved procedure takes approximately one hour with many clients napping, working away on their laptop or iPad, reading or using their phone throughout the duration of the treatment. In the weeks after the treatment, your body naturally eliminates the frozen, dead fat cells (apoptosis) through your liver. People start to see results just a few weeks later. Three months later the area (which had been frozen for the hour or so long treatment) will have shrunk by 20-40 percent.

As a Doctor of Medical Aesthetics for twenty years, the science behind fat freezing stacked up to me. I knew that fat cells died from freezing a significant time before skin and other cells were affected, therefore the technology made sense. Once I saw the research results and the approval by Food and Drug Association government agency, I knew it was a game changer in the body sculpting arena.

Comparison with Liposuction

I conduct both liposuction and CoolSculpting procedures at Géniale. My decision for a substantial investment in Cryolipolysis is based on practical hands-on managing and following up on my patients treated by all other modalities. CoolSculpt is also only a fraction of the price of liposuction, starting at \$400 per area from reputable providers - while liposuction costs several thousand.

I find that the results of CoolSculpting and liposuction are very similar. Both procedures are used to permanently remove excess fat from specific body parts such as the belly, back, thighs, arms, and chin, although neither is intended for weight loss.

CoolSculpting is a nonsurgical procedure, meaning there is no cutting, stitching, anesthetizing, or recovery time necessary. Liposuction, on the other hand, is an invasive surgical procedure that involves cutting, stitching, and anesthetizing.

However, liposuction patients normally only require one treatment. While many CoolSculpting clients are satisfied with one session, some clients choose to undertake a few sessions spread out over several weeks to achieve their desired results. One of the biggest advantages of CoolSculpting over liposuction is that, unlike liposuction, CoolSculpting goes beyond desired results. Another big

advantage of CoolSculpting over liposuction is that, unlike liposuction, CoolSculpting goes beyond fat removal to tighten the skin and add firmness to the treatment areas.

The risks and side effects of CoolSculpting

CoolSculpting risks are rare and short-lived. The most concerning of the risks is PAH. Paradoxical adipose hypertrophy (PAH) is the unintended stimulation of tissue growth, following a treatment. Paradoxical tissue growth is a phenomenon observed occasionally with device-based therapies. For example, paradoxical hypertrichosis can occur after laser treatment for hair removal.) The phenomenon seems to be more common in male patients undergoing Cryolipolysis. When PAH presents after CoolSculpting, the treated area actually enlarges instead of decreasing.

However, PAH has a recorded incidence rate of less than 0.0051%. Which means that out of the 4 million procedures, only about 200 cases of PAH have been reported. PAH is treated by subsequent CoolSculpting procedures, although you may require laser treatment or liposuction if symptoms persist. Fortunately, PAH is highly treatable, and most patients are extremely pleased with their end results. CoolSculpting risks are higher if you opt to use DIY methods such as store-bought applicators. Doctors, dermatologists, and other CoolSculpting experts use professional-grade applicators. My decision to substantially invest in the "Cooltech" technology was based on my knowledge

and experience when comparing it with other modalities on the market for body sculpting. I followed up on my patients after using other technology for body sculpting. Cooltech proved to be the most effective and efficient with the greatest customer satisfaction.

The expert also needs to be well trained to avoid the common side effects. For instance, a professional CoolSculpting doctor will always use a well-lubricated gel pad with their applicator to reduce (frozen) burn risk. The well-trained professionals will also understand body contouring and will ensure the applicator is placed on correctly to avoid unwanted changes in body contour.

Final Verdict: So what's the actual truth about Fat freezing/CoolSculpting?

CoolSculpting remains one of the safest and most effective fat removal procedures (and subsequent skin tightening is a serious bonus). It has no reported debilitating effects and none that are even remotely life-threatening.

To minimize any of these risks, avoid DIY procedures with store-bought products. It's imperative to choose a well-trained expert to administer your CoolSculpting procedure. Consult a CoolSculpting expert who will assess whether you qualify as a CoolSculpting candidate.



