

EVERY WEEK WE BRING YOU A BRILLIANT GUEST COLUMNIST. THIS WEEK ACTRESS LINDA GRAY, 76, SHARES HER OPINIONS & HER LIFE

# LINDA GRAY

## 'Women forget to look after themselves when they become mums'

"I was thrilled that Adele, who I'm a huge fan of, won five Grammys last week. She is a woman of talent and uses the gift she was given - her voice - to really touch people's hearts. I went to see her in concert recently and women around me were crying! She is very authentic - that's why people love her and can relate to her so well.

"I was particularly happy she spoke out honestly about the difficulties of motherhood during her Grammys acceptance speech. She said: 'In my pregnancy and through becoming a mother I lost a lot of myself, and then I've struggled and I still do struggle being a mum. It's really hard.' Juggling a busy career and motherhood is something I know only too well. I have two children and, when I was

starring in *Dallas*, I would constantly suffer from 'mother's guilt.' I would get up at 4.30am to make a salad and put chicken and vegetables in the slow cooker so that when I came home after filming, dinner was ready and I had more time with my children in the evening. It's a juggling act and your priorities change as a mum.

"But I think women forget to look after themselves, too. Often you can feel selfish for wanting to take time out for yourself, but if you don't look after yourself, you can't take care of anyone else."



She admires Adele for being honest about motherhood

## CREDIT WATCH

### MY LAST 5 BUYS

**£132** On shoes in a sale.

I'm going to an awards dinner and they will go nicely with my dress!

**£5** On a bunch of flowers. So many women wait for men to buy them flowers, but I think you should buy your own if they



make you happy.

**£1.60** On a cappuccino - I LOVE coffee!

**£15** On a book, *The Creative Habit*, by Twyla Tharp. It's about channelling your creativity. I love books that make you think - I'm addicted to them.

**£44.99** On some hair tongs I bought while I was in Britain,

## THIS WEEK...

### I LOVE:



**The Grammy Awards.**  
I love watching creative people doing what they do best.

### I LOATHE:



**Negativity.**  
I'm a natural optimist so I prefer to think positively in life.

## MY TYPICAL DAY:



Linda with her grandson

### 'I am grateful every day'

**EVERY MORNING I SAY 'THANK YOU' NICE AND LOUDLY BECAUSE I AM**

**GRATEFUL TO HAVE ANOTHER DAY ON THE PLANET.** Usually, I get up at 6.30am; I like that it is quiet at that time. I then meditate, which I've been doing since 1973. It starts the day well, especially in today's crazy world. After that, I drink hot water with lemon, followed by a cup of coffee - I do love coffee!

**USUALLY, I HAVE MEETINGS IN LOS ANGELES DURING THE DAY SO I TAKE A SHOWER AND LEAVE THE HOUSE AROUND 9.30AM.** I drive myself everywhere. At 1pm, I meet friends for lunch. My favourite place is Joan's On Third in Los Angeles; I love Joan's very much and they make great salads. I like mine with spinach, rocket, chicken and Parmesan.

**I OFTEN CALL ONE OF MY CHILDREN - JEFF AND KEHLY - TO ASK IF THEY WANT ME TO COOK DINNER FOR THEM.** They are busy working and are always so grateful! I have a grandson, 14, who likes pasta - he is an athlete and now he is learning how to cook his own pasta, it is very cute.

**IN THE EVENINGS I ENJOY READING AND WATCHING NETFLIX - I LOVE WONDERFUL SHOWS LIKE THE CROWN, IT IS BEAUTIFUL.** I go to bed at 10pm. I like to get eight hours of sleep - when I was doing *Dallas*, I had to be up at 4.30am, so it's always a wonderful lie-in!

● Linda's return to *Hollyoaks* will air on Friday 24 February at 7pm on E4 and Monday 27 February at 6.30pm on Channel 4.