

Winter Walks with Greg

Every second Wednesday of the month
 1st Walk **22nd June** – *the Solstice stroll in the Botanic Gardens.*

6th July – *a beach walk with coffee to follow*

20th July – *experience the High road and Low road of the Otago Peninsula,*

Space is limited to 4 people – to book your place, phone our office on 4772-598 the week prior to the walk.

Obituary

It is with sadness that we report the death of Ron Garthwaite. Ron, who had a long association with the trust, died peacefully at home on 29 May 2011. We would like to extend our sincere sympathy to Ron's family and friends.

From the Archives

First printed in our newsletter dated 1st April, 2000 (and NO, it was not an April Fool's joke!)

In psychological illnesses, the foods most commonly found linked with symptoms are:	Neuropsychological symptoms or illness which can be made worse or which can be caused by foods include:
Wheat	Depression
Milk & milk products	Mood changes
Yeast	Behavioural disorders
Sugar	Anxiety & panic attacks
Coffee	Hyperactivity
Chocolate	Poor memory, concentration
Orange	Sleep disorders
Egg	Migraine
Tomato	Poor co-ordination
Corn	Numbness, tingling restless legs
Soya	Fatigue
Additives	Seasonal Affective Disorder (SAD), eating disorders

The 10 best ever anxiety management techniques (Part 2)

Continued from Autumn Enigma

Cluster two: Tension, Stress and Dread

Many people with anxiety search frantically for the reasons behind their symptoms in the hope that they can 'solve' whatever problem it is. But since much of their heightened tension isn't about a real problem, they are wasting their time running around an inner maze of perpetual worry. Even if the tension stems from psychological or other causes, there are ways to eliminate the symptoms of worry. These methods are most helpful for diminishing chronic tension.

Method 4: Don't listen when worry calls your name.

This feeling of dread and tension comprises a state of low grade fear, which can also cause other physical symptoms, like headaches, temporomandibular joint pain and ulcers. The feeling of dread is just the emotional manifestation of physical tension.

You must first learn that worry is a habit with a neurobiological underpinning. Then apply relaxation to counteract the tension that is building up. This 'Don't Listen' method decreases the tension by combining a decision to ignore the voice of worry with a cue for the relaxation state.

To stop listening to the command to worry, you can say to yourself: "It's just my anxious brain firing wrong". This is the cue to begin relaxation breathing which will stop the physical sensations of dread that trigger the radar.

Method 5: Knowing, Not showing, Anger

When you fear anger because of past experience, the very feeling of anger, even though it remains unconscious, can produce anxiety. To know you're angry doesn't require you to show you are angry.

A simple technique: Next time you feel stricken with anxiety, you should sit down and write as many answers as possible to this question, "If I were angry, what might I be angry about?" Restrict answers to single words or brief phrases. This may open the door to get some insight into the connection between your anger and your anxiety.

Method six: Have a Little Fun

Laughing is a great way to increase good feelings and discharge tension. Getting in touch with fun and play isn't easy for the serious, tense worrier. A therapy goal could be simply to relearn what you had fun doing in the past and prescribe yourself some fun.

Look for the next installment in our Spring Enigma

If at first you don't succeed, parachuting is not for you.

On stoicism - "A stiff-upper-lip is the first sign of rigor mortis."
Pam Heany

During the flood, a girl was perched on top of a house with a boy, watching articles float by when they noticed an old hat go past. Suddenly, the hat turned and came back, then turned around and went downstream. It did this a number of times. "Do you see that hat?" asked the girl in amazement. "It goes downstream, then turns around and comes back." "Oh, it's only my dad" replied the boy. "This morning my Mum said that come hell or high water, he had to mow the lawn today."

Into the Unknown – a personal story

I received a phone call from the Crisis Nurse at the North Team telling me I had an appointment with the Judge at 2.00p.m. and she would pick me up at my home at 1.30p.m. or thereabouts.

