



MILLENNIALS EMBRACING MODERATION

Research published in the *Quarterly Wine Trends* June report shows wellness, moderation and image are the three key factors impacting a reduction in alcohol consumption among the next generations of alcohol drinkers. Seventy-five per cent of Millennials (aged 18 to 34) say they now limit the amount of alcohol they drink on the majority of their nights out, with 59 per cent citing avoiding loss of control as the primary motivation for limiting alcohol consumption. The research reports that more than one in three 21-35 year olds admit they have suffered from 'social shaming' caused by appearing to be drunk in a photo on social media. It seems the younger generation is finally starting to receive the safe drinking message, even if it's being driven by a desire to look good. Nielsen Consumer & Media View research shows just over half (53 per cent) of Millennials said they consumed alcohol in the past month, compared with 65 per cent of Generation X (aged 35 to 54) and 72 per cent of Baby Boomers (aged 55+). When choosing their beverage, Millennials look for value but they also rate health factors such as low carbohydrates, calories, vitamin-fortified and organic as very important; compared to Boomers who favour value and price, particularly when purchasing beer and cider.



RELAXATION REVOLUTION

Sydney-based Tara Lamond set up Mandala Living as her personal mission to encourage as many people as possible to make relaxation a priority and improve their quality of life. "I know what it's like to be stressed out – as a community we're battling a stress epidemic," says Lamond.

Starting yoga was Tara's first insight into the value of relaxation. While studying yin yoga – a slow, restorative style of yoga – she went looking for a yoga bolster that was locally made and looked good. "Everything was bulky, imported and most were filled with non-renewable materials," she said.

The experience encouraged her to launch a relaxation range of bolsters, cushions and other pieces made by local crafters. "We have sourced consciously using buckwheat hulls, post-consumer recycled plastic bottles or flaxseeds to fill bolsters and cushions, and blended Australian essential oils and dried lavender for fragrance," says Lamond. mandalaliving.com.au



HEAD ONLINE

What does binge drinking really do to your health? Find out at mindfood.com/health-consequences-binge-drinking.



SEEING THINGS

PROTECT YOUR EYES

Worldwide, 34 per cent of the population is affected by myopia (short-sightedness). Professionals see this rising to at least 50 per cent by 2050 due to the amount of artificial light produced by technology. Selva Eyewear founder and designer, Sarah Selvadurai's, shares her tips on how you can improve your eye health.

1. ADOPT THE 20-20-20 VISION RULE

When working on the computer, every 20 minutes, focus on something at least 20 feet (six metres) away for 20 seconds. This simple exercise will allow your eyes to relax, avoiding blurred vision, headaches and sore and tired eyes.

2. MAKE SURE YOUR LENSES ALIGN WITH YOUR LIFESTYLE

If you work on a computer, use a smart phone or regularly watch television, you are being exposed to high-energy visible (HEV) blue light. Too much blue light exposure can damage the eyes over time and lead to vision loss. Investing in blue-blocking lenses will protect your eyes from these potentially damaging rays.

3. INVEST IN THE BEST

When you're shopping for a new pair of glasses, look for high-quality materials such as acetate and titanium. Acetate is stronger and lighter than normal plastic and will keep its shape for longer, while titanium is hypoallergenic and therefore won't cause irritation to your skin.