

HOW TO SURVIVE 2016

This is just the start. A whole roster of life-transforming classes is at RodaleU.com—from mindfulness and meditation to habit-breaking and running.

We know the post-holiday season can feel a bit, well, post-apocalyptic. The presents and parties are over, and aw crap, here come the resolutions! But wait—don't go running for the nearest fallout shelter (a.k.a. bed). We asked you to tell us everything you want to change, then hatched this: your master handbook for a killer year.

ILLUSTRATIONS BY JOEL KIMMEL

BEAUTY

FUSSY SKIN CARE—ANNIHILATED

More than a third of you find it hard to stick to a regimen (all the products! all those steps!). Dermatologist Joshua Zeichner, M.D., director of cosmetic and clinical research and an assistant professor of dermatology at Mount Sinai Hospital in New York City, boiled it down to the barest minimum. What remains: a cleanser, an antioxidant, and sunscreen. Oh, and a phenomenal complexion.

DRY SKIN

(flaking, redness, stinging)

Cleanser: A nonfoaming wash won't steal your skin's natural lube. While you're at it, get one free of any potentially irritating fragrance, like Mustela Stelatopia Cream Cleanser (\$12.50, at drugstores).

Antioxidant: Emollient vitamin E and skin-brightening vitamin C, particularly in oil form, lend a double shot of radiance. Try SkinCeuticals C E Ferulic (\$162, skinceuticals.com).

SPF: Look for a 'screen served up in a super-hydrating day cream. Try CeraVe AM Facial Moisturizing Lotion Broad Spectrum Sunscreen SPF 30 (\$15, at drugstores), rich in ceramides and hyaluronic acid, two moisturizing powerhouses.



OILY SKIN

(shine, large pores, breakouts)

Cleanser: One labeled "foaming" or "gel" will contain detergents strong enough to cut through all the grease. Pore-clearing salicylic acid is also a must. Try BareMinerals Blemish Remedy Acne Treatment Gelée Cleanser (\$20, bareminerals.com).

Antioxidant: Vitamin E can be too heavy for the pimple-prone. Instead, your buddies are phloretin, ferulic acid, and vitamin C in a light, hyaluronic acid-based serum. Try Lumene Bright Now Vitamin C Hyaluronic Essence (\$25, at drugstores).

SPF: You want an oil-free pick with grease-sopping silica. Try Clinique City Block Sheer Oil-Free Daily Face Protector Broad Spectrum SPF 25 (\$24, clinique.com).



COMBINATION SKIN

(slick T-zone with dull patches on cheeks)

Cleanser: A sulfate-free foaming cleanser will take care of oily areas without scouring as deeply as traditional surfactants, so parched patches won't bug out. Try Neutrogena Ultra Gentle Daily Cleanser (\$9.49, neutrogena.com).

Antioxidant: You can stand a little skin-conditioning vitamin E mixed in with complexion-evening vitamin C. Just try a gel or serum formula, rather than an oil, so as not to encourage the slick spots. SkinMedica Vitamin C+E Complex (\$98, skinmedica.com) delivers the antioxidants in a silky yet weightless silicone-based gel.

SPF: A light lotion with an SPF, like Olay Complete All Day Moisturizer for Sensitive Skin (\$10 to \$13, olay.com), is hydrating enough to keep dry spots from going rogue but feels like nothing on your face.



IN THE EVENT OF AN OUTBREAK

Zits. Thirty-five percent of you are waging war against this ruthless evil. Your ammo: a one-two punch of acne-fighting ingredients, says Zeichner. Dab on a spot treatment with bacteria-busting benzoyl peroxide and exfoliating salicylic acid, like La Roche-Posay Effaclar Duo (\$37, laroche-posay.us), which features the former and a derivative of the latter. Then dot a 1 percent hydrocortisone cream (available OTC at any drugstore) on top to keep redness on lock.

DARK CIRCLES—RUUUUUUUUN!

You've had it up to your eyeballs with these bad boys. Just tell us which color your rings are and we'll give you a treat-and-conceal plan that will send them packing.

IF THEY'RE BLUE

Treat: Blood vessels are peeking through the thin undereye skin. Use an eye-specific cream with retinol, like RoC Retinol Correxion Eye Cream (\$24, cvs.com), to help gently thicken the area.

Conceal: Two keys, says New York City makeup artist Lauren Cosenza: Cream formula and peachy color. Try Physicians Formula Mineral Wear Talc-Free Mineral Correcting Concealer (\$9, physiciansformula.com).