What Judge, I thought. The only judges I know of, are the ones who preside over criminal trials. I am not a criminal I tell myself, so who the heck is this judge and why do I have to see him or her.

This being early in the morning I had plenty of time to panic and wonder what was going on. Nothing was explained and I felt extremely scared. My first thoughts were to run away, disappear. No, that won't work. 'They' will find me or wait for me, I would have to go home sooner or later. As the morning progressed more panic, anxiety getting stronger, fear of the unknown, what is happening to me.

By mid-day I decided to drug myself up on anything I could find and then maybe I would manage to get through the ordeal, for ordeal is what it felt like to me.

By the time the nurse came to pick me up, I was feeling quite spaced out and not really with it. I think I managed to converse with her but nothing intelligible. From then on, the afternoon was a blur. I remember sitting between two people on a hard chair. Next thing I am in one of the side rooms at EPS with some man who I was told the next day had been the District Inspector. I was vaguely aware of people coming in and out of the room, no idea who or what they were doing or talking about.

When I finally became aware of where I was ie. in the ward, I had no recollection of how I got there or what had gone on with the Judge.

If only I had had all explained to me when receiving the original phone call, I would have been saved a lot of worry, fear and anxiety. Also, and more importantly, I would not have suffered the after-effects of the drugs.

If you are the person arranging one of these appointments, please, *please* explain to folk what seeing the judge means and what to expect. It could save a lot of very unnecessary distress and the consequences of such distress. .

Prester John

Requests to view a Psychiatric File

Requests should be directed to the following phone number:

03 4747-007 Extension 7331

This phone has a voicemail messaging service if no one is in the office when you call.

Your call will be returned within 3-4 working days and arrangement will be made to confirm the details of your request.

If you prefer, you can contact the Psychiatric Records department by e-mail at:

[psychrecords @healthotago.co.nz](mailto:psychrecords@healthotago.co.nz)

QUIZ for Winter

1. Bright as diamonds, loud as thunder, never still and full of wonder. What am I?
2. I can be huge or I can be small; I can be long like a sausage or round like a ball. I may stay with you or I may travel for miles. For those of few years I always bring smiles. I am.....
3. What is greater than God....more evil than the devil? The poor have it....the rich need it...and if you eat it you will die.
4. I am a fake stone, I am green with envy, I am three in one and I can symbolize the Trinity. What am I?
5. If, when you stop looking, it will turn up unexpectedly and then it will be a nice surprise. What have you lost?
6. What lives without a body, hears without ears, speaks without a mouth and is born in air?
7. What happened in 1961 that will never happen again until 6009?
8. What has wheels and flies, but is not an aircraft?
9. I have a spine, but have no heart, I can take you places but I have no legs. I can be interesting, but I have no personality. What am I?
10. I am not one, but we are two, though we don't have to work together! We can be dry, we can be wet. we change just like the weather! Our shapes, they come in different styles, so too does our colour, we have our own protection, which you use all the time. But we need a little more, if you want us at our prime. We brighten up your life but we also make it dark. What are we?
11. What is it that goes with a carriage, comes with a carriage, is of no use to a carriage, yet the carriage cannot go without it?
12. Where do Panama hats originate?

Birthdays must be good for you. The people who have the most, live the longest.

Enigma Winter 2011 – Inside Pages

It is amazing what you come across whilst fossicking for interesting things to include in these pages. Well, I found the following, sorry I don't know the date or the publication it was printed in.

HOW LITHIUM CONTROLS MOOD SWINGS

Because of the recent success with lithium carbonate as a means to bring mood shifts into normal range, scientists are now beginning to think that the crucial factor in mood is some balance of a group of compounds called biogenetic amines. Too much of one in the brain may correspond with mania: to little of another, with acute despair.

The brain is a three-pound mass of tissue composed of some ten billion cells, each one operating like a shortwave radio, broadcasting and receiving messages across tiny gaps one-hundred-millionth of an inch wide. When certain chemical agents are released, information in the form of electrical impulses flashes across these gaps, or synapses, at the astonishing rate of one one-thousandth of a second. Without controls the whole system would be overwhelmed by its own static.

