



# The Outlook

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## BEV'S BIT

Fall is fast approaching, as are our fall programs and events. You may be interested in attending:

- Annual General Meeting, September 16<sup>th</sup>.
- Fourth Annual Comedy Night, October 1<sup>st</sup>.
- Gwen Finnen Lecture Series (monthly beginning October 30<sup>th</sup>).
- Various groups and/or workshops offered throughout Manitoba.

Support MDAM activities and you will make a difference, if not in your life, in someone else's.

Bev Trachuk,  
Executive Director

## Annual General Meeting

Friday, September 16<sup>th</sup> at 7:30 p.m.

**Boardroom "downstairs"  
#2 – 1000 Notre Dame Avenue  
Winnipeg, MB**

Everyone is welcome but *only* members in good standing are allowed to vote. Please ensure your memberships are renewed by September 15<sup>th</sup>.  
**Come on out and show your support!**

## LAST DAYS 'til the 50 / 50 DRAW

**Grand Prize is *STILL* 50% of sales.**

Tickets are available at any MDAM office or by calling 786-0987 or 1-800-263-1460.

**Draw to be made at the AGM,  
September 16<sup>th</sup>, 7:30 p.m.**

## Is S.A.D. making you blue?

Seasonal Affective Disorder (SAD), often called 'Winter Depression', is a depression caused by a reduced number of daylight hours.

**MDAM will now be selling  
as well as renting SAD lamps.**

**Purchase price: \$240.00,  
taxes included  
Rental price: \$40.00 per month**

For more information, please call our office at 786-0987 or 1-800-263-1460.

## ***Support Groups***

### ***Winnipeg Region***

#### **Monday afternoon (weekly)**

1:00 - 3:00 pm  
4-1000 Notre Dame Ave.  
Mixed Group

#### **Thursday afternoon (weekly)**

1:00 - 3:00 pm  
4-1000 Notre Dame Ave.  
Mixed Group

#### **Sunday afternoon (weekly)**

1:00 - 3:00 pm  
4-1000 Notre Dame Ave.  
Mixed Group

#### **Wednesday evening (weekly)**

7:00 - 9:00 pm  
Education Building, 431 Tache Ave.

#### **Diagnosis Specific Groups:**

Depression  
Bipolar Disorder  
Family/Friends/Caregivers

#### **1<sup>st</sup> & 3<sup>rd</sup> Thursday afternoons**

1:00 - 3:00 pm  
1<sup>st</sup> Thursday of the month - Rm. PZ-406  
3<sup>rd</sup> Thursday of the month - Rm. PX-235  
PsychHealth Centre, 771 Bannatyne Ave.  
Mixed Group

#### **Tuesday afternoon (weekly)**

1:00 - 3:00 pm  
Bethesda Church, 1350 Grant Ave.  
Mixed Group – Open to all.

### ***Burntwood Region***

Support groups  
to be announced.

**Call CMHA – Thompson region  
(204) 677-6050 for information.**

### ***Eastman Region***

#### **Lac Du Bonnet**

Cancelled for the summer.  
May resume in the fall.

#### **St. Pierre-Jolys**

Desalbury Hospital, Health Corner  
3<sup>rd</sup> Thursday of each month, 7:00 pm

#### **Steinbach**

Jake Epp Library  
Last Tuesday of each month, 7:00 pm

#### **Bethesda Place**

2<sup>nd</sup> Monday of each month, 1:00 pm  
(This group will not be meeting during  
July and August.)

#### **Beausejour**

East Gate Lodge  
2<sup>nd</sup> Thursday of each month, 7:00 pm

#### **Whitemouth**

Cancelled for the summer.  
Will resume in the fall.

#### **Pinefalls/Powerview/Fort Alexander**

Wings of Power in Pinefalls  
3<sup>rd</sup> Monday of each month, 7:00 pm

### ***Central Region***

#### **Crystal City**

Depression/Anxiety  
Peer Support / Education Group  
1<sup>st</sup> Thursday of the month, 6:00 pm

#### **“TRATSY Program”**

2<sup>nd</sup> Tuesday of the month, 11:00am – 2:00pm

**Both groups held at the Crystal City Hospital.**

#### **Winkler**

“Eight Stages of Healing”  
9-week Cognitive Behavioural Therapy Group  
Call Tami at (204) 325-8206 for details.

#### **Portage La Prairie**

“Sharing Circle”  
CMHA office, 236 Saskatchewan Ave. E.  
10:00 - 11:30 am

Mood Disorders Peer Support/Education Group  
Portage District General Hospital, 524 5<sup>th</sup> St. SE  
2:00 - 4:00 pm

Mood Disorders Peer Support/Education Group  
Resource Centre, Family Services Building  
Longplains  
5:00 - 7:00 pm

**All 3 groups held the 1<sup>st</sup> Tuesday of the month.**

***Support Groups ...continued***

## ***Interlake Region***

### **Stonewall**

Stonewall Hospital  
1<sup>st</sup> Tuesday of the month, 7:00 pm

### **Gimli**

Gimli Hospital  
Wednesday Bi-weekly, 1:00 pm

### **Teulon**

Teulon Hospital  
1<sup>st</sup> Thursday of the month, 1:00 pm

### **Lundar**

L. J. Merritt Support Centre  
3<sup>rd</sup> Monday of the month, 7:00 pm  
  
"Hero's At Home"  
Family / Friends Support Group  
3<sup>rd</sup> Wednesday of the month, 7:00 pm

