

Lifestyle **Magazine**

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EDITORIAL

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MESSAGE FROM THE CHAIRWOMAN

Dear ladies,

Welcome to Summer!

Finally, summer took its time getting here this year. As the Chair, June is the issue I thank my amazing team for their tireless efforts throughout the season.

I am so humbled to be among such inspiring and amazingly talented women. I consider myself and our IWI family very fortunate that they all have agreed to stay on for another season.



I would like to remind everyone that the Board is made up of volunteers. These fantastic women give up time from their busy lives to try to improve the lives of our members.

So, to my ladies ... thank you from the bottom of my heart..... Shadi our Vice Chair, Yasemin our Advisor, Jennifer our Admin, Alina our NextGen Lead, Ayse our Sponsorship Lead, Sema our Programs Lead, Jasmin our Membership Lead, Rachel our Business Networking Lead, Maria E our Community Lead, Ursula our IWI Lifestyle Magazine Lead, Maria K. our Social Media Lead and Silvia our IT Lead.

I wish all of our members a lovely summer creating new memories with the ones they love the most.

See you all in September.

*With Love,
Julia*

MAY NEIGHBORHOOD MEETUPS



MAY NEIGHBORHOOD MEETUPS



IWI MEETINGS

Your IWI Board is hard at work and our wonderful Community Teams Monthly Co-Ordinardor Meeting.



IWI YEŞİLKÖY NM

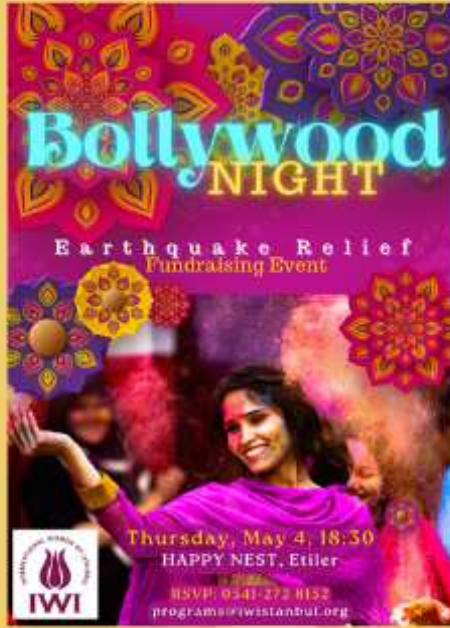
Members met up for a walk through the picturesque neighborhood of Yeşilköy, with a little stop for coffee, and some shopping at the famous Wednesday Bazaar.



IWI BOLLYWOOD NIGHT

Thursday, 4 May 2023 | Happy Nest

The proceeds of this event will be used by our business member Mavii for purchasing children's backpack set to be sent to the earthquake zone through "Gölmek İyileştirir Derneği" - (Laughter Heals Association)- a registered NGO.



IWI MOTHERS DAY BRUNCH

IWI Mother's Day Brunch 2023 was held at Firin Sanati Cafe, Beyoglu, hosted by our lovely IWI Member and cafe owner, Amina.



IWI RELIEF TEAM FAMILY BBQ

Saturday, 29th April 2023

Excellent salads, mouth-watering desserts, hot BBQ, and plenty of belly laughs - all these were had at our Family BBQ.

The news of the day may have moved on, but the memory of the earthquake and our conviction to help the victims, strongly embedded in our hearts... we came together once again, raising not just funds but also our own community and we had fun along the way!

We ate, we shared, we played and we laughed: Three-legged race, treasure hunt for younger kids, scavenger hunt for the whole family, trampoline, egg on a spoon, spring bonnet. And of course, none of this would be possible without our amazing Relief Team 2023 Volunteers.



IWI RELIEF TEAM FAMILY BBQ



Know your NM (Neighborhood Meetups)

Your Neighbourhood Community Meetup (NCM) administrator organises meet-ups and activities in your area. This is a great opportunity to connect with other women and discover what IWI has to offer. Unsure what area you are in and who to contact? Ask us at community@iwi-tr.org

EUROPE NMs



MACENTA
Besiktas/Levent/
Ulus



PEMBE
Bebek



MOR
Nisantasi



BEYAZ
Ortakoy/Ulus



TURKUAZ
Istinye



SARI
Sariyer



MAVI
Gokturk



YESIL
Yesilkoy/Bakirkoy

ASIA NMs



LACIVERT
Beykos



KIRMIZI
Kadikoy/Uskudar



TURUNCU
Cengelkoy



**Mums
'n' Kids**

(If you're curious where the NM names came from, check out Lifestyle Magazine issue #07)

IWI Community NM/MNK Coords team 2023

Area Color Code	Neighbourhoods	Coord Names
Macenta	Besiktas/Levent/Ulus	Leen Saket
Pembe	Bebek	Rachel Bahadir
Mor	Nisantasi/Beyoglu	Becky Altinman
Beyaz	Ortakoy/Ulus	Yelena Atam
Turkuaz	Istinye	Olga Onur
Sarı	Sariyer	Olga Onur
Mavi	Goktrurk	Olga Onur
Yeşil	Yesilkoy/Bakirkoy	Maria Kaytancioglu
Lacivert	Beykoz	Jasmine Yuzer
Kırmızı	Kadikoy/Uskudar	Ayse Slevogt & Ekaterina Topaloglu
Turuncu	Cengelkoy	Ayse Slevogt & Ekaterina Topaloglu
Mums'n'Kids (MnK)	ALL	Elena Jusenlijska
Community Lead community@iwistanbul.org		Maria D.Z. Eroglu

Summer Lunch



JUNE 9 / 12:00PM
AŞŞK CAFE- KURUÇEŞME

Please RSVP at (541) 272 8152

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Stay up to date with all the latest events and news that IWI has to offer

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[@iwi_nextgen](#)



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JUNE INTERNATIONAL DAYS

Little by little time is passing, and it seems like yesterday when we toasted the New Year yet, we are almost halfway through it. But finally, it seems that the long-awaited beginning of summer will arrive with many things to celebrate.

In relation to our environment, this month we find the day of awareness about its care, June 5, another day about the protection of our oceans, day 8, and one more dedicated to the fight against desertification and drought, day 17.

We also have World Blood Donor Day, on the 24th. "Blood," is an irreplaceable good that can only be achieved through this altruistic act which is donation.

International LGBT+ (lesbian, gay, bisexual and transsexual) Pride Day, also known as Gay Pride Day, is celebrated every year on June 28 and consists of a series of events that different groups carry out publicly to fight for equality and the dignity of gay, lesbian, bisexual and transgender people.

At present, in many countries of the world, sexual diversity is persecuted and criminalized by laws and authorities. On the other hand, in several countries, it has already been accepted at the state level, but society is still very far from accepting it.