IF THEY'RE BROWN

Treat: Tone down excess pigment by tapping on a cream with vitamin C or kojic acid, like Peter Thomas Roth Power K Eye Rescue (\$100, peterthomasroth.com).

Conceal: Brightness is your friend, Cosenza says. Choose an illuminating full-coverage concealer, such as Aveda Inner Light Concealer (\$19, aveda.com), about two shades lighter than your natural color. Dab it on rings until the hue blends in with the surrounding skin.

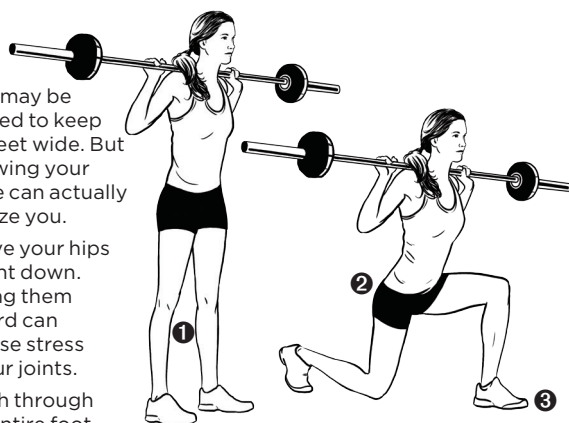
THE NOON PROJECT (ICON ILLUSTRATIONS)

WEIGHT LIFTING S.O.S.

You told us you want to own the weight room but don't feel 100 percent confident in your skills. Look, you've got the basics down. But our fitness editors zeroed in on the crucial points to nail four key moves. Watch, learn, and tone up! (No Morse code needed.)

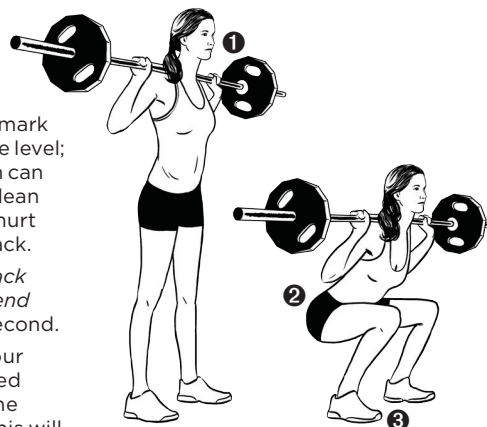
BARBELL LUNGE

1. You may be tempted to keep your feet wide. But narrowing your stance can actually stabilize you.
2. Move your hips straight down. Shifting them forward can increase stress on your joints.
3. Push through your entire foot, not your toes, to stand back up.



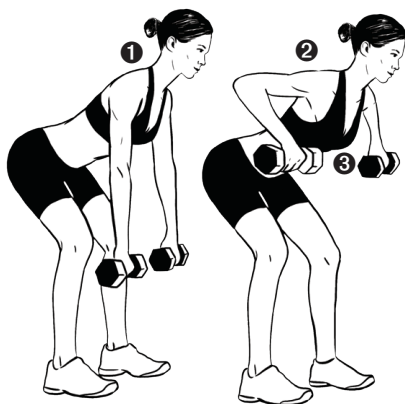
BARBELL SQUAT

1. Focus on a mark just above eye level; looking down can cause you to lean forward and hurt your lower back.
2. Think *sit back* first. Think *bend your knees* second.
3. Imagine your heels are glued to the floor the entire time; this will ease pressure on your knees.



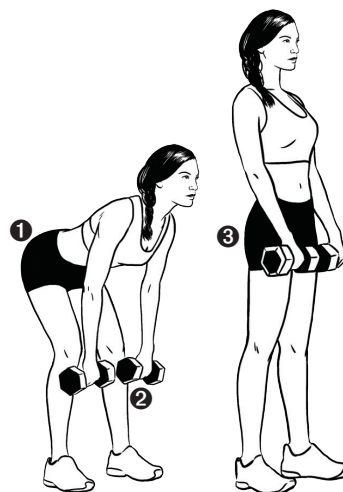
DUMBBELL ROW

1. Before you start, pull your shoulders back instead of scrunching them up. Focus on creating as much space as you can between your shoulders and ears.
2. Start each rep by first squeezing your shoulder blades together, then bending your elbows.
3. Stick your chest out as you row the weights to prevent rounding your lower back, which won't fully engage your shoulders.