### **Selkirk**

Selkirk Support Centre  
1<sup>st</sup> Monday of the month, 4:00 pm

## ***Westman Region***

### **Brandon**

"Caring and Sharing Group"  
M-435 Rosser Ave. (east entrance - upstairs)  
Wednesday afternoons, 2:00-4:00 pm

M-435 Rosser Ave. (east entrance - upstairs)  
2<sup>nd</sup> Tuesday of each month, 7:00-9:00 pm

"Family Group"  
Westman Mental Health Services,  
M-435 Rosser Ave. (east entrance - upstairs)  
3<sup>rd</sup> Tuesday of each month, 7:00-9:00 pm

### **Minnedosa**

Minnedosa Regional Library, 54 - 1st Ave. SE  
3<sup>rd</sup> Thursday of each month, 7:00-9:00 pm

### **Virden**

Virden Health Centre  
1<sup>st</sup> Wednesday of each month, 7:00-9:00 pm

## ***Parkland Region***

### **Swan River**

CMHA Office, Swan River  
"Hope for Depression" Group  
Every Friday, 10:30 am

**Continued ...**

### **Dauphin**

Dauphin Regional Health Centre, 4<sup>th</sup> floor  
625 3rd St. S.W.,  
Every Tuesday, 1:30 pm

"Friends and Family Group"  
Trinity Lutheran Church basement,  
2 Kirby Ave. E.  
2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month, 7:00 pm

### **"Men's Group"**

Dauphin Regional Health Centre chapel  
Every Wednesday, 7:00 pm

### **Ste. Rose**

Ste. Rose Hospital  
1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month, 1:30 pm

**Call (204) 622-4104 or (204) 638-4496  
for more information on groups.**

## ***Norman Region***

### **The Pas / Flin Flon**

"The Artist's Way"  
A Spiritual Guide to Higher Creativity  
12-week group for Consumers and Family Members  
who wish to minimize symptoms and develop  
their creative energy by journaling.

"Hidden Victim/Hidden Healer"  
Eight Stages of Healing  
9-week workshop for Family and Friends of those  
affected by mental health issues who wish to be  
the best caregiver possible  
without neglecting their own needs.

"Wellness Recovery Action Planning (WRAP)"  
4-week workshop for people with  
psychiatric symptoms, chronic pain, or addictions

"My Mother, My Childhood, and Me"  
8-week workshop for women who feel their needs  
were not met in childhood.  
Opportunity is given for participants  
to share their stories, identify hurts, and learn  
how to mother themselves.

Also available upon request:  
"And Thou Shalt Honour"  
Support and guidance for Caregivers of the Elderly

**Call (204) 623-7346 in The Pas  
for more information or to register.**  
Programs rotate and run  
pending sufficient registration.

## **Call for Applications to become an MDAM Board Member has resulted in the following:**

### **Current Board Member seeking second three-year term**

**Trevor Jones**, a “transplanted Torontonian” living in Winnipeg since 1985, has been on the board for 4 years and currently sits on the Executive Committee. Mr. Jones is not a consumer but is a friend to many who are. His commitment to MDAM is in his belief that a strong community starts locally. Through empowerment and people supporting each other, strengths and weaknesses are intertwined to create a stronger community.

### **Former Board Members**

**Ray Bernier**, a cattle farmer and resident of Fisher Branch, has recently returned to a career of beef processing. Mr. Bernier’s first exposure to mental illness was vicariously through his wife. He participated in her self-help group while it existed and then experienced his own mental health problems following a series of traumatic incidents. He has written and continues to write a book around the experience. Mr. Bernier is currently on the Ministers Provincial Advisory Council and as part of “catching up on two-and-a-half years of lost living”, wishes to re-join MDAM.

**Len Soltys** enjoyed a career with the Department of Highways in Winnipeg before retiring and has had experience working on a Board of a 100-member singing organization, one of his passions. Mr. Soltys has personal knowledge of and experience with Bipolar Affective Disorder. To help keep his spirits up and his mind focused, he takes advantage of many of the resources found in Winnipeg, including CMHA, KLINIC’s Mens’ Group (EVOLVE), the Men’s Resource Centre and ILRC. As well, Mr. Soltys volunteers at various organizations, including MDAM.

**Sam Malamud** is a practising lawyer in Winnipeg with personal knowledge of dealing with Depression. Mr. Malamud handles family law cases where child custody is an issue; where one spouse attacks the competence of the other because “obviously the diagnosis of Clinical Depression means that parent is deficient”. He believes that the stigma attached to Depression still exists and would be honoured to once again become involved with MDAM to help educate people and create a better understanding of living with a mood disorder.

### **New Applicants**

**Katherine Davis** grew up in a small rural community in Southern Manitoba where very few resources existed at the time her parents were ill with various mental illnesses. Ms. Davis believes strongly in the workings of grass roots organizations and through the years, found refuge and comradery at places like CMHA (both the Winnipeg and Manitoba divisions), the Manitoba Schizophrenia Society, Manitoba Health’s Advisory Committee on Mental Health Reform, and the Mental Health Act Review Committee. Through them, she was able to grieve, learn, recover, and find hope.