The Stonewall riots (New York, USA) occurred in 1969, marked the beginning of the homosexual liberation movement.

That day, there was a police raid on the Stonewall Inn Pub, located in a New York neighborhood. In response, various riots and violent demonstrations arose spontaneously, intended to protest against a system that persecuted homosexuals.

These riots, along with other events that occurred later, are considered the first signs of struggle by the homosexual community in the United States and in the world.

Respect for sexual diversity claims the right of people to freely live their sexual orientation and gender identity, without fear of discrimination or reprisals.



How is Gay Pride celebrated around the world?

The main symbol on display is the rainbow colored flag.

The most important pride march in Europe is that of Madrid (MADO), with more than a million attendees each year, which is held in the Chueca neighborhood.

In the American continent, the most massive LGBT pride stands out, the São Paulo Pride march. Just as important are the marches in Toronto (Canada), San Francisco (USA) and Mexico City (Mexico).



PETRA: THE LOST CITY

By: Sandra Berker



The ancient Nabataean capital carved out of rock continues to amaze us today for its beauty and for all the secrets it hides.

Petra is like a great gem in ocher and pink tones from the Jordanian desert. The sand, blown by the wind along the Jordan River Valley, has deposited the mineral mud at the bottom of the Dead Sea, forming red sandstone that has

created this mysterious rocky landscape.

When night falls, silence prevails, despite the thousands of tourists who visit it. Its golden sand, the buildings sculpted in the sandstone and the narrow canyons whose walls have very old inscriptions and drawings, make it one of the New Seven Wonders of the Modern World.

We are talking about a historical and archaeological city in the south of the Hashemite Kingdom and very close to the Israeli border, which is located around the Jabal Al-Madbah mountains that surround the Wadi Musa valley, an area from the Dead Sea to the Gulf of Aqaba.

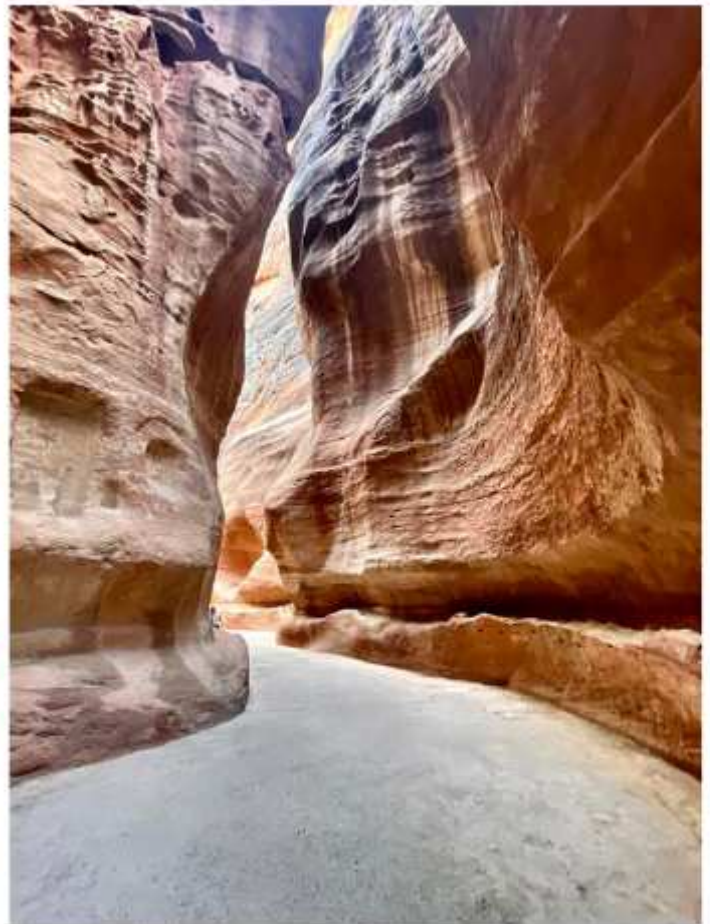
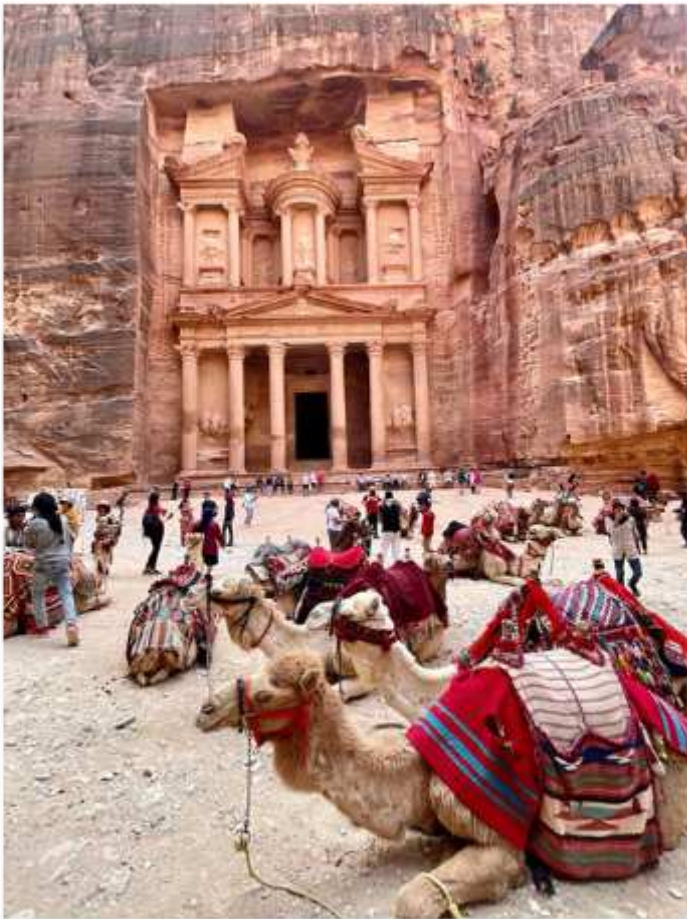
Diodorus, the Greek historian, defined the Nabataeans as nomadic Arabs who were used to living in arid deserts. Unlike their enemies, they could better repel attacks because they knew the terrain well, and already in the 1st Century Strabo spoke of Petra as a caravan city ruled by kings, and details splendid gardens in the middle of the desert, with abundant flocks and farmland. It is with this knowledge that they became masters in hydraulic engineering building canals and cisterns that facilitated the water supply to the city.



An oasis on the trade routes that ran through the desert.

