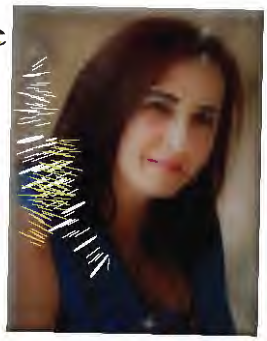

Glamour Talk Mag
Online
November 2020
Red & Dark blue
Colours page 3 - 5

Editors Note



We entering the silly season, once again. I can not help to wonder what effect the Covid- 19 will have on the holiday season..

With that said, just hope that there will be less car accidents on the roads this year.
This was one crazy year, I'm glad it's almost something of the past and that the year 2021 will be a better year.

The Gala evening for the Mr & Miss Vaal will be on the 7th of this month. Glamour Talk Mag will not only attend the event but all the category winners and runner-ups will be in our next Issue.

Glamour Talk Mag would like to take the time to wish each and every contestant the best of luck for the grand finale. You are all winners in your own right.
Enjoy what ever comes your way, embrace it and make memories that would last a life time.

We are ending this year with a great competition for the family to enjoy together. Please follow us on Facebook to take part in this competition.

Our red and dark blue drop a photo can be seen on pages 3 - 5. Thank you for taking part in the fun with us.
How to control emotions -page 8.
Trust that you will find it helpful.

Please take care, wear your mask, keep your social distance, rather be safe than sorry.

"Start by doing what's necessary; then to what's possible; and suddenly you are doing the impossible"

Love
Charmaine (Charms)

Our God is Glamorous



The Gift of God's Love

It can't be bought, it can't be sold, it can't be measured in silver or gold.

It's a special wish that God above will fill your heart with peace and love - the love of God, which is divine, that is beyond what words can define so you may know the comfort of God's all - fulfilling grace and love.

This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins God so loved us, we also ought to love one another.

1 John 4: 10-11

Would you like to be part of " Our God is Glamorous"

Send us an e mail to admin@topvibe.co.za with your name and contact details.

Thank you
Charmaine

Glamour Talk Mag

Comments:
Please write to us or contact us to share your opinion, ideas & comments.
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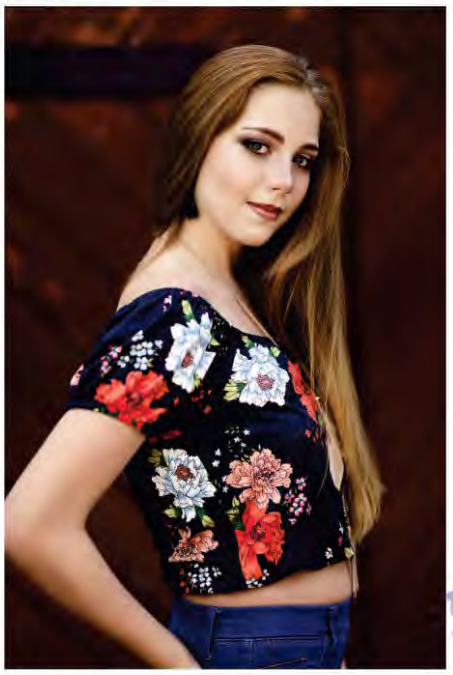
The views of other writers or articles in this Magazine are not necessarily the view of the editor.



Red & Dark blue

Two stunning colours, just have a look at the beautiful pictures that was posted on our Facebook.

Thank you our theme for the December Issue will be Christmas please drop your picture in our comment section.