**William Ashdown**, a former Executive Director of MDAM, led the coalition that resulted in the creation of permanent core funding for the leading self-help organizations in mental health. He currently occupies a series of roles in mental health care, crossing a number of national borders. He is presently the Vice-President of the Mood Disorders Society of Canada and is responsible for creating and maintaining links with other national and international organizations. Mr. Ashdown, a resident of Winnipeg, is himself a consumer and comes from 4 generations of mental illness.

**D. Alan Hoare**, retired from a distinguished career in the British civil service, now makes his home in Steinbach. He is currently Vice-Chair of the Central District Health Advisory Council (part of the South Eastman Health Authority) and was a member of the Provincial Mental Health Advisory Council for 2 years. Although Mr. Hoare has no personal experience with mental health problems, he has always had an interest in organizations such as MDAM and fully supports the aspect of self-help.

### **MDAM 2004 – 2005 Board of Directors**

#### **EXECUTIVE COMMITTEE**

**Chair** - Connie Finlay, Minnedosa, Manitoba

**Vice Chair** - Trevor Jones, Winnipeg, Manitoba

**Secretary** - Sergei Sherman, Winnipeg, Manitoba

**Treasurer** - Mark Wayborn, Winnipeg, Manitoba

#### **DIRECTORS**

Lisa Dreger, Winnipeg, Manitoba

Ed Driedger, Miami, Manitoba

Marjolaine Pelletier, Winnipeg, Manitoba

#### **EXECUTIVE DIRECTOR**

Bev Trachuk, Fisher Branch, Manitoba

## *Inspiration*

### **I Want What She's Having!**

I have a new delightful friend,  
I am most in awe of her.  
When we first met, I was impressed  
By her bizarre behaviour.

That day I had a date with friends,  
We met to have some lunch.  
Mae had come along with them,  
All in all ... a pleasant brunch.

When the menus were presented,  
We ordered salads, sandwiches, and soups.  
Except for Mae who circumvented,  
And said, "Ice cream, please. Two scoops."

I was not sure my ears heard right,  
And the others were aghast.  
"Along with heated apple pie,"  
Mae added, completely unabashed.

We tried to act quite nonchalant,  
As if people did this all the time.  
But when our orders were brought out,  
I did not enjoy mine.

I could not take my eyes off Mae,  
As her pie a-la-mode went down.  
The other ladies showed dismay,  
They ate their lunches silently, and frowned.

Well, the next time I went out to eat,  
I called and invited Mae.  
My lunch contained white tuna meat,  
She ordered a parfait.

I smiled when her dish I viewed,  
And she asked if she amused me.  
I answered, "Yes, you do,  
But also you confuse me."

"How come you order rich desserts,  
When I feel I must be sensible?"  
She laughed and said, with wanton mirth,  
"I am tasting all that's possible.

"I try to eat the food I need,  
And do the things I should.  
But life's so short, my friend, indeed,  
I hate missing out on something good.

"This year, I realized how old I was."  
She grinned, "I've not been this old before.  
So before I die, I've got to try,  
Those things for years I had ignored.

"I've not smelled all the flowers yet,  
There's too many books I have not read.  
There's more fudge sundaes to wolf down,  
And kites to be flown overhead.

"There are many malls I have not shopped,  
I've not laughed at all the jokes.  
I've missed a lot of Broadway Hits,  
And potato chips and cokes.

"I want to wade again in water,  
And feel ocean spray upon my face.  
Sit in a country church once more,  
And be thankful for it's grace.

"I want peanut butter every day,  
Spread on my morning toast.  
I want un-timed long-distance calls,  
To the folks I love the most.

"I've not cried at all the movies yet,  
Nor walked in the morning rain.  
I need to feel wind in my hair,  
I want to fall in love again.

"So if I choose to have dessert,  
Instead of having dinner.  
Then should I die before night fall,  
I'd say I died a winner.

"Because I missed out on nothing,  
I filled my heart's desire.  
I had that final chocolate mousse,  
Before my life expired."

With that, I called the waitress over,  
I've changed my mind, it seems.  
I said, "I want what she is having,  
Only add some more whipped-cream!"

*Author Unknown*

## *What About The Children?*

*TeensHealth.org*

### **How Can I Deal With My Anger?**

Your mom just told you there's no way she's letting you out of the house until you clean your room. What starts out as mild annoyance turns into red-hot anger as you pick up the magazines and dishes from your floor. How dare she? You're not a child! Before you know it, you've kicked a big dent in your closet door and yelled at your little sister (and now you're grounded for the whole weekend).

Well, this is one way to cope with anger. After all, you've expressed yourself and you've calmed down. And now you'll have lots of time to think about how it may not have been the best approach as you sit around watching reruns with your sister on Saturday night. Why'd you fly off the handle so quickly? In fact, some days you wake up angry – what's the deal?

Some of it may be the changes your body's going through – all those hormones you hear so much about can cause wild mood swings and confused emotions. Some of it may be stress – people who are under a lot of pressure tend to get angry more easily. And part of it may be your personality – you may just be someone who has a short fuse or who feels their emotions intensely. Maybe you've always been the type of person (even as a kid) who gets more and more mad until you finally blow up. Maybe you've learned that style by watching other people in your family blow a fuse when they're mad (some people just never grow up!).

But no matter what pushes your buttons, one thing is certain – you're sure to get angry sometimes. Everyone does. And that's perfectly normal. There's nothing wrong with feeling mad. What counts is how you handle it (and yourself) when you're angry.