The Nabateans controlled the commercial business of the caravans that connected Egypt with Mesopotamia that carried mainly Frankincense, myrrh and spices, this made them have a considerable income. Thus the capital flourished in the 1st Century AD, when its famous Al-Khazneh structure, believed to be the mausoleum of the Nabataean King Aretas IV, was built, and its population reached 20,000. That was the period of maximum splendor, until the inclusion of the Nabataean Kingdom in the Roman province of Arabia, in the year 106 AD by Emperor Trajan under the name of Arabia Nabatea.





But the importance of Petra diminished as maritime trade routes arose, which from that moment would pass through Palmyra (Syria) and also after an earthquake in the year 363 that caused great damage.

Several Christian churches were built in the Byzantine era, but the city continued to decline, and by early Islamic times only a handful of nomads remained. The city fell into disrepair around the 13th Century until its rediscovery to Europeans in 1812 by Johann Ludwig Burckhardt, a Swiss explorer who posed as an Arab.

The Bedouins have been its last inhabitants, until 1985, when they were transferred to a nearby city due to the declaration of a World Heritage Site by UNESCO. But there are still a good number of them that still sleep in the tombs of Petra.

Trying to see all the places in a single day is an impossible mission.

What to see in the enigmatic Nabatean city?

- The siq or gorge, the famous 1 km long narrow gorge that leads to the "treasure."
- The treasure, the most impressive façade of all those erected, crowned by a funerary urn. Its real name is Al-Khazna, due to the magnificence of the place, the legend says that it must have contained all kinds of jewels.

- The Lookout of the treasure, ascending the rock wall, there is a path that leads there in just 5 minutes on foot.
- The Roman amphitheater was excavated into the mountainside and at the foot of the sacrificial altar, with a small gutter where blood was collected. Although it may seem surprising, camels, donkeys and other animals would climb up there to offer them to the gods, as well as being an important astrological point.
- The Great Temple, the Royal Tombs, the colonnaded street... The Urn Tomb, also known as the Court because it apparently functioned as an archive and court. The upper part of this building was later converted into a church in the first century, with the introduction of Christianity.



- Qsar Al-Bint, from the 1st Century BC, one of the few buildings that are not carved into the rock, is a temple in honor of Dushara, the main god of the Nabateans. Inside, banquets and religious ceremonies officiated by 13 priests, including the king, were held.
- The Monastery (Ad-Dayr) is one of the largest buildings used for religious meetings. The ascent is made by about 850 steps.

Choose a Route

The simplest begins at the Petra visitors center, which is the one Harrison Ford enters on horseback in the film, *Indiana Jones: Raiders of the Lost Ark* (Steven Spielberg, 1981). This is not allowed anymore to avoid damaging some sculptures with dust. This route is the one that leads to the Siq and the treasury.



Another route starts in "Little Petra." It is a quiet place with a few stone buildings of the same style and period as those of Petra where fewer tourists go. This tour can be done in just one and a half hours. It is a linear path through a canyon reminiscent of the siq and finally leads to a viewpoint with views of the mountains. Along the way, there are very impressive tombs as well, and at the end, both roads are connected.

A third route would begin by climbing the 800 steps of the Monastery. Although the Bedouins are capable of taking you through other more risky and less safe ones, such as the Wadi Al-Farsa Route that goes from the top of the Altar of Sacrifices down the mountain, descending between narrow stairs until reaching other well-preserved tombs and temples and with very few tourists, the Garden Temple, the tomb of the Roman soldier and the Triclinium and then appears on top of the small Roman theater, next to the Great Temple.



But the "official" path begins in the north of Al-Khazneh. The Bedouins offer horseback or donkey rides there.



Recommendations

- Choose the date well, due to the high temperatures
- Take advantage of the early hours of the day.
- Take good boots, you will have to climb a lot and sometimes on slippery ground and drink a lot of fluids
- Don't ride a donkey, it's really risky
- Enter the Bedouin tents to have a cup of tea, buy a scarf, or simply enjoy a view of the mountains surrounding Petra
- Consider including its capital city Amman in your itinerary.

Suggestions

- Take the extra steps up behind the Monastery – it's worth it for the view!
- See the Treasury from above, through a viewpoint that is up some stairs.
- Improvise a picnic at the top of the monastery, around the sacrificial altar, or at the back of the royal tombs.
- Look at the stone gutters located one meter high that were used to transport water from the outer aquifers of Petra
- Throughout the siq you can see niches that were adorned with figures of the gods that the Nabateans venerated.
- "Petra by night" return at night to see the Treasury in the light of more than 1,500 candles. Come a little later (10 minutes after the opening time) 2-kilometer walk towards the Treasury through an alley of candles. This way you won't be running towards the Treasury stuck in a group of hundreds of tourists. Bedouins serve tea and the show starts. When visitors are leaving is the moment to catch the best photos!

IWI SUMMER PHOTO CONTEST

Capture the essence
of summer and join
our exciting photo
contest!

Show us what summer means to you through
your lens and have a chance to win a special
feature in the next issue.

Whether it's the vibrant colors of nature, the
joy of outdoor activities, or the serenity of
lazy beach days, we want to see your unique
perspective.

Don't miss out on this opportunity to
showcase your talent and share your summer
story with our IWI members.

Submit your captivating photos by
August 25, 2023, to
magazine@iwistanbul.org, and let your
creativity shine!



LOOK! THE SUN IS OUT!

By: Mila Casey, MD(RUS), CNC, Health Educator



We can now fully enjoy the weather and this beautiful fruitful season.

While we're out and about, remember to keep these tips about the sun in mind

Vitamin D

If we think of sun, we think of Vitamin D. Vitamin D is not a vitamin, but an essential hormone and we produce it in response to sun exposure. Vitamin D is not found in foods, we need sunlight to produce it naturally. Researchers reported that sun exposure lowers the risk of cardiovascular disease, high blood pressure and diabetes, increasing survival rates for skin cancer patients.

Sun and the Eyes

On sunny days our eyes often need protection, especially at the beach, on the water or mountains. As a trained ophthalmologist, I was taught to recommend patients wear sunglasses for eye protection from ultraviolet (UV) exposure. It is true, that we should avoid looking straight at the sun and wear a hat on the brightest days. But just like the rest of the body, our eyes need a dose of Vitamin D for optimal function.

Nutrition and Eye Health

Unfortunately, in medical school, we were not taught much about the role of nutrition in our health, including eye health. So, I continued my studies of the topic later, becoming a nutrition consultant. Multiple studies show the importance of vitamins A, B, C, D, E, and K; along with antioxidants-lutein, and zeaxanthin; as well as minerals-Calcium, Magnesium, Selenium, and Zinc among others are essential for eye health. These nutrients are proven to maintain eye health in their original form, and can be found in whole foods.