STRAIGHT-LEG DUMBBELL DEADLIFT

1. Push your hips back as you lower your torso, which will help keep your back flat.
2. Imagine you're shaving your legs with the weights as you stand, to prevent straining your lower back.
3. When lifting the weights up, think *squeeze* (your glutes) and *thrust* (your hips forward), not *pull* (with your lower back).



NEED US TO SPOT YOU SOME MORE?

We've got your back (and everything else for that matter!) Join *WH*'s new 28-Day Lift & Get Fit Challenge. The cutting-edge online course will walk you through a mini lesson and simple actionable

challenge each day so you can become a lifting pro in just four weeks. You'll also be able to chat with a legion of motivated women just like you on message boards and receive real-time support from

our experts, Holly Perkins, C.S.C.S., author of *Lift to Get Lean*, and *WH* fitness director Jen Ator, C.S.C.S. Get involved at RodaleU.com/LiftAndGetFit (for just \$9.99) and start your body transformation.



WORK



YOUR CAREER: IT'S ALIVE!!!



To the 61 percent of you who said feeling stuck in the same job title is your biggest work struggle: Much like Frankenstein's monster, your professional trajectory sometimes needs a jolt to get it moving. Consider the below list that spark.

1. DO A GUT CHECK.

Instead of fixating on leveling up, ask yourself, "What do I want to do more of, what am I neutral about, and what do I want to get rid of?" says Heather Corcoran, an executive coach and partner at Next Step Partners. You might look at the duties a promotion would entail, think, *Ugh—sounds miserable!* and realize you want to pursue something else. Or you might think, *Bring it!*

Either way, research is crucial. Observe people currently in the role you covet, then investigate how you can emulate those duties and traits in your own work.

2. NETWORK SMARTLY.

Invite people you admire in your field (or even in your office) to coffee (yes, you're paying). If it's someone you've known awhile, ask them what you'd be good at. "People often see things in us that we don't see in ourselves," says Connie Thanasoulis-Cerrachio, cofounder of career-coaching firm SixFigureStart. Always be specific about your goals, she adds. "Someone who says, 'I'm so ready to manage a team in the sales group!' will stick in people's minds."

As the convo is wrapping up, thank the person and ask how you can help them. "It creates mutuality and keeps you from looking like an ask-hole," Thanasoulis-Cerrachio explains. Alrighty then!

3. MARKET YOURSELF WELL.

Don't wait until an opportunity presents itself to update your résumé and LinkedIn profile. Every two to three months, revisit each line item and incorporate as much quantifiable data as possible—info like percentage increases, team members wrangled, new markets tapped, and so on. "Doing this will help you craft an elevator pitch and articulate your strengths without stumbling over yourself," says Thanasoulis-Cerrachio.

If you start drawing blanks on those strengths, ask yourself this question: What are the top five things I've done in life that have even impressed me? "Thinking of it that way leads people to come up with things they're truly proud of, so when they speak about those accomplishments, they're expressing



genuine excitement and it doesn't sound boastful," she says. That said, be aware of your weaknesses too. Thanasoulis-Cerrachio recommends making a list of 10 skills and ranking them from strongest to least strong so when you're inevitably asked about weaknesses, you can talk about the bottom two and how you're developing them.

4. HAVE TOUGH CONVOS.

Once you've determined your own objectives, discuss your goals with your manager and ask what you need to do to be next-level ready. "Start by saying you'd like to expand your role within the company," says Bonnie Marcus, president and CEO of Women's Success Coaching and author of *The Politics of Promotion*. "Speak in their terms to show you're capable of communicating from a leadership point of view."

From there, you have a couple of options to get to the duties and requirements for a higher title. "You could ask, 'What's one thing I could do better to add more value to the team?' Or say, 'What aspect of the business do you worry about most?'" says Corcoran, who points out that both questions cast you as someone who thinks about the business as a whole and solves problems

at a strategic organizational level, rather than someone who feels they're owed something. You should also be trying to weave in all those successes you've outlined to show how your work directly benefits and supports company goals.

5. ROLL UP YOUR SLEEVES.

By now, you know what you want and what it's going to take to get there. Maybe it's overseeing a new project or some junior employees, or it could be participating in bigger meetings and company-wide initiatives. Either way, you oughta be tackling those to-dos with more gumption than Elle Woods at Harvard Law. After a couple of months, follow up with your manager to update her on your progress and how it's affected her interests. In time, she'll see that the issues they raised at your first meeting have vanished.