Isabella Van Der Merwe



Michelle Smuts



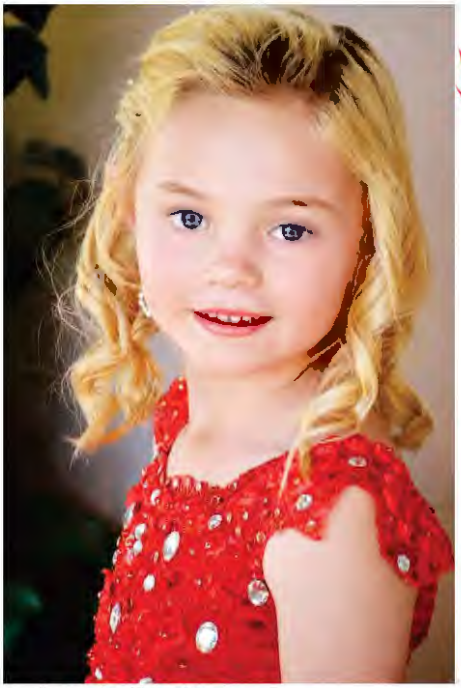
Ariska Engelbrecht



Diana Furstenburg



Charlotte Malherbe



Ameria Fourie

Red & Dark Blue



Valmarie Volschenk



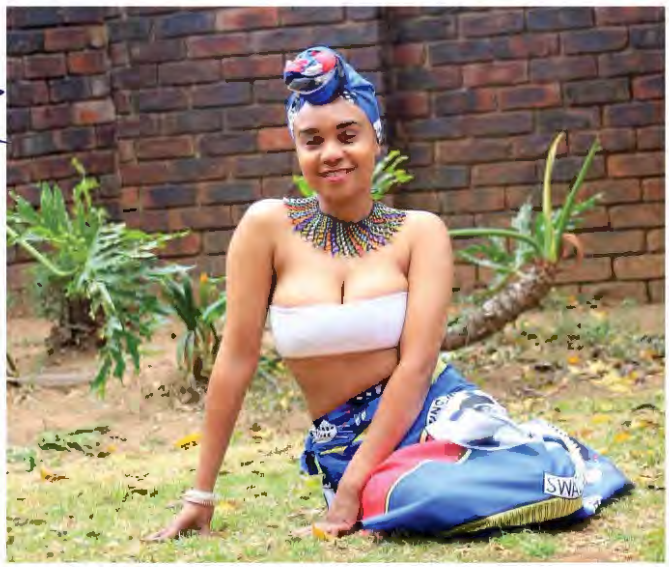
Danè van der Westhuizen



Zanè Britz



Chantenique Kruger



Dumisile Mandy Mahalabe



Skylah Atherstone



Scarlett v.d. Merwe



Klaredyn Erasmus



Le Roux Janson



Janelle Botha

Red & dark Blue

SPOIL YOURSELF WITH PERMANENT MAKEUP

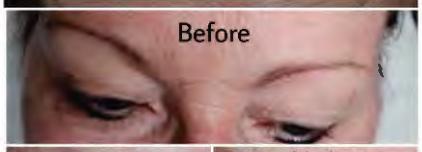
Spoil yourself with permanent makeup, make sure that you get it done by the proffetional person.
I personal had my eye brows done about 13 years ago till somebody said to me my one brow is higher than the other one. (I did not be aware of it)
I had it fixed by Anzel form Aesthetique in 265 Louis Trichardt blvd, Vanderbijlpark.

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How to control your emotions



Emotions are a vital part of our everyday lives. Whether you're having a good laugh over a text message or feeling frustrated in rush hour traffic, you know that the highs and lows you experience can significantly affect your well-being.

Your ability to regulate those emotions, in turn, affects how you're perceived by the people around you. If you're laughing at that text during a serious meeting, you're likely to get resentful looks from others in the room. On the other hand, if you react with rage at a driver who cuts you off in traffic, you can engender unwanted attention, and perhaps even risk your life.

The study of emotions is not an exact science. Psychologists still debate the body-mind connection in emotional reactivity; don't have a complete taxonomy of emotions; and are even uncertain about whether emotions are the cause or result of the way we construe the world. However, there are advances being made in understanding the concept of emotion regulation, the process of influencing the way emotions are felt and expressed.