Here are the top five foods to enjoy for your eyes:

LEAFY GREENS: Vegetables such as kale and spinach are high in lutein and zeaxanthin which contain carotenoids found in the macula of the eye. These protect against cataracts, macular degeneration, diabetic retinopathy, and blue light.

YELLOW VEGETABLES AND FRUIT:

Sweet potatoes, carrots, and yellow squash are full of Vitamin A, which is essential for detecting light and the ability to see, especially at night.

VITAMIN C: Citrus fruits have powerful antioxidants, which protect our eyes from free radical damage. Vitamin C also protects against cataracts and macular degeneration.

VITAMIN E AND ZINC: Beans, legumes, avocados, almonds, and sunflower seeds are the best sources. They protect against sun damage, cataracts, macular degeneration, and help with night vision problems.



OMEGA-3 FATTY ACIDS: Walnuts, flax, and chia seeds have the highest content of Omega-3 fatty acids. They protect against macular degeneration, diabetic retinopathy, and dry eyes.



Diet and Lifestyle Habits

An increased intake of alcohol, processed foods, and dehydration contribute to the development of cataracts, macular degeneration, and diabetic retinopathy found in several studies.

So, let's enjoy the summer, by wisely getting enough Vitamin D, by staying active outside, drinking plenty of water, grabbing a nutritious picnic with plenty of veggies and fruit...and being under the sun!

SUMMER STYLE GUIDE



by personal stylist Chrissy Güleç

With the days now getting longer and finally warmer here in Istanbul, we can officially focus on turning our attention and our wardrobes over to summer! In the spirit of welcoming this new season, I've rounded up some fashion trends for you to give a spin this summer. Complete with tips on how to incorporate them into your personal style. Let this style guide help you kick off the season in style!

DENIM

Denim is taking a flashback to Y2K this season with low waistbands and slouchy silhouettes. This summer you'll see looser-fit denim everywhere, so if you've yet to swap your skinnies for something looser, now is the time! How, you ask? Ease yourself in with a mom jean and work up to a boyfriend or wide-leg silhouette and keep the rest of your outfit fitted to help balance the voluminous proportions. Add trainers with a little bit of a platform to add height if needed.

Even our shoes and accessories can't escape the denim treatment as we'll see denim trainers and boots as well as handbags donning the trend. This is a great way for you to try out this trend without diving in with a head-to-toe denim look.

Denim Trend How-To

Denim dress: A denim dress is a worthy addition to your dress collection. Opt for classic silhouettes such as a shirt dress or midi style to ensure you get plenty of mileage out of it.

Baggy jeans: You don't have to go for the low-slung styles on the runways. A high-waist mom or wide-leg jean is much more flattering, cinching in at the waist and relaxing at the leg.



METALLICS

We always see metallics in autumn/winter collections, particularly in party wear. But this summer we're seeing a surprisingly fresh range of shimmering gold and silver pieces transforming the metallic trend into a perennial favorite.

Metallics are guaranteed to spark joy in your wardrobe! But don't be intimidated by the shine. You can always opt for a low-key take by combining a metallic wrap skirt with a basic tank or tee. Or a metallic top with denim jeans shorts and flat sandals. This high-low mix gives an effortlessly cool look that can take you from beach to bar.



Metallic Trend How-To

Silver blazer: Whether you throw it over your LBD or jazz up your jeans, a silver blazer is an easy way to add a bit of glitz to the everyday.

Sequin skirt: Give this party piece a dressed-down look and wear with the white trainers and an oversized tee.

UNDERWEAR AS OUTERWEAR

Lace details, balconette bras, sheer negligées and exposed hosiery are no longer just for the bedroom. Wear your favorite set under a semi-sheer slip for a sultry party look, or under a tailored jacket if you're after a more polished finish.

To incorporate this trend into your summer wardrobe in a subtle way, the slip dress has become a key wardrobe building block, easily wearable under sweaters, over t-shirts, or bare-armed for when the weather is just right. Or donning a lace-trimmed camisole is a great way to wear the boudoir trend.



Underwear as Outerwear Trend How-To

Fit and flare dresses: Opt for a dress with a fitted bodice or corset style top, teamed with fuller, statement skirts for a romanticized version of this trend.

Slip dresses: A popular look for work or play that can easily be dressed up for down with accessories, belts and jackets.

BIG BAGS

Teeny tiny bags only big enough to hold your keys and lipstick are nowhere to be seen this season. Instead, the oversized tote is back by popular demand. We're also seeing the crescent bag, which was everywhere last season, back with a bang for summer.

Changing up your handbag is probably the easiest way to update your wardrobe, so swap in a new bag into your summer style. It will be a nice little perk for yourself and you'll look on-trend at the same time.



Big Bag Trend How-To

Simple lines: Look for simple sleek silhouettes with minimal hardware so that they won't take over your outfit

Muted colors: The new season sees a lot of lovely, muted shades that will make your bag stand out but not be too over the top. Try olive green, burgundy, or soft green.

COLOR: LOVELY LILAC

One of the biggest color trends that last year had to offer looks like it's here to stay: lilac.

Lilac has alluring characteristics to it as it is a pastel but still very intense and very feminine. It is a color that is full of hope and positivity and carries cautious optimism with it. It is expected that this color will continue to be popular through fall and winter, making it an excellent investment.

Lilac Trend How-To

Pair lilac hues with lighter, lavender pieces for a particularly chic tone-on-tone look and style it with tan accessories

Style your lilac alongside other bright colors like red or mint or lime green for a particularly eye-pleasing combo



COLOR: LIME GREEN

This summer's green is all about bold, punchy and powerful limes and citrus greens and brings a crisp and super attractive shade in fashion: lime green.

This intense hue looks great on dresses for special occasions, on cargo pants, and even in jewelry. Lime green can be worn head-to-toe for the bold types, or more as a bright accessory for a pop of color. Either way, this zesty shade is a color that is ready to impress.

Lime Green Trend How-To

Wear it in a pattern with other greens, or opt for a softer version of the citrus tone if you're not ready to fully commit to the intensity

Incorporate this pop color into your summer wardrobe by doing just that - using it as a pop accent color in a bag or shoe



And there you have it, a style guide to keep you in style this summer! If you want to see how these trends come to life in images, make sure to check out the

Summer Style Guide photo gallery here

<https://hueandstripe.com/catalog/787H&SnCi0> .