ROYALLE

MODELLING



Royalle Modelling is an international talent agency based in Sydney with a reputation for being one of Australia's most prestigious agencies.

They recruit, train and develop unique talents for various photo shoots, TV commercials, Video shoots, and runway events. Founder and CEO of Royalle Modelling, George Bastoli has over 15 years experience in the modeling industry combined with 10 years experience in corporate marketing.

Model & Mode magazine recently caught up with George and here's what went down:

Firstly, congratulations on the 10 year anniversary. How do you feel?

Thank you. I'm very proud of what we've created.

So how did Royalle Modelling get started?

Good question. I actually got into the industry when I was 12 years old, helping my uncle behind the scenes for a beauty pageant in Dee Why.

I didn't really know what it was all about, I was just helping out and I guess I liked the excitement and fast pace of it all. When I turned 18, I actually started doing some modeling work myself part time and was pretty popular in the club and social scenes. Soon, lots of people wanted to know how I got into it so I started helping out friends and random people get modeling and promo work. In 2008 I thought, I should start a company, so I created Royalle and we kind of did everything from promo modeling, artist management



through to events management. It was very different to where we are today.

So you've been in the industry since you were 12 years old?? Amazing! So, how old are you now if you don't mind us asking?

I'm 31...but sometimes people think I'm 18 (laughs)

You started the agency in 2008. We're sure a lot has happened in the 10 years that Royalle has been around. What were some of the key things that you have learned about the industry?

Wow, big question! There's so much I've learned and I still learn more every day. I've literally managed thousands of models around the world and have worked with all sorts of clients; from backyard brands to companies as big as YSL, L'Oréal and Reebok. I guess the main thing I've learned is that the trends will always change, but you need to make sure your values don't.

I really enforce this to all our models to uphold our values as a fundamental that they bring into every conversation and situation and it's one of the things I'm the proudest of most. I have so much more to share but I'll be here all year if I keep going...

We love that. What sort of values does Royalle Encourage?

Well, what makes a person memorable in my opinion isn't how they look, but how they make you feel. When





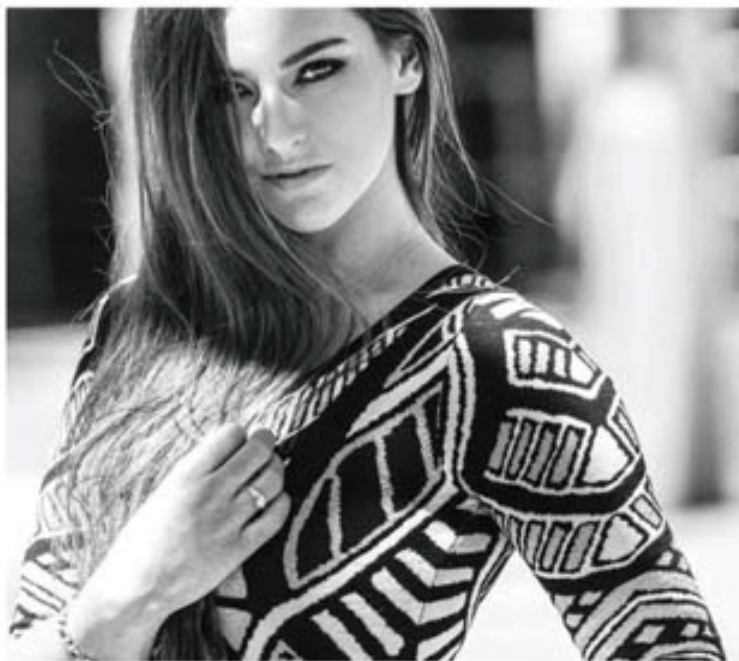
sit as one of the top 4 agencies in Australia so I feel like the world is ready for what we offer.