You should also be checking in with any new contacts you've made; asking how they're doing and sharing what you've been up to once a season is not too often to be annoying. Thanasoulis-Cerrachio also suggests using a weekly calendar reminder to remember to touch base with your existing network. Just one e-mail to one different person—totally doable!

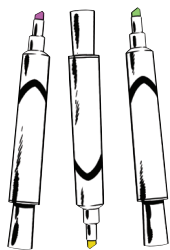
FINANCE

ALERT! BUDGET DISASTER!

Half of you said you're ready to be fiscally savvy ballers with your spending under control—and with savings to boot. We'll make this painless with a back-to-basics strategy.

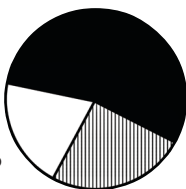
STEP 1: GET THE LAY OF THE LAND.

Financial planner Jeff Motske's method for figuring out the state of your finances is stupidly easy yet ridiculously eye-opening. First, grab at least three months' worth of bank and credit card statements and three highlighters in different colors. The first shade is for essentials (rent/mortgage, groceries, transportation, loan repayments, health care); the second is for lifestyle purchases (Netflix, dining out, theater or sporting events); and the third is for frivolous purchases (like going to the mall for one specific item and leaving with five more). "When you look at those impulse buys together on actual paper, it puts your habits in better perspective than if you're just scrolling through an app," says Motske. "You also realize that you have the makings of a budget that allows for saving toward a big-ticket item or future financial goals."



STEP 2: RECALIBRATE.

Now it's time to compare your spending to what's actually realistic. Motske says no more than 55 percent of your take-home pay (that's post-tax dollars) should go toward the "necessary" category. And cap your "nice-to-haves" in color two at 20 percent. The rest should go toward savings (e.g., that 401(k) from your employer) and paying off loans. But hey, we're all human—just keep those impulse buys under 2 percent.



IF YOU DO ONE OTHER THING...

Start a Roth IRA. "The growth on this account is tax-deferred, plus when you withdraw it in retirement, all the income comes out tax-free," explains Motske, who advises jumping on the opportunity as early in your career as possible. (You can invest in this type of fund only when your income is below \$132,000 if you file taxes solo.)



SEX

BEWARE BEDROOM INTRUDERS

Focus, for crying (his name) out loud! Seriously, 40 percent of you said your sex life would be so much better if you weren't distracted. Here's how to stay in the moment in the sack.

INTRUDER: BODY-IMAGE ISSUES

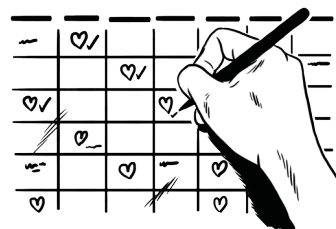
You're seconds away from the Big O when your brain runs amok with thoughts of *Ack, floppy boobs! So long, fireworks.* "You can't orgasm and hold your stomach in at the same time—you just can't," says



Laurie Mintz, Ph.D., author of *The Tired Woman's Guide to Passionate Sex*. (Can we get that quote on a plaque?) To become reimmersed in the sensations of sex, Mintz favors a form of mindfulness breathing that we at *WH* have dubbed "zegels," or Zen Kegels. "Channeling your inhales and exhailes through your genitals will help you tune back into the sensuality of your body," she says. Too weird? Activate your sense of smell by nuzzling into a fave spot on your partner, like the hollow above his collarbone, and breathe there.

INTRUDER: THE OUTSIDE WORLD

If you can instantly transition from the drama of a hectic workday and the other demands of your schedule into a state of toe-curling bliss, congrats—you're a sexual unicorn. "It takes most stressed-out women 20 minutes of caressing and



kissing just to relax, let alone get aroused," says Mintz. Beyond that, with all those e-mails from the boss, calls from friends, and pinging app alerts, it's no wonder most of us have a short attention span, even when we're getting frisky. The fix? Evict your cell phone from the bedroom, and rely on an alarm clock (yes, they still make those!) for your a.m. wake-up. Another idea, which might sound counterintuitive, is blocking out time on your calendar. "Having a planned tryst gets you in the mind frame, and you don't expend energy or time on that should-or-shouldn't moment," says Mintz. "Think of it as gaming your to-do list."