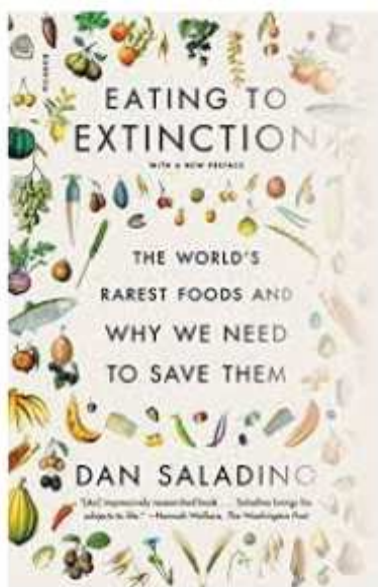


BOOK REVIEW CORNER

June Reviews by: Rachel Smith-Bahadir

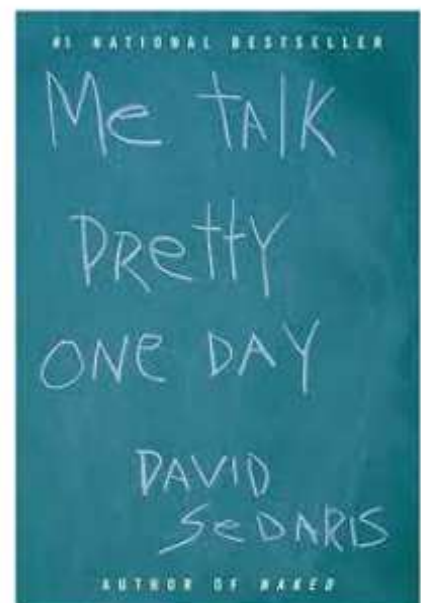
Hello everyone. Book Lover Rachel here with a few summer book recommendations.

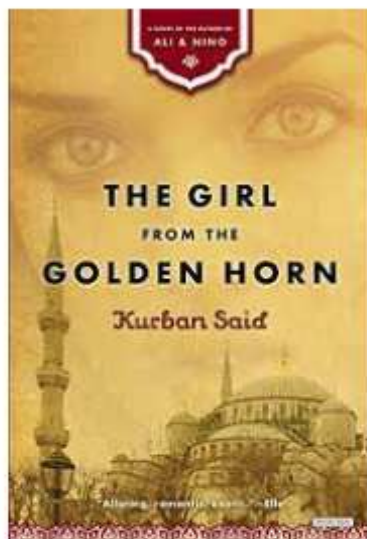
I listen to most books. BUT, for summer I want a physical copy I can throw into my beach bag or just have in my purse for a time out at a waterside café or while I'm enjoying the weather at my local park.



The number one book I can't stop talking about the past few months is **'Eating to Extinction: The World's Rarest Foods and Why We Need to Save Them'** by Dan Saladino. I know it sounds like a depressing book, the last thing you want while on holiday. (That's what I thought too.) However, while there are those moments, what I found most interesting were the lessons on origin foods, like various cheeses and wine. And, now I'm obsessed with trying as many origin foods as possible. Also due to this book, Georgia (the country) is now on of my MUST visit list.

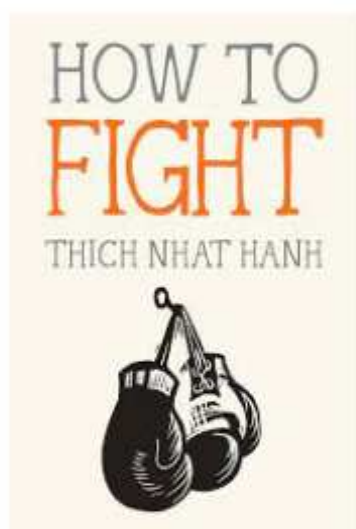
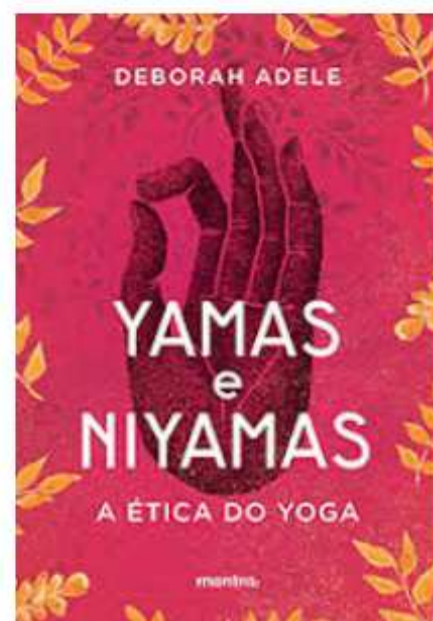
I love a book that can make me laugh, even during the saddest of times, like the loss of a beloved pet. David Sedaris' **'Me Talk Pretty One Day'** is just that book. He also does a good job of poking fun at life as an expat (something most of us can relate to). Warning, this book will make you laugh out loud!!! If you are afraid people may think you strange for doing so, be forewarned.





I know many people like a good romance novel in their beach bags. To fill this desire there is **'The Girl From The Golden Horn'** by Kurban Said translated into English from German by Jenia Graman. Set in Berlin and Istanbul pre-WWII (starting in 1928), it is full of history and reads like what I imagine a romance novel to be. (full disclosure, I'm not a romance novel reader). Alternatively try 'The Island of Missing Trees' by Elif Shafak, not a romance novel but a good novel with multiple stories woven in (including a love story). Both these books are easily found as paperbacks in Turkey.

June 21st is International Yoga Day. Celebrated worldwide annually, it coincides with the summer solstice (The longest day of the year). As a yogi, I must recommend a yoga book. Most people associate yoga with just the poses; however, the poses (known as yoga asanas) are only one of eight limbs of yoga. Two of the other limbs are the Yamas & Niyamas (the internal & external ethical practices of yoga). To learn more about these I recommend **'The Yamas & Niyamas, Exploring Yoga's Ethical Practice'** by Deborah Adele. It's a short easy read at 200 pages but those 200 pages pack a punch that has changed many lives.



Can't find the yoga book I recommended? Or don't have much time for reading this summer? Then try **'How to Fight'** by Thich Nhat Hanh. The author, Thich Nhat Hanh sometimes called the father of mindfulness, is known worldwide as a Zen master. 'How to Fight' is a very small book, only 127 pages, and easily found for purchase in Turkey. It consists of 63 short insights and 11 practices for peace (so you can read one insight or do one practice a day this summer).

Until next time, Happy Reading.

Rachel Smith-Bahadir
Book lover

GETTING TO KNOW YOUR NERVOUS SYSTEM



After the recent earthquakes, many of us experienced prolonged activation of the Autonomic Nervous System (ANS) consistent with a trauma response. In the context of Polyvagal Theory (PVT), developed by Dr. Steven Porges and adapted for clinical practice by Deb Dana, LCSW, this is a biologically adaptive response prompted by feeling unsafe in our environment.

According to PVT, the dorsal vagal complex responds to cues of danger in the environment: when we feel threatened and experience either a fight, flight or fawn response (sympathetic activation, increased arousal), freeze response, or “flop” (give up) response (parasympathetic activation, decreased arousal), it is our dorsal vagal complex that is working overtime, responding to these perceived threats.