It's up to you to learn how to feel angry and express it in a healthy way. As a teen, you have the equipment to practice self-awareness and self-control. Young kids don't have the self-control that teens do – that's why you see them

throwing tantrums when they're mad. As you mature, you can be more aware of your feelings and you can exercise more choices about how to act when you're feeling an intense emotion like anger.

What you want to learn is how to recognize when you're ticked and deal with it effectively. This way, you get to express yourself and you probably get more of what you need from others and respect them and yourself in the process.

One healthy way to deal with your anger (one that works great with parents, in particular) is the cool down approach.

#### **Here it is in four easy steps:**

1. When something gets you really steamed, try to stop, calm down, and think before you do or say anything.
2. Once you're calm, try to say what the problem is and how it makes you feel. ("Mom, I don't like it when you hand out a punishment before you've even give me the chance to do what you've asked. It makes me feel like a little kid.")
3. Try to think of some solutions and what the consequences of the solutions would be (one solution here would be not cleaning your room – but if you thought about it, you'd see where that would get you).
4. Explain your solution and try to put it into action. ("In the future, would you please tell me what you'd like me to do first and wait to see if I do it before you threaten punishment?")

This can turn out well for everyone – you focus your attention on stopping your anger, you get to say how you feel, and hopefully, your mom won't talk to you in that way that enrages you again. But if this approach sounds a little too formal, there are other things you can do. Here's a list of suggestions:

- **Listen to music** (with your headphones on) and dance with some anger-inspired energy.
- **Write it down** – in any form – poetry or a journal, for example.
- **Draw it** – scribble, doodle, or sketch your angry feelings using strong colour or lines.

*How To Deal With Anger ... continued*

## *How To Deal With Anger ... continued*

- **Play a sport or work out** – you'll be amazed at how physical activity helps to work the anger out.
- **Meditate or practice deep breathing.** This one works best if you do it regularly, not when you're actually having a meltdown – it's more of a stress management technique and will help you use self-control and not blow a fuse when you're mad.
- **Talk about your feelings** with someone you trust. Lots of times there are other feelings such as fear or sadness beneath anger. Talking about these feelings can help.
- **Distract yourself** so you can get your mind past what's bugging you – watch TV, read, or go to the movies instead of stewing for hours about something.

You might even try going somewhere secluded and yelling at the top of your lungs. What we **don't** recommend is screaming at the person you're mad at, whining, sulking, throwing things, or making any kind of physical threat or attack. These things are likely to escalate the situation – and maybe even hurt someone.

Tell your parents, a teacher, a counsellor, or another adult you trust if you:

- have a lasting feeling of anger over things that have happened to you in the past or are going on now.
- feel irritable, grumpy, or in a bad mood more often than not.
- feel consistent anger or rage at yourself.
- start feeling anger that lasts for days or makes you want to hurt yourself or someone else.

**These could be signs of depression – and you shouldn't have to handle that alone.**

Let's face it, anger is a strong emotion, and it can feel overwhelming at times. Learning how to deal with strong emotions – without losing your cool – is part of becoming more mature. It takes a little effort, a little practice, and a little patience, but you can get there if you want to. The payoff is a lot of self-respect!

## **Resource Report**

### **EDAM Eating Disorders Association Of Manitoba Inc.**

**What is EDAM?** EDAM is a provincial non-profit organization founded in April of 1998 to provide support for individuals that have a loved one suffering from an eating disorder such as **anorexia nervosa** or **bulimia nervosa**.

**Who are members of EDAM?** Members are family and friends that have suffered the devastating and sometimes fatal effects of these illnesses.

#### **EDAM is making a difference!**

EDAM is committed to working in partnership with interested people and organizations to:

- **educate** and provide information to families, friends, health care providers, educators, and the general public about the signs and symptoms of eating disorders.
- **promote** healthy lifestyles, self-esteem, and acceptance of our natural selves.
- **advocate** for a coordinated community approach to treatment, awareness, and prevention.
- **promote** early diagnosis and effective treatment options for people with eating disorders.
- **support** research into the cause and effect of eating disorders.
- **organize** fundraising events to support program initiatives.

**EDAM meetings** are on the fourth Tuesday of each month and often include guest speakers who are specialists in the field of eating disorders.

**For more information on eating disorders or support, please contact EDAM:**

**By mail:** P.O. Box 34099, RPO Fort Richmond  
Winnipeg, MB R3T 5T5

**By phone:** 204-888-3326 (204-888-EDAM)

**By fax:** 204-275-3852

**Or visit online:** [www.edam.mb.ca](http://www.edam.mb.ca)

## *Volunteer Corner*

### *Volunteer-In-Focus*

#### **Susan S.**

If you have ever popped into our office on a Friday afternoon, you would likely have run into one of the best pamphlet folders the Mood Disorders Association has ever been lucky enough to have.

Susan has worked her way up from 25 to 100 pamphlets in half an hour! This, of course, depends on a number of factors: the number of new volunteers needing instruction on the pamphlet folding, what new resource materials have come into the office to read, and most important ... whether or not Bev, our executive director, is in the office that day!

Susan enjoys her time here at MDAM so much that she managed to persuade her companion/chauffeur/worker to come earlier in order that they have their lunches here, as well (except on Pizza Day, of course!).

