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THE OPRAH
MAGAZINE

MEET 10
SUPERHEROES
WHO WILL
HANDLE YOU
WITH CARE

P. 12

**SHE GAVE
YOU LIFE...**

ARE YOU REALLY
GIVING HER
A COFFEE MUG?

15 fresh ideas
for Mother's Day



THIS MONTH'S BIG QUESTION

WHAT CAN WE AGREE ON?

HOW TO
LISTEN WITH
KINDNESS

ARGUE
WITHOUT
ANGER

AND MAYBE EVEN
FIND
COMMON
GROUND

HELLO, GORGEOUS!

Your chance to
**WIN OVER
\$2,000**

worth of
beauty lotions,
perfumes, and goodies
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Feeling Good

REFRESH!

MIND · BODY · SOUL



Safe + Sound

Listen up, outdoor exercisers! If you need music for your mojo, you need headphones that let you hear potential hazards. We tested the latest models and were impressed by EarHero's tiny speakers (\$149; earhero.com); because they don't block your ear canal, you can hear low-level sounds from yards away. We could barely feel them, and they stayed put even on windy jogs. Wireless fans will love Trekz Titanium by AfterShokz (below, \$130; aftershokz.com). The wraparound frame rests in front of your ears, transferring tunes via your cheekbones, and held up on a sweaty run. One tester could clearly hear her music (and phone convos) while staying aware of cars and cyclists. Her verdict: "You won't miss a beat—or a beep!" —C.K.

EAR ILLUSTRATION: GETTY IMAGES

Mind Over MANI

» Revive your nails and your outlook with these tips from meditation teacher Jenni Dawes.

IF YOU HAVE TIME to get a manicure, you have time to meditate. That's the philosophy behind the hand treatments at the buzzy New York City salon Sundays, where you can be pampered with nontoxic products while listening to a guided meditation via plush headphones. Here's how to experience a more mindful manicure, wherever you are.

Set the mood. For DIY manicures, play music, make tea, and light a candle (like Chesapeake Bay's Peace + Tranquility three-wick candle, \$15; target.com). "You want an immersive experience without distractions," says Dawes, founder of the NYC mindfulness center Kindred. Whether you're at home or the salon, silence and stash your phone.

Breathe it out. To let go of tension, when you sit down take a deep breath through your nose. As you exhale, let your shoulders melt toward the ground, your whole body sink into the chair, and your feet feel heavy against the floor. Repeat two times.

Take notice. Get out of your head by paying attention to physical sensations—the temperature of the water your hands are soaking in, the friction from the file. "When you catch your mind wandering, say *thinking, thinking* to yourself and go back to observing," says Dawes. (Bonus points if you can stay calm while your nails dry.)

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THAT'S THE NUMBER OF yearly "bad days" the average American reported having in a recent survey of 2,000 U.S. workers, commissioned by the fitness app Freeletics. While getting more sleep and being more active could help, research says, there's another mood-boosting strategy worth trying: laughing at yourself. A new study from Spain's University of Granada compared people's humor styles with self-reported well-being factors and were surprised to discover that self-deprecating humor was linked to greater happiness. Need a lesson in taking yourself less seriously? Consider the Instagram shenanigans of comedians Chelsea Peretti (@chelsanity) and Jenny Slate (@jennyslate) a master class.