In contrast, it is the ventral state where we feel safe and secure, the state where we experience connection, playfulness, creativity, and the ability to immerse ourselves in experience (“flow”). This is the “true home” for human beings: our optimal stage of functioning.

When we understand what our body is doing, we gain the ability to transform those natural, evolutionarily-protective reactions. But why would we want to change these responses?



For actual threats to life, such as being at the site of the earthquake, we need these responses: they help us to survive. Yet, many of us have learned to perceive some factors in our environments as threats when they are not, prompting us into a Sympathetic or Dorsal response that is not congruent with - or helpful to - the situation (think: anxiety and depression).

While a complete and individually-tailored polyvagal-informed program is outside the scope of this article, I will provide you a concrete way to befriend - or develop a greater awareness of - your Nervous System.

Building Insight into your Nervous System

The technique that serves as the foundation for other deeper practices is the "Personalized Polyvagal Map." This map is conceptualized in three tiers that represent the Ventral, Sympathetic, and Dorsal states (see diagram). Using the diagram as a basic guide and the questions/statements below, create your personal Polyvagal map (You need not follow them in sequence). Be sure to draw your ladder, write down your responses, and consider using different colors to represent each vagal state.

Where is your "home (away from home)?"

Many of us have learned to operate primarily in either the Dorsal or Sympathetic states as a way to deal with chronic adversity experienced early in life. If you find yourself to be an "anxious person," or "worrier," your "home away from home" (or "home" for short) is likely Sympathetic.

If you tend to freeze, find it hard to make decisions, or give up easily when faced with challenges, your "home" is likely Dorsal. Start with your "home" as you continue forward in this exercise.



Parasympathetic/ventral vagal state: Our centered, "true self" state, where all social interaction, connection and creativity occurs.

Sympathetic state: Feeling of threat or danger, and feeling the need to either "fight" or "flee" from a situation to seek safety.

Dorsal vagal state: Our "freeze" state, when we feel our lives are so immediately threatened that we become immobilized.

Identify your feelings, thoughts, and body sensations in each state.

Imagine a situation when you find yourself at “home” - this is likely a situation that provokes uncomfortable but familiar feelings.

When it plays out, notice what is happening physically: perhaps your heart races, you feel a lump in your throat, you notice some tightness in certain places of your body, or something else. Notice your thoughts about yourself and the world: perhaps not being able to handle things and that the world is unpredictable. Or thoughts of being powerless and the world being overwhelming. What feelings align with these thoughts: fear or overwhelm? Something else? Let your mind encompass all possibilities and write these down on your map.

Identify changes in your behavior

Specific areas are in relationship to people and food. Do you tend to avoid others or engage in many superficial relationships? Do you eat more high fat foods, or the opposite, hardly at all? Take note.

Notes:

The freeze response is complex as it is a state of being both activated AND immobilized, a sympathetic AND parasympathetic response.

If you find this practice difficult, consider practicing a basic body scan and/or breathing meditation beforehand

Sources:

Ladder image via www.flaticon.com/free-icons/ladder

Verbiage via www.integratedlistening.com

Identify your triggers for each state

“Triggers” are those internal or external factors that activate your nervous system - that precipitate a change in your state. Starting with Ventral, consider what factors prompt a change into your “home” state, and then do this exercise with the next state. Write them down on your map.

Through this exercise, you will be better able to view your responses through a polyvagal lens which is the first step toward spending more time in your Ventral State.

About the Author

Heather Demir, LMSW, is a clinical social worker serving expats worldwide through an online psychotherapy practice. She is currently enrolled in the 6-month course “Foundations of Polyvagal Theory” with Deb Dana, upon completion of which she will be an accredited Polyvagal-informed Therapist. Please feel free to contact her for any questions or to further deepen your knowledge of your own nervous system.

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If you are experiencing any difficulties with this new system or the instructions, please reach out to our super IT Lead, Silvia, at it@iwistanbul.org.



OVEN-BAKED FRITTATA

By: The Apricot Bakery



Hello from the Apricot Bakery! Summer is coming to Istanbul

I was chatting with my Italian friend Franco about Turkish cuisine. I asked him what were his impressions about it and what are some things Turkish and Italian cuisine have in common. I suggested for him to try yumurtalı ıspanak yemeği. He said, "Oh, it's similar to our frittata! Ideal for a picnic." That's when I realized Franco did me a *big* favor. He gave me an idea for IWI Magazine.

So, here's OVEN-BAKED FRITTATA from Katya.

It's a nutritious recipe loaded with flavor and also meal prep-make-ahead-easily reheated-freezer friendly.

You just need eggs, milk, vegetables you love, some cheese and seasoning. You can easily customize this frittata according to your taste.

I used 8 eggs, 100 of milk, 200 gr mozzarella and a lot of colorful vegetables for the 20x20 cm baking pan.





Instructions:

1. Preheat your oven to 180°C
2. Start by whisking together eggs and milk, add a bit of salt, pepper and your favorite herbs
3. Cook vegetables and transfer the to the pan, add some chopped spring onion and mozzarella
4. Pour the egg mixture into the pan and stir so the ingredients are evenly distributed
5. Sprinkle with cheese
6. Cover your pan with aluminum foil and bake for 30 minutes
7. Remove foil and bake 10-15 minutes more until the center is no longer wobbly.

I decided to make our potluck picnic fancier, so I cut the frittata into 2 cm cubes and made canapé with a slice of ham and cherry tomatoes on top.