FASHION

YOUR CLOSET: BACK FROM THE DEAD

Shout out to the 61 percent of readers who said they'd cry tears of joy if their outfits pulled themselves together. All it takes is three fresh statement pieces. Mix and match 'em with stuff you already own. And tissues—we need tissues over here!

MILITARY PANTS



PAIR WITH

Button-down shirt
Blazer
V-neck tee

WHY IT WORKS

The straight-leg style keeps your button-down and blazer from going full-on corporate, but it can also prevent your beloved T-shirt from looking sloppy. Magic!

STYLING TIP

Choose flat-heeled booties or oxfords. Skip socks and show some ankle for the most feminine spin.

TUNIC SWEATER



A-line skirt
Skinny jeans
Shift dress

It brings a cool-girl vibe to anything you wear it with—skinny jeans take on a leggings quality, an A-line skirt looks modern with the tunic half-tucked, and a shift dress morphs into a faux skirt.

Belt away, especially if the tunic is extra blousy. Add heels, très chic.

OVERSIZE SCARF



Anything
(seriously)

Though technically neckwear, its extra length means you can turn it into a shawl or a belt too. Choose one in a subtle print for polish; the options from there are pretty much endless.

When you're wearing it as an actual scarf, wrap it around your neck several times, tie the ends together, and tuck them up into the folds, rather than letting them hang loose.

KILLER HEELS!

Torture devices, say nearly 60 percent of you. We have three pairs we'd like you to meet.



SAM EDELMAN

Platforms offer added height without jacking your arch into an unnatural position. Nadine suede platform sandals, \$100, shopbop.com



ELLIOTT LUCCA

The stacked heel on these puppies stabilizes your balance, even though they're almost four inches. Delanna high-heel tall boots, \$99.50, elliottlucca.com



JIMMY CHOO

An investment, yes, but one that lasts longer than some marriages. Ultrasoft leather forms to your foot (read: no pinching!) and whoa, hotness. Minka 100, \$1,095, jimmychoo.com

APOCALYPSE NOW: DINNER EDITION

Your biggest food desire? Healthy weeknight dinners that don't take as long as an Adele album to produce. Because, really, who's got the ingredients, the time, or the patience every single night? Beyond Delivery.com, we give you our two-pronged plan of attack.

SLASH PREP TIME

1. DUST OFF YOUR FOOD PROCESSOR.

You probably have one stashed deep in the cupboard and unearth it only for Cinco de Mayo guac. But that sucker is an ace multitasker, says Emilie Raffa, author of *The Clever Cookbook* (out February 16). Use it to grind a hunk of Parmesan. Or pop in an attachment to thinly slice or grate everything from butternut squash to zucchini.



2. GET ALL RUSTIC.

Think you need to peel those carrots you're cooking just because the recipe says so? Look, they'll be just as tasty—not to mention boast more fiber—if you give them a good scrub under the faucet and toss into your processor or a roasting pan. Same goes for potatoes and beets; just try to buy organic for anything with a thin skin.

3. DON'T OVERDO.

Stir-fry sounds delish, right? Not if you crowd the pan with a billion veggies, turning your

dinner into a literal hot mess. (A jam-packed pan also adds on 10 minutes of cook time, depending on the size of your fixings.) Instead, Raffa advises sticking with one or two picks. Boiling pasta? You don't need an entire pot of H₂O. Stick with just enough to cover your noodles, and reserve half a cup of the starchy water to thicken your sauce without more cal.

4. GO VEG OVER GRAIN.

TV host, author, and nutritionist Ellie Krieger, R.D., swaps out rice and other starches, which can take 20 to 45 minutes on the stove, for chopped cauliflower, which is ready in a fraction of the time.

MAKE IT IN ADVANCE

1. PREPARE HOMEMADE FLOURISHES.

Krieger—whose new cookbook, *You Have It Made*, is devoted to do-ahead recipes—often relies on DIY spice combos. Buy a couple of glass jars and load them up with equal amounts of chili powder, garlic powder, and oregano or smoked paprika, garlic powder, and crushed dried rosemary; they'll go with just about anything (veggies, fish, meat) and stay good for at least six months.

On Sundays, Krieger also devotes an hour to scratch-making versatile barbecue sauces, salsas, and dressings that can doctor up a variety of mains. "They keep for about four to seven days, so you can just brown the meat the day of," she says.