**Susan celebrates her three-year anniversary with us and all of us here at MDAM would like to extend a HUGE THANK-YOU to Susan for all that she does.**

Written by Fiona Innes-Smith  
for Erin Gierck

*(Fiona was the Coordinator of Volunteers when Susan first brightened our halls.)*

***“It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.”***

***~ Ralph Waldo Emerson***

## *What Do The Experts Say*

### **Mood And Food: Understand The Relationship**

Unexpected changes at work, going out for dinner, dining at a buffet – all can trigger urges to overeat. Mood, however, also can trigger overeating. For some people, eating may be a way of suppressing or soothing negative emotions, such as stress, anger, anxiety, boredom, sadness, and loneliness. These negative states can be caused by everything from major life events to simple day-to-day hassles. Though the “comfort foods” turned to in times of trouble might provide short-term fixes, they can lead to an unhealthy long-term habit of eating in response to negative feelings, not hunger.

Emotional eaters don’t necessarily eat more foods, they eat more unhealthy foods, such as starchy, sweet, salty, and fatty foods. Consequently, if stress or negative emotions are chronic, emotional eating can cause health problems such as weight gain and increased cardiovascular risks. The good news is that if you’re prone to emotional eating, you can regain control of your eating habits. By understanding the reasons why stress and negative emotions may cause you to crave those unhealthy snacks and how you can avoid indulging your cravings, you’re well on your way to avoiding a dietary disaster.

#### **The connection between mood and food**

Major life events – such as unemployment, health problems, divorce, and a shortage of emotional support – and daily-life hassles – such as a difficult commute to work, bad weather, and changes in your normal routine – are both thought to trigger emotional eating. But why do negative emotions lead to overeating?

#### **A physiologic connection**

How your body reacts to mood and food may play a role. Research indicates that some foods might have seemingly addictive qualities for many people. When you eat palatable foods,

***Mood and Food ... continued***

## ***Mood and Food ... continued***

such as chocolate, your body releases trace amounts of mood- and satisfaction-elevating opiates. That “reward” may reinforce a preference for foods that are most closely associated with specific feelings.

Scientists are also studying the possibility that sweet and fatty foods might actually relieve your anxiety. Preliminary research in animals indicates that during a stressful event, the adrenal gland increases production of stress hormones, including those known as glucocorticoids. When they’re present at high-enough concentrations, glucocorticoids help restore calm by shutting down the stress-response system. But when stress is chronic, the system keeps moving. The stress hormones maintain the stress response, which encourages the formation of fat cells, and steers you in the direction of the unhealthy favourites you think you need to restore your emotional state.

### **A psychologic connection**

From a mental standpoint, food also can be a distraction. If you’re worried about an upcoming event, or rethinking a conflict from earlier in the day, eating comfort foods may distract you. But the distraction is only temporary. While you’re eating, your thoughts may be focused on the pleasant taste of your comfort food. Unfortunately, when you’re done overeating, your attention returns to your worries, and you may now bear the additional burden of feeling guilt about overeating.

### **Managing mood and food: How to cope**

In the long run, stress-related eating is an unhealthy coping strategy. If you think you have a clinical disorder, such as depression, see your doctor. If you think you’re experiencing stress, follow these tips to help you avoid the unhealthy consequences of emotional eating:

- ***Learn to recognize true hunger.*** Is your hunger physical or mental? If you ate just a few hours ago and don’t have a rumbling stomach, you’re probably not really hungry. Give the craving a few minutes to pass.
- ***Know your triggers.*** For the next several days, write down what you eat, how much you eat, when you eat, how you’re feeling, and how hungry you are. Over time, you may

see patterns emerge that reveal negative eating patterns and triggers to avoid.

- ***Look elsewhere for comfort.*** Instead of unwrapping a candy bar, take a walk, treat yourself to a movie, or call a friend. If you think that stress relating to a particular event is nudging you toward the refrigerator, try talking to someone about it to distract yourself. Plan enjoyable events for yourself.
- ***Don’t keep unhealthy foods around.*** Avoid having an abundance of starchy, high-fat, high-calorie comfort foods in the house. If you feel hungry or blue, postpone the shopping trip for a few hours so that these don’t influence your decisions at the store.
- ***Snack healthy.*** If you feel the urge to eat between meals, choose a low-fat, low-calorie food, such as fresh fruit, pretzels, or unbuttered popcorn. Or test low-fat, low-calorie versions of your favourite foods to see if they satisfy your craving.
- ***Eat a balanced diet.*** If you’re not getting enough calories to meet your energy needs, you may be more likely to give in to emotional eating. Try to eat at fairly regular times. Include foods from the basic groups in your meals. Emphasize whole grains, vegetables and fruits, as well as low-fat dairy products and élan protein sources. When you fill up on the basics, you’re more likely to feel fuller, longer.
- ***Exercise regularly.*** Your mood is more manageable and your body can more effectively fight stress when it’s fit and well rested.
- ***Prevent relapse.*** If you give in to emotional eating, forgive yourself and try to learn from it. Make a plan for how you can prevent it in the future.

Though strong emotions can trigger cravings for food, you can take steps to control those cravings. “Start by examining how negative moods and emotions affect your eating habits,” says Matthew Clark, PhD, a psychologist at Mayo Clinic. “If you think you have an anxiety, depressive, or other mood disorder, consult with your doctor about treatment options. If you think stress is playing a more prominent role, monitor your mood, plan stress-reducing activities, and seek out social support.”

