

# Megan

Top model and mum Megan Gale talks about the joy of motherhood and why she needs to make time for herself

**WHAT STAGE IS YOUR FAMILY AT?**

My partner Shaun (Stempson) and I have a two-and-a-half-year-old son River, and we also have two fur babies, a cat and a dog. We have a great family unit – we have so much fun together – and River is the centre of that joy. We've thought about giving him a sibling and that would be beautiful, but if we don't end up having another child we'll be so thrilled with our boy.

**HOW HAS MOTHERHOOD CHANGED YOU?**

It's totally changed me. It puts a lot of things into perspective. Your child's wellbeing is always at the forefront of your mind. It's amazing – I look back at before I had River and realise there were so many things I worried about that weren't important.



Family time with partner Shaun and son River.



**HOW DO YOU STAY FIT?**

I try to pick activities that I enjoy. I absolutely adore yoga, and I also do interval training, cycling, weights and Pilates.

**WHAT'S SPECIAL ABOUT YOUR RELATIONSHIP?**

Shaun and I have been together for six years and we have been through so much together – we went through the death of both our dads together in 2014, and then the pregnancy and birth of our son has created a unique bond. He is a special gas. Communication is the key and I think we communicate beautifully.

**WHAT ARE THE VALUES THAT SHAPE YOUR LIFE?**

Respecting how other people live their lives, and being kind-hearted – I think those things make for a good friend and a good partner, and try to live by that.

**WHAT'S YOUR APPROACH TO HEALTH?**

Both our dads passed away from cancer – my dad from asbestos-related lung cancer and Shaun's from prostate cancer – so we

both really appreciate what a gift good health is. It's paramount to look after yourself for you and for your family. That's really highlighted when you have a child – when I'm not well I can't look after River the way that I want to.

**WHAT HAVE YOU LEARNED THIS YEAR?**

This year has been the unhealthiest I've ever been, I've had the flu, a chest infection, bronchitis, hand, foot and mouth disease, and a parasite in my gut. I got really run-down trying to juggle too many things. I am a multitasker and I went to Gairingarra Lifestyle Retreat in Queensland where I went on a seven-day detox. And since then I've cut back on my coffee and gluten and sugar, and I feel so much better. I learned a lot from being sick, I realised I need to carve out more time for myself and say no more often, so I can balance things better. I have started to do that recently and I'm feeling great now.

**Hiking to the top of Mount Aro in Kaitiaki, NZ.**



**HOW DO YOU DEAL WITH STRESS?**

I try and watch my stress levels by staying in tune with my body. I will meditate for five or 10 minutes when I need to through the day, and it works wonders. Having some time to just go for a walk or do yoga really replenishes me too.

**WHAT ARE YOU WORKING ON AT THE MOMENT?**

I think what's inspiring me is being involved in the creation of projects that have a positive impact on people's lives. There are some things I'm working on but it's too early to talk about them, but I feel confident that they will come to fruition. I loved being part of *Moat Blue: Run Road and 10* love to do more acting, but how would I fit that in right now? I try and do it when I can.

*my favourite things*



**Makeup** Nani Waiwi Makeup Lip Pencil in Diagon Gel, Chanel Perfection Lumiere foundation.



**Beauty** Rushing Moment Syndrome by Lilly Waiwei.



**Fragrance** Byredo Bal d'Afrique.



**Skincare** Yoda's Rejuvenating Serum and Clay Cleanser with Lavender.



**Holiday destinations** New York City, Rotorua, New Zealand.

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