Scientists now speculate that it is the function of the biogenetic amines to facilitate the transmission of electrical impulses across the synapses and to assist in the functioning of an "on" and "off" switch in each cell. "Specifically," says Dr Nathan Kline, the prominent New York psychopharmacologist, "we attribute many depressions to amine deficits that damp down the circuits by locking switches in the "off" position. An amine surplus may produce the opposite manic "effects."

Though no one knows how the brain maintains a proper chemical balance, one theory posits that lithium may act to restore what one researcher called "that crucial carburetor mix" of biogenetic amines. Another suspected mechanism in mood change involves the role of various salt compounds in the brain, particularly sodium and potassium. Studies have shown that in depressed patients, sodium levels are as much as 50% higher than usual; during manic episodes sodium levels can be three times higher than normal.

Within the nervous system, most potassium is concentrated in the cells, while sodium circulates in the space between the cells. Because both of these salts are important ingredients in conducting electrical impulses, an upset in the balance could create a malfunction in the transmission of information from one cell to another. Again, it is thought that lithium might bring sodium and potassium into the proper relationship.

It should be noted that both theories remain hypothetical. Researchers more reserved in their enthusiasm over lithium are quick to point out that because a chemical agent brings a manic-depressive patient into line emotionally, it does not necessarily mean that Bipolar is a chemical disorder.

"There is nothing more productive of problems than a really good solution" Dr. Nathan S. Kline (see above article)

Where are they?

Library Books that is!

Our library shelves are looking rather depleted. We have tried asking you to search high and low with a very small result.

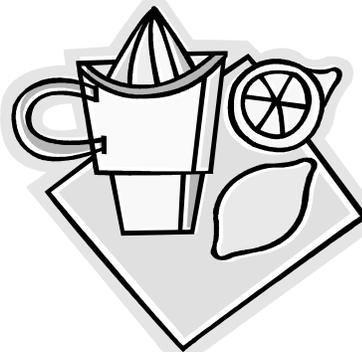
A big THANK YOU to those of you who returned books to us since the last edition of Enigma.

You may receive a phone call to remind you of any book/s you have, in the hope that it may jog your memory.

If you borrow from the Dunedin Public Library and do not return the book on time, you are charged by the day for your tardiness.

One book alone would net us the tidy sum of \$1,825. Multiply that by the number of books that have been out of our library for up to 5 years – Imagine!!!

\$



If Life throws you a
lemon..... make
lemonade

Answers to Autumn's Quiz

1. Napoleon Bonaparte.
2. General George Patton
3. Louis Armstrong.
4. Joan of Arc
5. William Shakespeare.
6. Florence Nightingale.
7. Margaret Thatcher.
8. Lon Chaney.
9. Harry Longabaugh.
10. Robert Leroy Parker.
11. Florence Joyner Griffith.
12. Lancelot.
13. Jackson Pollock.
14. William II.
15. Louis IV of France.
16. Benny Goodman

Congratulations to Moira Watson who correctly answered all questions.

Your prize is in our office Moira, if you like to call in for it (otherwise we might enjoy it).



FRIDAY 24TH JUNE 2011

Ladies' Get-together

Make yourself a pomander, right here at the office.



Please remember to let us know if you intend coming. 4772598



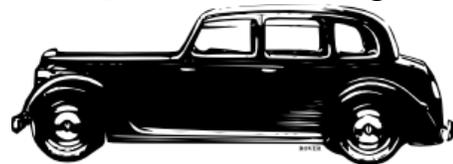
FRIDAY 29TH JULY 2011

Ladies' Get-together Jewellery making



FRIDAY 26TH AUGUST 2011

Ladies' Get-together – Outing



25th anniversary

We plan to have our major celebrations for this special anniversary during Mental Health Awareness Week in October. You will be advised at a later date as to what form these celebrations will take.