*Source: MayoClinic.com*

## *Family and Friends*

### *and Teachers, too ...*

#### **What To Say (And What NOT To Say) To A Child / Student With Bipolar Disorder**

##### **Instead of saying**

“Why did you just do that? You know better than that!”

**Say** “Shoes are for wearing on your feet, not for throwing.”

**Or** “Scissors are for cutting when we make pictures, not for cutting the pages in your book.”

##### **Instead of saying**

“I know you’re (*not trying hard enough / being lazy / not caring*). I’ve seen you do better work than this!”

##### **Say**

“It looks like this is getting frustrating for you. Would you like some help?”

##### **Or**

“I know this is really hard for you right now. You’re doing a good job. Maybe you need a little break so it won’t be so frustrating.”

##### **Or**

“I can tell you’re having a tough day. I can see how hard you’re trying and that it’s just not coming together for you the way it usually does. It’s okay to have a bad day. Let’s try (*another high interest or creative activity that would stimulate the child just as much*).”

##### **Instead of saying**

“Why are you behaving like that? You’re acting like (*a bad boy / girl*).”

**Say** “Hey, it looks like you need to calm down. Would you like to go to (*your room / ‘safe place’*) and (*draw / read a favourite book*)?”

Source: *The Child and Adolescent Bipolar Foundation (CABF)*

## **Hope**

Look up the word hope in a thesaurus and you will find that it is associated with expectation, aspiration, and encouragement. Hope is a state of mind and mood that looks towards the future for something positive to happen. It sets a goal to which we can aspire, and then provides courage to take the action necessary to make that goal a reality. Hope carries us forward through the difficult times of life.

Journalist Mignon McLaughlin claims, “*Hope is the feeling we have that the feeling we have is not permanent.*” With this statement, he reminds us that things, no matter how bad, can always change for the better. This thought itself is a basis for hope, especially, if we are also willing to challenge ourselves by asking, “What is the smallest thing that could happen today that would strengthen my hope?”

When faced with the frustrations of life, remember that hope is a choice. **Make the daily choice to keep your hope alive.**

Source: Lessons For Living website,  
*Awakenings* newsletter

### ***success***

*if you think you are beaten, you are.  
if you think you dare not, you don't.  
if you'd like to win but think you can't  
it is almost certain you won't.*

*if you think you'll lose, you're lost.  
for out in the world we find  
success begins with a person's faith,  
it's all in the state of the mind.*

*if you think you are outclassed, you are.  
you've got to trust to rise;  
you've got to put your faith in yourself,  
before you can win a prize.*

*life's battles do not always go  
to the stronger or faster man;  
they go to the one who trusts in self,  
and always THINKS 'I can'.*

*author unknown*

## *Getting Better All The Time*

### **Life Is A Wheel**

**What is Life like?** We can ask, “What is life like?” Different images present themselves. A frequent image, found throughout the centuries, is that of the wheel. The metaphor of life as a wheel helps us understand not only the longing for happiness but also happiness’ temporary nature. The wheel is an ancient symbol combining the meaning of the circle as wholeness or completion with the element of movement or passing away that is captured in the wheel’s turning. At the center of the wheel is a still point, the axis. It is central to the wheel’s movement, but it does not move. Daily occurs at the periphery or the rim of the wheel. When this image is represented as “The Wheel Of Life” or “The Wheel Of Fortune”, the rim represents life’s perpetual change and transitory nature.

Many variations of this image of the wheel exist. Some examples are found carved into the stone walls of medieval cathedrals. At a time when people were illiterate, these images were meant to instruct them about the nature of life. What was the message? What was to be understood?

**Life is a Wheel.** Let’s look at one frequently occurring example of the “Wheel Of Life.” It is a wheel surrounded by four different images of one person. At the top of the wheel is a well-dressed person, smiling and content. This person is in the position of happiness and success. As the wheel turns clockwise on its axis, the next image is of the same person appearing distressed as he falls head long into the abyss of change and loss. Fortune has turned, and the wheel continues to move. At the bottom of the wheel the person is naked and is in suffering as he lives through the experience of loss. This is the position of despair and loss of hope. Once again the wheel turns and the person rises in hopeful expectation. The person is again clothed and has a look of anticipation as he moves towards the top of the wheel.

**The Four Phases of Life.** These four images represent the phases of life that are in continual movement. These phases can be distinguished from the stages of life. Life stages are broad divisions such as infancy, childhood, adolescence, adult, midlife, and old age. The four phases of the wheel occur within these stages in an on-going cyclical manner. As individuals living the world, we are always at one of the life four positions: Happy, Loss (Descending), Suffering, or Hope (Ascending). Because the wheel is continually turning, we can assess our present position and look ahead to where we will be next. If we are presently happy, it will not last. If we are falling, it may get worse. When we are suffering, we may get through it to rise again in hope. Happiness will be regained, but the wheel also continues to turn. The cycle is repeated, and such is life.

**Broken or Open.** Why can Happiness not be kept? Why is the loss of happiness a necessity?

It is so we can be opened to change. When life is going well and we are content, complacency can and usually does follow. We can become stuck in a satisfying routine, and only the loss of that state can awaken us to new possibilities.

