

THE UK'S LEADING MAINSTREAM MAGAZINE DEDICATED TO THE HEALTH OF THE MIND

# MindSet

ISSUE 4 £4.99

## TEENAGE TANTRUMS

*Don't blame  
the hormones*

## FOCUS ON

POST TRAUMATIC  
STRESS DISORDER

## MIND OVER MATTER

The power  
of thought

## CONFRONTING MOB MENTALITY

# Cara Delevigne

*The battles behind the beauty*



**PLUS:** Art and Mind – using the medium of visual imagery to explore emotions