PIZZA PRIMAVERA

By: Mila Casey, MD(RUS), CNC, Health Educator



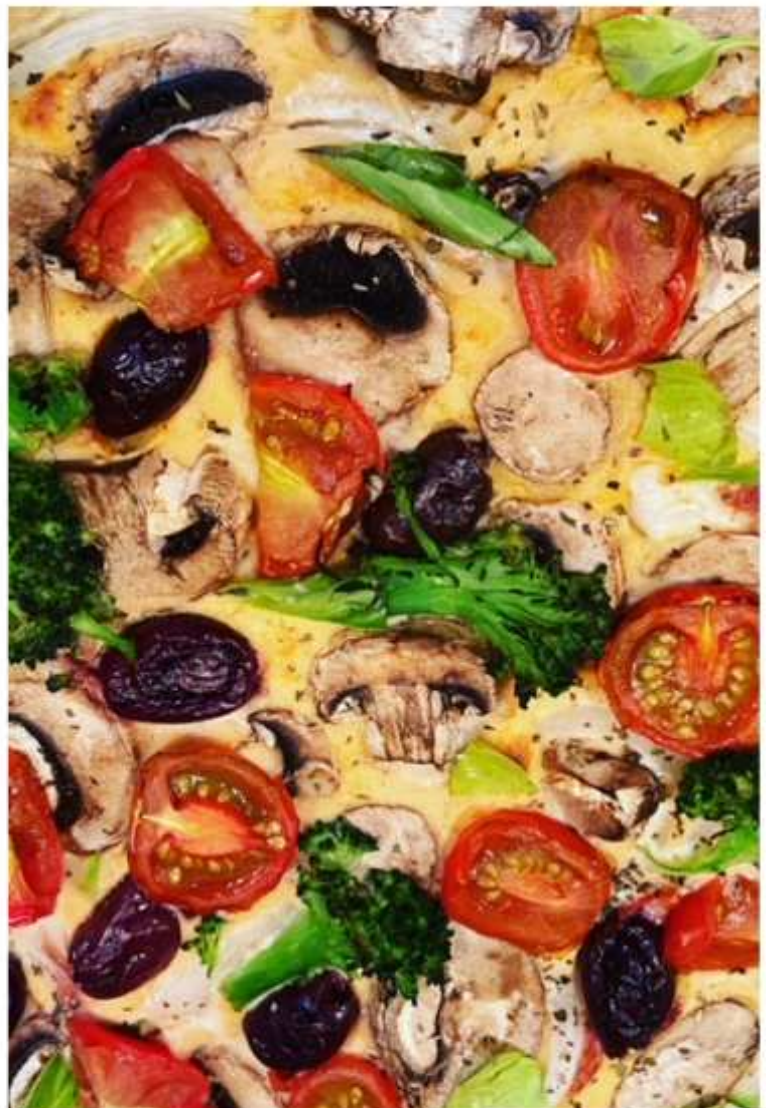
Ingredients

- 1 cup of red lentils soaked for at least 3 hours
- 1/2 cup of tomato sauce or canned tomatoes
- 1/2 cup of chopped black olives
- 1/2 cup of halved cherry tomatoes
- 1/2 cup of sliced red onion
- 1 tsp of each: onion, garlic powder, dry basil, thyme, oregano
- 1 cup of cut up button mushrooms
- 1 cup of canned artichoke/fresh or frozen broccoli florets
- 1/2 cup fresh basil leaves

Instructions

1. Mix lentils in a blender until a smooth batter.
2. Poor on to the baking sheet lined with parchment paper in a round pizza shape.
3. Bake for 10 minutes at 375F/190C. Take out, flip, and spread tomato sauce. Then start putting the toppings.
4. Bake at 400F/225C for another 10 minutes.

Enjoy after slicing with the round pizza knife.



STRAWBERRY CHEESECAKE

By: Mila Casey, MD(RUS), CNC, Health Educator



Ingredients | Filling:

- 2 cups of soaked cashews*
- 1 cup pitted dates
- 1 teaspoon vanilla
- 1 3/4 cups plant milk of your choice or water
- Juice of one lemon
- 2 cups of cut up fresh strawberries

**for lower fat use 1 cup of cashews and 1 cup of cooked white sweet potato, or white cooked beans*

Ingredients | Crust:

- 1/2 cup pitted dates
- 1 cup oat flour
- 1/2 teaspoon vanilla



Instructions:

1. Blend the crust ingredients in a small blender or food processor until the mixture is a consistent texture.
2. Press the mixture into the bottom of a 6-inch springform pan.
3. Blend the filling ingredients in a blender until the mixture is smooth.
4. Put the layer of cut-up strawberries 1/2-1 cup on top of the crust.
5. Pour into springform pan on top of crust layer and smooth the surface.
6. Top with another layer of strawberries, making a more decorative pattern.
7. Place in the freezer for 4 hours.
8. Can be stored in the freezer until use or in the fridge in an airtight container for about a week.

CLASSIC CHOCOLATE CHIP COOKIES

By: The Apricot Bakery

Can you imagine a potluck with no classic chocolate chip cookies?

These treats are soft and chewy inside with a slight crunch outside.

Absolutely love!

Plus this recipe is my favourite combination: easy to make, no chilling, and freezer friendly!



Ingredients:

 375 gr AP flour	 250 gr room temp butter
 1 tsp baking soda	 300 gr brown sugar
 1/4 tsp baking powder	 100 gr white sugar
 1 tsp salt	 2 large eggs
 1 pk vanilla	 350 gr chocolate drops

**makes 20-22 large cookies*

Instructions:

1. Preheat oven to 180°C and line the tray with parchment paper
2. Cream butter and sugars, for 2 minutes on high speed, add eggs and mix well
3. Mix together dry ingredients
4. Add dry ingredients to the wet ones and mix until just combine (do not over mix or your cookies turn stiff)
5. Gently fold in the chocolate chips
6. Scoop balls of dough at least 5 cm apart, add some chocolate chips on top of each ball
7. Bake for 10-12 min or until edges are lightly brown
8. After a few minutes transfer the cookies to a cooling rack
9. Keep cookies in an airtight container after they completely cooled down.



WHAT SHOULD YOU PUT IN A BASIC EARTHQUAKE KIT?

Most experts say that we should have at least three days supply of food, water, and supplies set aside in case of an emergency. This is to account for the time it may take for rescue workers to reach you after a major disaster.



HOW TO PREPARE FOR AN EARTHQUAKE

The key to being safe during an earthquake is preparation.

While an earthquake safety kit will be of help after an earthquake, nothing replaces the conversations you have with your family members before an earthquake.



Create an earthquake safety plan for you and loved ones which includes your stay-in-place safety kit.



Be sure to identify safe places in each room of your home.



Practice Drop, Cover and Hold On with each member of your household.



Make or purchase an earthquake safety kit. Make sure to have water and snacks available in each room of your home.



Discuss with your family what to do, where to meet if separated, and how you will communicate when an earthquake strikes. Check work, childcare, and school emergency plans.



Do not rely on doorways for protection. During an earthquake, get under a table or desk. Hold on until shaking stops.



Pick safe places in each room of your home.



Identify an out-of-the-area friend or relative that family members can check in with. Text messages often go through when regular phone calls won't work, so don't give up if you can't make a call.



Keep sturdy shoes near your bed. The most frequent injuries from earthquakes come from stepping on broken glass.



Be mindful that roads, electricity, cell, police, and fire services will be impacted and most likely interrupted.

