

MIXED BAG

Ever find yourself coveting your girlfriend's Birkin or Baguette? Now is your time. For spring, it's all about the man bag... and the more the merrier

By Grace Cain



It's official: man bags have been promoted from fleeting trend to investment-worthy essential. They were a ubiquitous presence on the SS20 catwalks, where they tended to fall into one of two extreme camps: mini cross-body styles that are really only one step up from a wallet; and (to the relief of anyone who struggles to travel light) bold, oversized classics that feel more holdall than handbag.

And the best part? You don't have to choose. For spring, it's de rigueur to wear more than one bag at a time. Take it from Valentino, where tiny pouches swung alongside handheld boxy designs; or Fendi, where belt bags accompanied high-fashion picnic carriers. And while Louis Vuitton showed the full potential of accessory layering to striking effect, if five bags strapped to your chest feels somewhat excessive, you can stick with a single statement piece instead: Loewe's supersized Puzzle and Dior's cross-body Saddle each have plenty of panache.



Bags from top FENDI Baguette Pouch £650 and Pequin Peekaboo £3,950; DIOR Saddle £1,200

Menswear, Second Floor

Driving force

By Daniela Morosini

Fragrance may be in Erwin Creed's blood (he's a seventh-generation perfumer) but it's not his only passion. In another life, he might have been a motor racing driver. "I love motorsports," he says. "I raced in Le Mans in 2018. Racing was my plan B." Luckily for perfume buffs, the family business held sway. "I grew up in the fragrance world," reflects Creed. "There were always blotters and samples around." His top tips for selecting a fragrance? "It's important to take your time," he advises. "Your fragrance conveys as much about you as your choice of outfit." So instead of spraying them onto cards, he suggests trying fragrances on your skin and checking them every few hours to "really experience how they settle on you".



CREED Aventus Cologne eau de parfum 50ml, £155; Erwin Creed, would-be racing driver

The Perfumery Hall, Ground Floor; and harrods.com



TERRENCE SAYS RELAX

Dreading that work presentation? Suffering from Instagram FOMO? Tired of the

incessant stream of emails? Fear not. The Wellness Clinic's mindfulness guru Terrence the Teacher has got you covered, with an arsenal of tips, hacks and solutions that will help make 2020 your best year yet

I struggle with an overload of emails on a daily basis. Is there a more efficient way to deal with my inbox?

You have to take charge. Start by switching off all email notifications. It is proven that the dopamine released when emails ping or jump up in your notifications box can become addictive. Avoid checking emails first thing in the morning. Decide on a time to catch up, then create a regular interval between checking, giving 100 per cent to the emails without distractions. You will actually get more done.

The year has only just begun, but I already feel burnt out. How is that possible?

Burnout is a state of emotional, physical and mental exhaustion. At the speed that life is moving these days, it can happen to the best of us. My top three tips would be:

- 1) **Take a break.** It can be for a day or a weekend. You need to get some me-time.
- 2) **Talk to someone.** It could be a friend, colleague or professional – a problem shared really creates relief.
- 3) **Sleep.** Make sure you get enough. In sleep, your brain and body repairs. It's a life-saver.

How can I keep up with the constant demands of social media? I feel out of the conversation if I haven't posted a status update for a day...

The pressure that we feel around social media is self-created. I know of so many professionals, celebrities and even companies that have taken social media breaks – and life still goes on. Be bold and take the pressure off by shutting down for a bit. See what happens.

It takes me so long to switch my mind off from work mode when I get home that it's almost time for bed by the time I'm relaxed. Any suggestions?

You have to create what I call a 'letting-go routine' – something that totally interrupts your thinking about work and relaxes the mind. Put away the laptop and phone for a bit. Get some exercise, read a book, spend time with your loved ones, or meditate. Creating this mental and physical space will allow you to be more present at home.

I'm suddenly being asked to do presentations at work and I tend to get very anxious in front of a roomful of people. Any instant fixers?

Anxiety is enhanced by adrenaline. Get rid of any excess by running up and down a staircase, walking around the building or doing a few push-ups just before presenting. Stay away from stimulants such as coffee, sugar or carbonated drinks. Do a mindful breathing meditation to relax you. Try the 7/11 for a minute, breathing in for seven counts and breathing out for 11. Notice how good it feels? If all else fails, change jobs...

Have a problem you need some help with? Send your question to Terrence in an Instagram DM @terrencetheteacher and it could be answered here.

The Wellness Clinic, Fourth Floor