

## BOOKS !!!!!!!

WHERE? I ask myself are the copies that are part of our Julia Christie Memorial Library?

I know where a lot of them are, as our computer list has the names and phone numbers of those folk who have borrowed them. Whilst we like you to borrow from our library, we would like them returned after a suitable length of time so that others can then borrow them and get the satisfaction of what it is the book has to offer.

Our books cover a variety of subjects and as we can do so, we add to our library. If you know of any book that would benefit any of our folk, please let someone here in the office know and we can add it to our list of purchases.



From the archives - February 1982

### Rules for the gracious acceptance of lithium into your Life

1. Clear out the medicine cabinet before guests arrive for dinner or new lovers stay the night.
2. Remember to put the lithium back in the cabinet the next day.
3. Don't be TOO embarrassed by your lack of co-ordination or your ability to do well the sports you once did with ease.
4. Learn to laugh about spilling coffee, having the palsied signature of an eighty year old, and being unable to put on cufflinks in less than ten minutes.

5. Smile when people joke about how you need to be on lithium.
6. Nod intelligently, and with conviction, when your physician explains to you the many advantages in lithium leveling out the chaos in your life.
7. Be patient in waiting for this levelling off. Very patient. Reread the book of Job. Continue being patient.
8. Try not to let the fact that you can't read without effort annoy you. Be philosophical. Even if you could read, you probably wouldn't remember most of it anyway.
9. Accommodate to a certain lack of enthusiasm and bounciness which you once had. Probably best not to have had those nights anyway. (Ah! But remember that incredible night on the train in Rome? The laughter and passion in San Francisco? The marvellous week in New York?
10. Always keep in perspective how much better you are. Everyone else points it out often enough, and, annoyingly enough it's probably true.
11. Be appreciative. Don't even consider stopping your lithium.
12. When you do stop, get manic, get depressed, expect to hear two basic themes from you family and friends and healers:  

But you were doing so much better,  
I just don't understand it  
or I told you this would happen.
13. Restock your medicine cabinet.

*Kay R. Jameson, Ph.D*  
*UCLA Affective Disorders Clinic*



To our friends in Christchurch, we offer our thoughts and our prayers.

## Enigma insert - Autumn 2011

The following is an example of why people learning English have so much trouble... learning the nuances of English makes it a difficult language. This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP'. It is listed in the dictionary as an (adv), (prep), (adj), (n) or (v). It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election? Why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We make UP the beds before we lock UP the house or fix UP the old car. At other times this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses and ideas. To be dressed is one thing, but to be dressed UP is special!

And this UP is confusing: A drain must be opened UP because it is blocked UP. We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about the work UP which sometimes makes us fed UP!

To be knowledgeable about the proper uses of UP, look UP the work UP in the dictionary....In a desk-sized dictionary, it takes UP almost ¼ of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. One could go on and on, but I'll wrap this UP for now, my time is UP!



on Monday 21<sup>st</sup> March for  
Anniversary Day!

### EDUCATION DAY COURSE

This will held in our rooms on Thursday, 14<sup>th</sup> April from 10a.m. - 3.00p.m.

This is a **free** course and open to all who are interested in learning about Bipolar disorder. If you would like to attend, please book your place **NOW** by phoning our office on 4772-598 as spaces are limited.

There will, however, be other courses held throughout the year should you miss out.

### QUIZ FOR AUTUMN –

NICKNAMES – WHO ARE THEY?

1. Which soldier became known as 'The little corporal'?
2. This leader was well-known as 'Old Blood and Guts'. who was he?
3. A world-renowned celebrity, but can you identify 'Satchmo'?
4. You'll have to look back in history to tell us: who was the 'Maid of Orleans'?
5. Another name from the past...how is the 'Bard of Avon' better known?
6. Still back in history, who was 'The lady of the lamp'?
7. Another lady, this time 'The Iron Lady' – who is she?
8. It's a man now... which actor was 'The man of a thousand faces'?
9. He was known in America's old wild west as 'The Sundance Kid': what was his real name?
10. And staying in that neck of the woods, what about 'Butch Cassidy', can you name him too?
11. This US athlete with the colourful fingernails is well known as Flo Jo, but what was her real name?
12. This 18<sup>th</sup> Century landscaper is best known as 'Capability' Brown. What was his real forename?
13. This influential 20<sup>th</sup>-century artist was dubbed 'Jack the Dripper' due to his painting style: name him.
14. This British monarch was nicknamed 'Rufus', perhaps due to his red-faced appearance, or maybe his bloody reign.
15. Another monarch, this one was called 'The Sun King': name him.
16. Finally, which musician was known as 'The King of Swing'?

Kate, here in our office, has a 35mm camera looking for a home. If you would like this, just call the office and it will be yours. No charge.