To answer your question, the main thing that we have always done differently is providing a family-style environment to those that wouldn't normally even be given a shot because of 'set industry standards' (175cm tall, size 4-6, Caucasian). I mean, we employ many models that fit that profile, but that's not entirely who we are. Our gift is that we love to find naturally beautiful people in a thousand unique ways and teach them the Royale Standards. Our values are heavily enforced and the training and development opportunities we provide, from production through to mentoring, is strong and consistent. We absolutely LOVE getting our models their dream jobs and have zero tolerance for bad attitudes and people who treat our modeling opportunities as 'just a job.' I'm very proud to say that we have one of the lowest turnovers of models and clients in the industry and

we do this WITHOUT the need for contracts.

Sounds amazing! We also noticed that Royale has one of the highest ratings with the most reviews on Google. Well done. Now for the last question, what is one piece of advice you want to give to anyone out there who is thinking about becoming a model.

The modeling industry can be a very fun and rewarding place, but also a very damaging place if you don't know how to navigate it. It is a professional industry that is often polluted by creeps and naive people who think that Instagram likes equals modeling credibility. My advice is to treat the modeling space like a professional career job because it is. Act professional, communicate professionally, learn and dedicate yourself.



someone is genuine you can really pick it up. When you're genuinely doing something you're passionate about, it's almost impossible for anyone else to do it better than you because passion and love is way more powerful than 'technique.' But because technique is also very important, I make sure we invest lots of time in training and developing our models to be the best at their passions while also encouraging them to explore their diversity and to learn from one another. You also need to have integrity. Integrity builds trust. I can happily say that I trust our models. We have an open relationship

and I know our clients really appreciate that about us. It's really those values of Passion, being open-minded and having Integrity that Royale Modelling Encourages.

What would you say is the main thing that separates Royale from other agencies?

Oh, I love this question. Royale has ALWAYS been the industry dark horse as we do things VERY differently (laughs). It has created some unique reactions over the years but now we





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how to get sponsored



Most people believe that they need to be at the top of their game to get any form of sponsorship. To make matters worse, those who have already received sponsorship from businesses and companies are often hesitant to let others know how to get sponsored.

The truth is that there are actually sponsorship deals no matter if you are an amateur or a seasoned professional. Here's how I was able to secure sponsorship from one of the most recognizable brands in the world. It all began with signing up for a gym membership.

It started with the bike and sometimes the treadmill but eventually, it grew to so much more. I was trying all the other gym equipment and before I knew it, I had fallen for lifting. I absolutely love challenging myself to become stronger, healthier and happier every day. I created my social media channels

to track my progress and keep myself accountable and I was surprised to discover that a number of people started following my journey.

I saw how many people lacked a support network and needed positive messages to keep them going. This inspired me to be the one that makes them smile every now and again if not every day. I decided to create my "Fit For Life" Instagram, Facebook, and YouTube channels to motivate more people to find a happy balance in their lives. I chose the name "Fit For Life" because being fit is so much greater than just the physical aspect, it's about being healthy - physically and mentally.

One thing lead to another and eventually, I found myself enjoying a healthy life with a balance of nutritious food, working out and constantly traveling whether it's to fitness

expos or to explore the world and meet new friends. In 2017, I set the goal of challenging myself mentally and physically to step on stage and compete in my first ever competition - The Bikini Diva category of the WBFF in the Gold Coast.

I learned so much about nutrition and training along the way and had many questions online about what I did to take my body to the next level. In 2018, I was noticed by none other than footwear and apparel giant Reebok, and they decided to sponsor me. I also decided to compete again in the WBFF in where I placed second. My whole shape and mindset had changed and everyone could tell. The results reflected my daily commitment and hard work ethic.