2. STOCK YOUR FREEZER.

And we don't mean with packaged dinners (the sodium in those babies—bonkers). "When a protein goes on sale, I buy a lot and prepare



a marinade or two," says Raffa, who then portions her ingredients into freezer bags. "The protein absorbs the marinade as it freezes, then again when it defrosts." Any cut of chicken will work, as will her three other go-tos: salmon, pork tenderloin, and flank steak. Just skip this method with veggies, which get too watery, and pre-frozen shrimp, because of bacteria hazards.

Mini meatballs also hold up well. "Use a one-inch ice cream scoop to portion them out onto a baking sheet," says Raffa. Once they're cooked, you can toss them in baggies to reheat over the next three months. Gotta have grains? Prep those in advance too, then thaw them when you want to stuff peppers or add a crunchy bottom to a frittata.

YOU! ON A COOKING STREAK!

Whipping up healthy fare can seem like a pain in the butt if you're not naturally cheffy. But, you told us, it would be so much less of a drag if you had simple and fresh back-pocket recipes.

Enter our compadres at *Men's Health*, who devised the 21-Day #CookingStreak: Eat Great, Lose Weight! challenge. By cooking one meal a day, you'll learn how to apply five techniques to dozens

of recipes—the pork chops with cider-mushroom pan sauce are calling our name right now—in less than a month. Head to RodaleU.com/StartCooking to sign up (for just \$9.99!).



WHEN YOU'RE THE ZOMBIE

We know it's not pretty, but take a good, hard look at the illustration below. One side has seen better days, the other looks like an extra on *The Walking Dead*. Use our prompts to help expose what's causing the hellishly exhausted feeling that more than half of you reported. Then learn how to put a stop to it once and for all.

YOU'RE TIRED

YOUR SLEEP SCHED IS WONKY.

You should be clocking seven hours of uninterrupted Zs every night, according to current recs from the American Academy of Sleep Medicine. Just as crucial is a regular sleep-wake pattern, says Timothy Morgenthaler, M.D., a sleep specialist at the Mayo Clinic. Consistently going to bed and waking at the same time every day (or within a half-hour of it) helps your body know when to be alert and when to snooze. Sorry, no easier way!

YOUR SLEEP HYGIENE SUCKS.

Putzing around on your iPad, firing off e-mails on your laptop, or watching TV in the hour or two before your head hits the pillow could be revving up your brain. (Electronics emit a blue light that can disrupt the sleep hormone melatonin.) Trading those go-tos for a chill ritual, like taking a bath, and keeping your bedroom cool and quiet can help.

YOU HAVE A SNEAKY SLEEP DISORDER.

If your habits are A+ and you're still not waking up refreshed, a disorder might be afoot. Keep a sleep diary for two typical weeks (so, you know, not when you're at a bachelorette weekend) and note the time you're going to bed, your pre-sleep activities, any awakenings, the amount of time needed to fall asleep, when you're getting up in the a.m. and how refreshed you feel. Once you're armed with these details, meet with your doc. She may want you to sign up for a sleep study, a one-night observation that can detect disorders like sleep apnea (where your airway can get blocked).



YOU'RE FATIGUED

YOU DON'T EVEN RECOGNIZE THE CHICK IN THE MIRROR.

We're talking drastic changes in skin, weight, and hair. When these occur along with fatigue, they could signal thyroid issues. Putting on pounds (or feeling bloated) could indicate that it's underactive, whereas weight loss can hint that it's overactive. Hair thinning (overall or in patches) and crazy-dry skin can happen in both instances.

YOU FEEL LIKE YOU'RE ALWAYS WADING THROUGH PEA SOUP.

It could be systemic exertion intolerance disease (formerly chronic fatigue syndrome—whew, some name change!), which can be tough to diagnose. That's because many of the symptoms (e.g., memory loss, headaches) can often be attributed to other health issues. Docs aren't sure what causes it, but anecdotal evidence suggests some viral infections, including Epstein-Barr, may be connected.

YOUR MOOD'S BEEN WAY LOW.

Depression messes with your body and mind, and fatigue crashes the crappy party. Think back on the past month. Maybe you've been nursing a persistent empty feeling and haven't felt like doing things that used to get you pumped.

OK, SO NOW WHAT?

Your doc will want a detailed medical history. Ask your family what diseases or conditions run on either side. Then jot down any physical, mental, or emotional changes in the past few months. The more info, the more helpful your doc can be. Land of the Actually Living, here you come! ■