The loss of happiness is the experience of falling. It is the journey into the wilderness where we wander lost. It is also the experience of being in the “belly of the whale.” When we are swallowed up by something larger than ourselves, then the possibility of transformation awaits. Being broken may actually open us to the possibility of change. It is this state of brokenness that forces us to move away from the rim of the wheel. Our egocentricity is shattered, and we search for something greater to sustain us. As we go through this suffering, that is the allowing or experiencing of change, hopeful expectation comes. Happiness is regained only to have the process repeat itself.

**Happier than Happy.** Utilizing the image of a wheel, it is obvious that the further we are from the center, the more intense our experience will be. It is as if centrifugal force amplifies the

*Life Is A Wheel ... continued*

## *Life Is A Wheel ... continued*

experience. When we are far from the center, our happiness can become so intense (and unrealistic) that perspective will be lost and an addiction to happiness develops. A “manic” state is experienced or we become “Happiness Junkies.” When experiencing falling, we become panic stricken and the loss can deepen into depression. In the experience of suffering, all meaning may be lost. Meaningless suffering is unbearable. A helpless, hopeless feeling of despair can prevail. As we rise up in intense, overly optimistic expectation, the cycle will start all over again as an unrealistic happiness is pursued.

**The Spiral of Life.** Once we have journeyed around the wheel, we appear to have gone in a circle back to where we began. If, however, our point of view has been broadened or our level of consciousness raised, then progress has been made. We are in the same location but with a different level of understanding. T. S. Eliot expresses this well with his lines from *The Four Quartets*, “We shall not cease from exploration and the end of all of our exploration will be to arrive where we started and to know the place for the first time.” The journey around the wheel reveals the nature of life as the possibility of perpetual transformation and ever increasing consciousness.

A two-dimensional image of the wheel can be productively combined with the three-dimensional spiral. Each time we make a round on the wheel, there is the possibility that consciousness will be broadened, and we will rise up the spiral to a new and more mature level of living. The circumference of the wheel is reduced and we move closer to the center. However, without proper psychological and spiritual work, we will only recycle at the same level. No change will occur. Worse still, we may descent on the spiral to lower levels of functioning as we move further and further from the center.

**Seeking Joy.** At times, we may wish to get off the wheel but short of death, we cannot. To control the intensity of the experiences of the wheel, we must become centered. As we move

towards the center, we enter into that which is greater than the self. This is a move out of our self-centered nature and into relationship with our Higher Power where strength and power are found. Even when we are centered, we continue to go through the circle of change. Falling, suffering, and hope continue but the happiness may be deepened into joy. Happiness does not last but joy does. Joy is a connection to meaning that is found through proper relationship to our inner self and to others. Realizing that all of humanity is on the Wheel of Life empowers us to engage in compassionate understanding and action towards others. Knowing that we are all on the Wheel gives a new sense of relationship with others and helps us to make that move from the rim to the centering principle of life.

***“In order to grow,  
one has to confront  
and engage suffering.”***

**A Full Life.** It is essential to psychological and spiritual growth that we fully experience life. This includes the suffering of life, which is the living through of loss and change. We must go through this suffering and not try to circumvent the experience by going around, under, or over it. In order to grow, one has to confront and engage suffering. Our psychological and spiritual reality is that “brokenness” leads to “openness” and that through suffering we are opened to change. Meister Eckhardt, the Medieval mystic, said that, “Suffering is the swiftest steed that brings us to perfection.” Perfection must be understood to mean wholeness and completion. If through such suffering we allow ourselves to embrace the sorrow of life, then it may be transformed into the joy of meaningful relationships characterized by faith and centered in love for our Higher Power, ourselves, and our neighbours.

Source: Lessons4Living website,  
*The Wheel Of Life*

## *The Later Years*

### **The Smartest Food**

#### **Diet modification can ward off disease and slow down aging.**

There's a revolution going on. And it's not being fought with guns and bombs but with garden-variety fruits and vegetables.

Call it the "smart-food revolution." It has to do with the growing body of research showing that everyday produce can function medically to prevent, treat, and even cure common diseases.

Many green grocery items contain goodies that can help ward off the diseases of aging, such as cancer and heart disease, and slow down the aging process itself. Some of them can even halt the brain deterioration and memory loss that tends to accompany aging.

All together, the findings suggest that relatively simple diet modifications can slow down the normal process of brain aging and memory impairment. And delicious little blueberries may be the smartest food of all.

Fruits and vegetables get their bright colours courtesy of *phytonutrients*, or natural plant compounds. *Anthocyanin*, the phytonutrient responsible for the blueberry's deep hue, is largely thought responsible for the fruit's protective powers. In a one-two punch, anthocyanin acts to protect the brain in two ways – as an antioxidant and as an anti-inflammatory agent.

A Tufts University study of more than 40 fruits and vegetables found that blueberries contain the highest concentration of anthocyanin, giving the fruit superior ability to clean up free radicals of oxygen. These are highly reactive molecular fragments that, left to their own devices, undermine normal body processes by attacking cell membranes and the genetic material contained inside cells.

Free radicals accumulate in tissue as a result of normal metabolic activity, exposure to toxins, and age. The damage they do is collectively known as *oxidative stress*, and it is now thought to cause cancer and other age-related diseases.

So far, most of the research on blueberries has been conducted on rats, but the results offer clear clues as to how the fruit can help humans.