With so many people struggling with nutrition and a lot of fad diets and "quick fixes" being promoted online, I want to help inspire people to live a healthy, happy and sustainable lifestyle. A proper nutritional program combined with an exercise regime is essential to transforming. Eating well isn't hard and it doesn't have to be as complex as many people make it out to be. I no longer view my eating as if I am on a 'diet' but it's simply a change in lifestyle. Sending hugs and smiles your way,

HOW TO BUILD AN EFFECTIVE MODEL PORTFOLIO

By: Patricia Higgins

So, if you're reading this you're likely one of two things: an aspiring model or an accomplished professional in the field. In any case, what's of prime importance to you is the standard of your portfolio (or keeping it maintained). It's what gets you noticed and keeps job opportunities firmly coming your way. In short, it's your calling card. So, what are some tips for a good model portfolio?

1. Quality over quantity

You may feel tempted to include images that you have gathered from almost every shoot you have ever been a part of, but you have only one chance to make a first impression. Therefore, don't include photos that are of poor quality.

It's better to have a handful of outstanding images than a whole lot of average photos in your portfolio. Think of it this way: you could have one Rolex or a whole bunch of generic, plastic watches. Which option would you choose?

If you are a new model it may be difficult to source quality images. Remember you get what you pay for. Look for a reputable photographer who produces visually stunning work and make an investment. Sometimes, it takes money to make money.

2. Keep it relevant

Not only should you only include images of high visual quality in your portfolio, but it is wise to keep them limited to a representation of work within your niche field. If you are a high fashion model, then littering your portfolio with bikini shots might not be the best idea.

You want to think about the sort of career that you wish to establish or maintain for yourself as a model and fit your portfolio around this. Be realistic, however, to the specific physical requirements that are inherent to particular fields of modelling (catwalk requires a minimum height of 5'7" for example).

A good thing to remember is that you should include at least one headshot without makeup in your portfolio to give those who cast you an idea about your real, unaltered appearance. As a model, you are in effect, a canvas – being transparent about your bare features is always a requirement. Also, shots that accurately depict your current appearance are necessary. If you change your hair colour, for example, you will need to reflect this in your portfolio.

3. Market yourself

A model portfolio is undoubtedly important, however marketing and distributing it effectively is the other essential part of the equation. If you have a good agent having a good portfolio should mean that you are finding work – they should go hand in hand. If you are a freelance model, then it is absolutely imperative that you employ methods to market yourself.

You can join various casting sites and can also set up a social networking page that displays prominent links to your portfolio. Facebook and Instagram are great ways to get exposure for free, however, keep in mind that being Insta famous is not quite the same deal as the real thing. Align yourself with opportunities that stay true to the type of modelling that you are pursuing, and wish to pursue in the future.

You have to look at yourself as a product. Your particular look, style and talent are potentially desirable to specific brands that are aligned with the same aesthetic. Always keep this in mind when creating and maintaining your model portfolio. Remember that your portfolio is a representation of yourself as a product – it's almost as though you are merchandise. Employ a business-minded approach at all times to succeed to the best of your ability in the industry.

SELF-HELP TIPS FOR MANAGING

ANXIETY

AND DEPRESSION

By: Jess Nugent

I remember a few years back when I first started hearing about meditation and to be honest, I thought it was a bit of a joke. A few weeks later my doctor suggested I control my anxiety by cutting out weight lifting and taking up Tai Chi... to which I responded, "oh haha ok."

This is only because I didn't truly understand the process or the benefits of meditation. I felt if I had just sat myself on a mat, closed my eyes and started humming along (my very naive image of what meditation looks like) - I would immediately start thinking of what I need to do tomorrow/next week, or that dumb thing I said to someone five years ago.

MINDFULNESS AND MENTAL BALANCE

To explain meditation I want to explain to you how I view mental balance. The little diagram below is purely for demonstration purposes. I am a visual learner so even though it is fairly straightforward, this is for people like me. Depression lives in the past so when we spend so much time thinking about things that have happened, it affects what we are doing today.

