

A full-page photograph of Julia Bradbury, a woman with long, wavy brown hair, wearing a light-colored (possibly white or cream) suit jacket over a dark top. She is smiling broadly and pointing her right index finger upwards. The background is a plain, light color.

'My
downtime
is all things
baby...
and it's
so lovely'

JULIA
BRADBURY

Come on get happy!

From a good gossip with friends over a glass of wine to a relaxing countryside walk, we all know the things that will lift our mood. And these well-known women are no different...

Claudia 'I'd
wake up to
see I'd be in
bed every
night at one'

'My son is a constant source of happiness'

JULIA BRADBURY

The cross-country TV presenter, whose book *Waterfront Walks: Coast to Coast* is out now, has felt truly content since becoming a mother

'Right now, all my happiness revolves around my little boy, Zeph. My life completely changed when he was born 18 months ago. I didn't know if I was going to be lucky enough to have children. Motherhood was something I'd always wanted, but I'm of that generation of working women who got very carried away with their career. As a result, there was a decade that just flew by.

Zeph is a constant source of happiness for me and takes priority over everything. He is a very smiley, giggly little boy and already has a mischievous glint in his eye. His teeth came very early, which has aided and abetted his smiling technique! I had all these grand ideas about being strict, but I just crumble at every cheeky grin.

I have a pretty full-on schedule, and balancing motherhood with work is a juggling act. I can't do the same work projects I would have done a few years ago and I've had to re-adjust. If I get asked to film away from home, I always ask how long I have to be away for and if Zeph can come with me. If he can't, then I say no to the job.

I filmed *The Great British Countryside* when he was 22 weeks old and I was breastfeeding on the road! I have a lovely nanny called Gemma who is part of the family. I wouldn't have been able to return to work unless I'd had someone to help me. Zeph has covered a lot of the UK already, from the Highlands to deepest Yorkshire. I'm aware that, as he grows older, his schedule will become more restricted, so at the moment I'm taking advantage of his portability.

I would love more children, but I think I left it very late. I feel very blessed, but I wish I had started earlier. I did other things instead, though, so you have to be quite sanguine.

My downtime is all things baby... and it's so lovely! Zeph loves going to our local park and is fascinated by the peacocks and the rick in the ponds. I can't wait to take him for long hikes like the ones my father took me on.'

Mother love: I feel my blood to have him,' says Julia



'Forget exercise – it's all about friends and food'

CLAUDIA WINKLEMAN

A bowl of chips, good friends and a giant bar of Dairy Milk... For the presenter of BBC Two's *The Great British Sewing Bee*, it all adds up to instant happiness

I've got brilliant, brilliant friends. I think that's the key to happiness. When I'm fed up and need a boost, I phone a friend. It sounds like something from *Who Wants To Be A Millionaire*, but it works! If I want to visit, I'll ring up one of six girls. I can rant at them and they can rant at me, and then we have a proper laugh - that's very good for perspective. And when we manage to see each other, I love sitting with my girls and a big bowl of chips - that's the route to true fulfilment. Pretty much all food makes me happy, especially Magnum and Dairy Milk - I could eat 500 pounds of them!

I am definitely at my happiest when I've slept. I like lots of sleep - I'm part human and part cat. If it were up to me, I'd be in bed every night at nine and sleep through until seven. But I'm not getting anywhere near that much at the moment, because my youngest, Arthur, is 18 months old and seems pretty convinced he's an owl. He starts howling every morning at about 1am. I've tried to explain to him that he's not supposed to be nocturnal, but he isn't interested.

I like going for walks, but when I say a walk, I mean a tiny meander. I don't like a long march. I don't really believe in exercise - it's just not for me. I'm a member of a nice gym, but I'm pretty rubbish - I never go because I just don't like movement. I'm either sedentary or manic - I don't really like the middle ground. I like to work hard, and I love the buzz that live television brings. But if I'm not doing that then I'm very happy to be sitting still. That's why I love going to the hairdressers. You have to turn off when they're washing your hair, because they have your head in their hands. It is the ultimate luxury, and that is pure happiness. Or just sitting in the same room as my three kids when they're all getting on and not arguing. That's the dream for me - just stopping and sitting still.'