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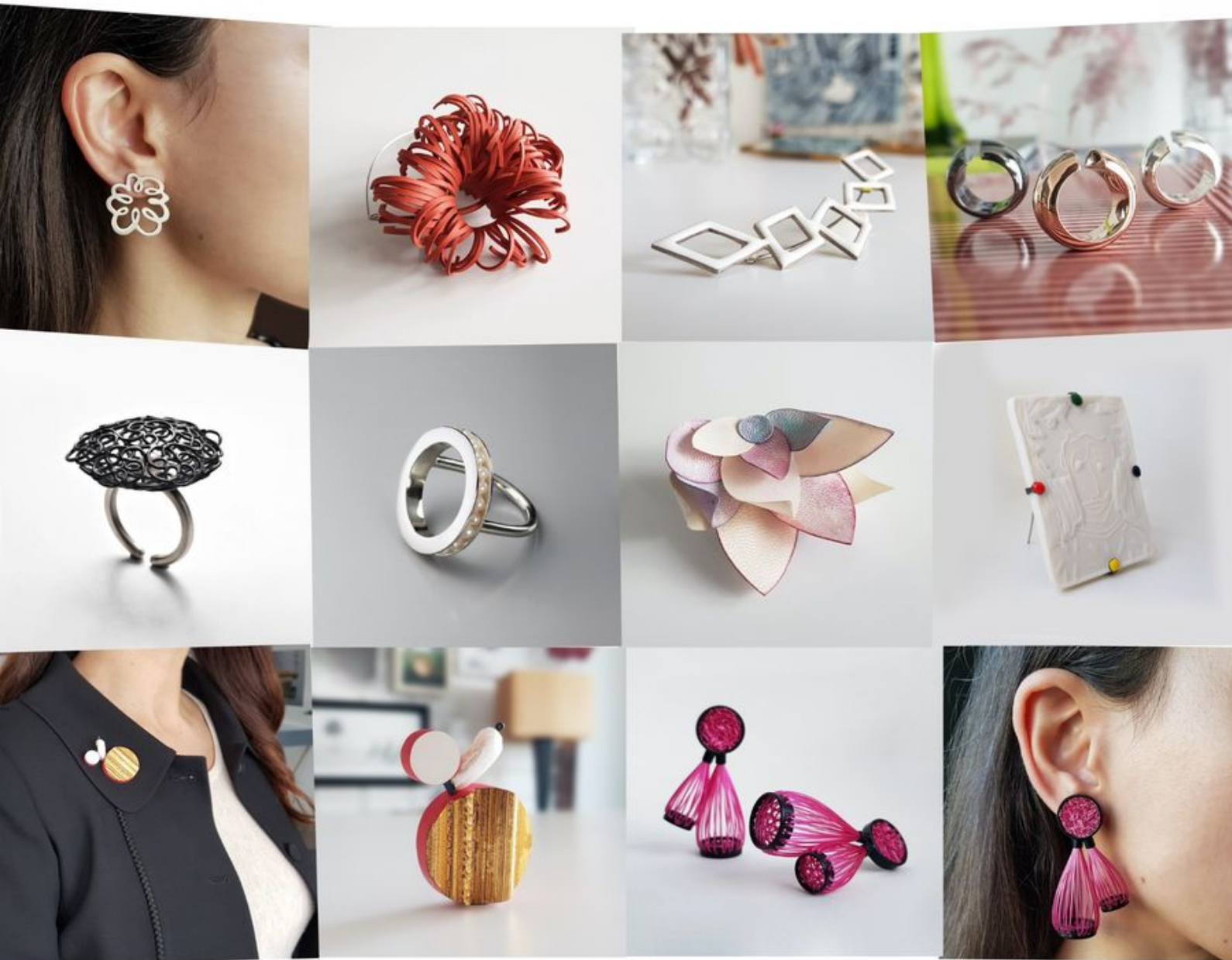
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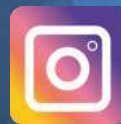
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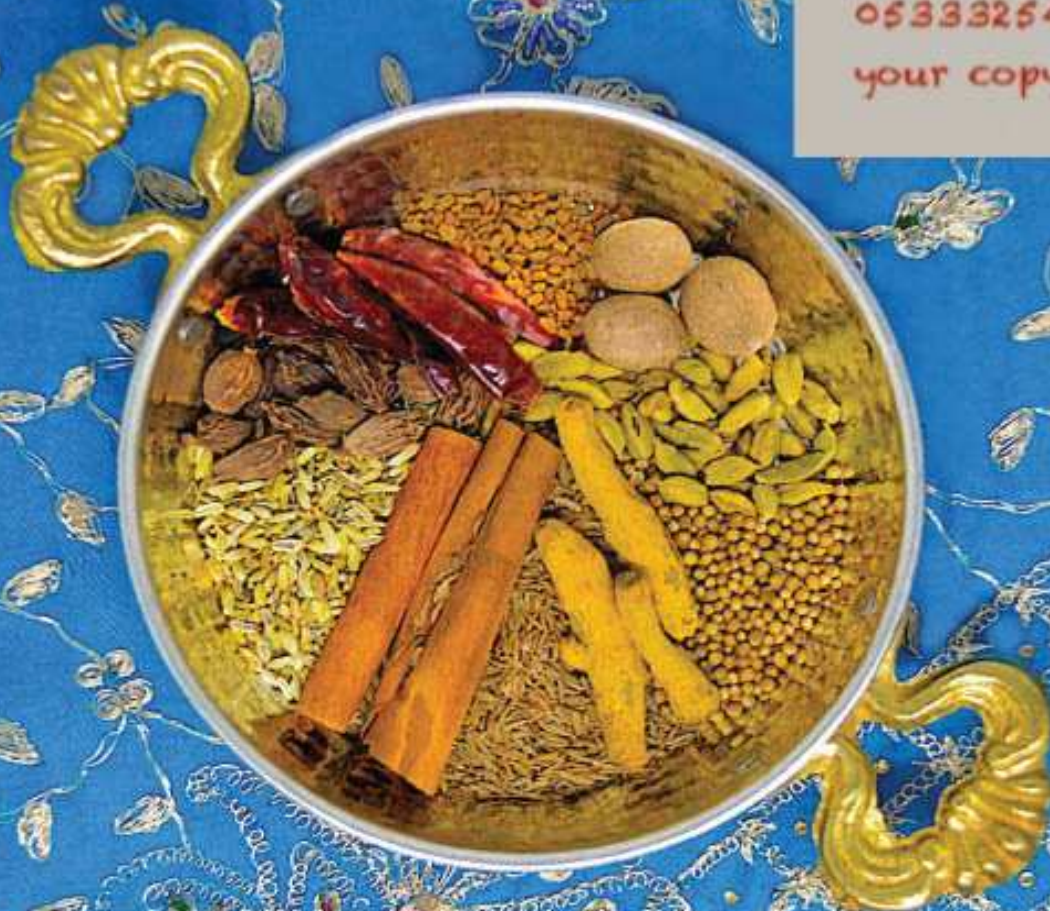
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