## Enigma insert - Autumn 2011

### The 10 best ever anxiety Management techniques (Part 1)

These techniques fall into three typical clusters:

- the physical arousal that constitutes the terror of panic
- the 'wired' feelings of tension that correlated with being 'stressed out'
- the mental anguish of rumination – a brain that won't stop thinking

#### Cluster one'' Physical arousal

Distressing physical arousal – sympathetic arousal causes the heart thumping, pulse-racing, dizzy, tingly, shortness of breath physical symptoms that can come out of the blue and are intolerable when not understood. Even high levels of anxiety can cause physical tension in the jaw, neck and back as well as an emotional somatic feeling of doom or dread in the pit of the stomach, which will set off a mental search for what might be causing it.

#### **Method 1: Manage the body.**

- Eat right
- Avoid alcohol, nicotine, sugar and caffeine
- Exercise
- On-going self-care
- Sleep
- Consider hormonal changes

#### **Method 2: Breathe.**

Breathing will slow down or stop the stress response. Do the conscious, deep breathing for about 1 minute at a time, 10-15 times per day every time you are waiting for something – e.g. the phone to ring, an appointment, the kettle to boil, waiting in a queue etc.

#### **Method 3: Mindful awareness**

- Close your eyes and breathe; noticing the body, how the intake of air feels, how the heart beats, what sensations you can feel in the gut etc.
- With eyes still closed, purposefully shift your awareness away from your body to everything you can hear, smell or feel through your skin.
- Shift awareness back and forth from your body to what's going on around you.

You will learn in a physical way that you can control what aspects of the world- internal or external. you'll

notice, giving you an internal focus of control and learning that when you can ignore physical sensations, you can stop making the catastrophic interpretations that bring on panic or worry. It allows you to feel more in control and mindful of the present.

When you are not using these tips, keep in a safe place (the one you do manage to remember) and look for part 2 in our Winter edition of Enigma.

*If you find yourself surrounded by clouds, it might just be that you have climbed further up the mountain.*

Some people hear voices, some see invisible people.  
Others have no imagination whatsoever.

### Answers to Summer Quiz

1. George the Fifth (in 1932)
2. I saw Mommy kissing Santa Claus
3. Oliver Cromwell
4. Christmas Past, Christmas Present, Christmas Yet to Come and Jacob Marley
5. Advocaat (or advokatt, pronounced 'advocar' – normally a blend of brandy, egg yolks, vanilla and sometimes other ingredients.
6. 24<sup>th</sup> December
7. Oklahoma
8. Nativity scene (literally meaning crib)
9. Melchior
10. VistaVision
11. The Calendar (the English adopted the Gregorian calendar, replacing the Julian calendar, which shifted Christmas day back 12 days – and all the other days too of course – 11 days were skipped in 1752 and a further day in 1800.)\*\*
12. 364

Our sincere thanks to Gail of Portobello Store who is kindly donating out-of-date magazines to the Trust.  
These are very gratefully received.

## Enigma insert - Autumn 2011

### CALENDAR OF EVENTS

#### MARCH –

Monday 21<sup>st</sup> – Our office is closed.

Wednesday 23<sup>rd</sup> – Autumn Walk – see details elsewhere in Enigma

Friday 25<sup>th</sup> – Women's Get-together

#### APRIL -

Thursday 14<sup>th</sup> – One-day Education Course.

Friday 29<sup>th</sup> – Women's Get-together

#### MAY –

Friday 27<sup>th</sup> – Women's Get-together

**LADIES** – please note the Women's get-together is now on the **LAST** Friday of each month. We look forward to seeing you at this group (for fun and friendship).

### Nature Walk – Wet or Fine

A walk will be held on Wednesday the 23<sup>rd</sup> March (our true Anniversary Day).

Meeting at our rooms at 10.45am or at Bethunes Gully at 11.00 a.m.

We will offer some outdoor games and a pleasant walk through the native trees. Please bring your own lunch.

Please phone us on 4772-598 by Friday 18<sup>th</sup> March if you intend coming, We will need to arrange transport to Bethunes Gully.



*Congratulations to Sam Chadwick who has just started a course for a Certificate in Fine and Visual Arts. This is a NZQA approved course. We wish Sam every success in her endeavours.*

# 25<sup>TH</sup> ANNIVERSARY



This year, the Otago Mental Health Support Trust is celebrating it's 25<sup>th</sup> Year of service to the folk of Dunedin and beyond.

The Otago Manic Depressive Trust as it was then known was started by the late Julia Christie with very small beginnings of just one room and 2 staff. Over the years there has been many changes of premises and the staff now numbers seven. We are justifiably proud of our achievements over the years and look forward to serving the public to the best of our ability in the years to come.

We invite you to join us as we celebrate throughout the year.