Stanford University psychologist James Gross (2001) proposed a 4-stage model to capture the sequence of events that occurs when our emotions are stimulated. In what he calls the "modal model," a situation grabs our attention, which in turns leads us to appraise or think about the meaning of the situation. Our emotional responses result from the way we appraise our experiences.

Some emotional responses require no particular regulation. If the emotion is appropriate to the situation and helps you feel better, there's no need to worry about changing the way you handle things. Laughing when others are laughing is one example of an appropriate reaction that helps you feel better. Expressing road rage may also make you feel better, but it's not appropriate or particularly adaptive. You could express your frustration in other ways that allow you to release those angry feelings, or instead try to find a way to calm yourself down.

Calming yourself down when you're frustrated, of course, may be more easily said than done. If you tend to fly off the handle when aggravated, and express your outrage to everyone within earshot (or on the other end of an email), your emotions could be costing you important relationships, your job, and even your health.

An inability to regulate emotions is, according to Gross and his collaborator Hooria Jazaieri (2014), at the root of psychological disorders such as depression and borderline personality disorder. Although more research is needed to understand the specific role of emotional regulation in psychopathology, this seems like a promising area of investigation. For example, people with social anxiety disorder can benefit from interventions that help them change the way they appraise social situations, as shown by research on cognitive behavioral therapy. Many others functioning at a less than optimal level of psychological health, Gross and Jazaieri maintain, could similarly benefit from education about how better to manage their emotions in daily life.

Fortunately, you can handle most of the work involved in regulating your emotions well before the provoking situation even occurs. By preparing yourself ahead of time, you'll find that the problematic emotion goes away before it interferes with your life:

1.Select the situation. Avoid circumstances that trigger unwanted emotions. If you know that you're most likely to get angry when you're in a hurry (and you become angry when others force you to wait), then don't leave things for the last minute. Get out of the house or office 10 minutes before you need to, and you won't be bothered so much by pedestrians, cars, or slow elevators. Similarly, if there's an acquaintance you find completely annoying, then figure out a way to keep from bumping into that person.

2. Modify the situation. Perhaps the emotion you're trying to reduce is disappointment. You're always hoping, for example, to serve the "perfect" meal for friends and family, but invariably something goes wrong because you've aimed too high. Modify the situation by finding recipes that are within your range of ability so that you can pull off the meal. You may not be able to construct the ideal soufflé, but you manage a pretty good frittata.

3.Shift your attentional focus. Let's say that you constantly feel inferior to the people around you who always look great. You're at the gym, and can't help but notice the regulars on the weight machines who manage to lift three times as much as you can. Drawn to them like a magnet, you can't help but watch with wonder and envy at what they're able to accomplish. Shifting your focus away from them and onto your fellow gym rats who pack less punch will help you feel more confident about your own abilities. Even better, focus on what you're doing, and in the process, you'll eventually gain some of the strength you desire.

4.Change your thoughts. At the core of our deepest emotions are the beliefs that drive them. You feel sad when you believe to have lost something, anger when you decide that an important goal is thwarted, and happy anticipation when you believe something good is coming your way. By changing your thoughts you may not be able to change the situation but you can at least change the way you believe the situation is affecting you. In cognitive reappraisal, you replace the thoughts that lead to unhappiness with thoughts that lead instead to joy or at least contentment. People with social anxiety disorder may believe that they'll make fools of themselves in front of others for their social gaffes. They can be helped to relax by interventions that help them recognize that people don't judge them as harshly as they believe.

5.Change your response. If all else fails, and you can't avoid, modify, shift your focus, or change your thoughts, and that emotion comes pouring out, the final step in emotion regulation is to get control of your response. Your heart may be beating out a steady drum roll of unpleasant sensations when you're made to be anxious or angry. Take deep breaths and perhaps close your eyes

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for our next competition



This will be our last
competition for 2020

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