Anxiety lives in the future, again we spend time worrying, not just about things that are happening but things that could happen or go wrong. Or, you may be doing both. I have been there and it honestly feels like you are living in limbo. And no, living equally in the past and present do not balance you out as you are on a different frequency.

Happiness lives in the present. It is inside you right now and is unlockable through practicing mindfulness. Mindfulness is being aware and conscious of your surroundings, what you see and what you feel with your senses. So if it is inside us, why is it so hard? When you are in a depressive or anxious state you are mentally living in either the past or the future, so your body almost goes into autopilot to get you through the day. Do you ever get into your car and drive, then you end up at the destination without even really remembering the journey? That is the opposite of mindfulness and consciousness. We all do this a lot more than we think.

SO WHAT IS MEDITATION?

Meditation is anything that draws you away from your thoughts of past/future and brings you into the present moment. It involves you truly being conscious and aware of your surroundings - it is not being absent of thought as I used to believe.



"Happiness lives in the present. It is inside you right now and is unlockable through practicing mindfulness. Mindfulness is being aware and conscious of your surroundings, what you see and what you feel with your senses."

The great thing is that there are so many different ways to incorporate this into your life, you may already be doing it without knowing, and some of you won't even need to change your schedule - just your mindset.

EXERCISE

I never really understood why I felt like a new person after most gym sessions (obviously endorphins etc, but it was always something more than this). When I am doing weight training, I literally clear my mind and am purely thinking about what my body is doing, how I am moving, where I feel tension, and pushing through each exercise. That is meditation. Living in the current moment.

I then leave the gym having been brought back to the present, that central position of the diagram, rebalanced and with a fresh new outlook. So I know now that when I am having a particularly anxious day, or I'm feeling really down about something that has happened - a good gym session can usually help.

Tips: Limit your phone use at the gym. Nothing breaks your meditation like a message from your friend saying "omg can you believe that status Becky posted yesterday" or your partner saying "We need to do washing tonight" or "what are we having for dinner". Forcing you to live again in either the past or future!

If you feel your mind wandering, take a deep breath and really focus on the action you are doing currently, don't just go through the motions, squeeze the muscle you are trying to target and think about how it feels.

WHEN ARE YOU MOST HAPPY?

Meditation is not only available while being active. Think to yourself - when are you most happy? Maybe you love to paint, you can get out a big canvas and some paints and concentrate on what brush strokes you are using, how your hand moves and the combinations of colours.

Activities that require some form of physical movement are best as they make you become aware of controlling your body. Even listening to music and going for a walk can be great as long as you really focus on the way your steps hit the pavement, the way the air feels on your skin, or the way the music sounds.

Think about your five senses and how the environment stimulates each of them. Being around friends can be a good way to get yourself back into the present also, but it is more difficult to control your mindfulness here, especially if you are new to the idea. Organize an activity to do that limits past/present talk, go out for a meal that is an experience. You could even communicate these ideas to your friends and involve them in steering conversation away from negativity or worries, to what is going on at the present moment.

Tips: Remain focused as mentioned above. Do things that you feel comfortable doing, where you won't be putting pressure on yourself! I.e. If I am terrible at drawing and aim to recreate a work by Michelangelo as meditation, I am likely to get frustrated with myself. The exercise is not goal-oriented but process-oriented. The satisfaction is not in the completion, it is in the moment.

Just breathe and focus, it gets easier the more you do it. Actually, allocate time every single day, your mind will enjoy being brought back to ground zero and you'll find it easier to get through other tasks afterward.

About the writer:

Jess Nugent is a writer, model, advocate for mental wellness and a baker! Her passion for all areas of mental health stems from her personal battles, and time spent supporting loved ones through struggles also. She graduated from Macquarie University with a BA - Psychology and uses this knowledge alongside lived-experience to, not only raise awareness and remove the stigma around anxiety/depression but provide strategies for coping. Jess has a strong focus on health and well-being. She has spent 6+ years working in the fitness industry and uses exercise/diet to create balance in her own life.





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