While the mechanism is not completely understood, the compounds in blueberries seem to reverse, or at least slow down, the damaging effects of aging on nerve cell function and behaviour by reducing oxidative stress. In addition, anthocyanin's anti-inflammatory properties keep blood flowing smoothly. This not only prevents hardening of the arteries, it provides energy for mental functions and supports a bright mood.

At the University of Maine, Dorothea J. Klimis, associate professor of clinical nutrition, started looking at blueberries because of her interest in heart disease and manganese, a trace mineral found in abundance in blueberries.

She found that blueberries have a powerful effect on arteries, keeping them from constricting in response to stress hormones. Constricted arteries can raise blood pressure and bring on cardiovascular disease, the leading cause of death in certain countries. Her studies suggest that the compounds in blueberries bolster the bioavailability of nitric oxide, an artery relaxer. She is measuring enzymes that aid nitric oxide to see at which point in the chemical process blueberries intervene.

**Just a reminder that  
the MDAM cookbook,  
*Good Food, Good Mood*  
is still for sale!**

Smaller, wild blueberries, the "low-bush" variety, are thought to be healthier than cultivated blueberries because they contain more anthocyanin. And frozen berries are just as good as fresh ones.

Like their first cousins, the cranberries, blueberries have been shown to suppress urinary tract infections, and to reduce eyestrain, too. "Hippocrates said to use food as medicine," Klimis reports, "but doctor don't do that."

You can.

Content from *Psychology Today*, by Carlin Flora

## *Our Complements*

### **Feng Shui (pronounced “fung shway” and meaning literally “wind water”)**

The Ancient Taoist philosophers of China understood that all of life was based on principles of change. This philosophy comes to us as The Book of Changes, the I Ching, which was first conceptualized by Fu Hsi, the first emperor of China (2953 – 2838 BC). It is said that he studied all heaven and earth. Together with many wise men and women, they developed tools to enrich the internal lives of people, including acupuncture and martial arts, among other disciplines. They also developed an understanding of how our inner health is related to our external environment, and this is the focus of Feng Shui.

Masters of Feng Shui, those who understand the five elements (fire, water, metal, wood, earth) and the two energies (chi and sha – hard energy, the opposite of chi), are able to detect metaphysical energies and give directions for their optimal flow in our environment, including our homes, offices, parks, streets, stores, medical facilities, and restaurants. Feng Shui is a science that observes the harmony and flow in a space and how well that space supports the goals of the people who use it.

Feng Shui considers many elements, such as how a building sits on a piece of property, the floor plan and flow inside the building, colours and fixtures used, lighting, where each room is located both within the building and with respect to compass directions, how the sun moves through the space, and what functions the space serves.

Everyone knows what it feels like to enter a building, such as a restaurant, that does not feel comfortable. Typically there are tangible elements that could be resolved by Feng Shui. Perhaps the front door enters directly in the Restaurant’s dining area, leaving the person plunked right into a sea of tables and the diners with no privacy. A well-designed building,

whether it be a restaurant or a home, should have a foyer where people can adjust to the new surroundings. Designing that space is the work of a Feng Shui consultant.

Wall colour is another way to profoundly improve a building and make people feel at ease. Many nursing homes and hospitals have had amazing results after painting white walls in warm, relaxing colours, such as yellow or salmon. They report dramatic changes in patient recovery and overall well being of the staff, especially cooperation levels and productivity.

You may wonder how Feng Shui and the principles of change described in the I Ching are related. Think of it as a way of always coming back to balance, whatever change or season you are experiencing in your life, Feng Shui can help you successfully and gracefully handle that change. This philosophy is about going with the flow.

How does this work? Your external environment literally makes impressions on your physical, emotional, and psychological being. To handle all that input well, you need supportive environments, a place where you can recharge, where creative juices can flow, and there is a sense of harmony and productivity. Typically this means altering your home or workplace to support you.

Feng Shui invites you to create balance, so you can feel grounded, wonderful, and at your best.

#### **Some Standard Tips:**

- Arrange furniture to face the doors.
- Oil doors so they don’t squeak.
- Clean the clutter.
- Make paths between rooms and through rooms wide and easy to use, allowing you to walk around easily.
- Put a mirror up at the end of a hallway so it doesn’t seem like a dead end.
- Add colours or art to bring in desired energy.
- Add trees or upward-pointing lighting to raise energy.
- Add wind chimes to regulate energy.

Sources: Gems4Friends website,  
the Skeptics Dictionary website,  
Sally Fretwell, International Consultant

## *Notes From The Editor*

Many thanks to those who have renewed their memberships and welcome to our new members!

If you find errors on your mailing label, please contact the office at **1-800-263-1460**.

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### **Tributes and Acknowledgements**

We are grateful for donations received in memory of:

**Freda Calof**  
**Bob Moffatt**  
**Godelive Sones**

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### **New faces!**

MDAM would like to welcome: **Lawrence, Wanita, Natalie, Angela, and Monique** to the Volunteer Team.

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### **Canadian Mental Health Association Winnipeg Region**

#### **Workshop Schedule for Fall 2005**

- Creating A Personal Vision of Recovery
- Wellness Recovery Action Planning
- The Challenge of Change

The workshops will be held at  
**CMHA, Winnipeg Region, 432 Ellice Ave.**  
Registration is required.

**For more information or to register,  
call 982-6100.**

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### **Fourth Annual Comedy Nite Saturday, October 1<sup>st</sup>, 2005**

Mark your calendars and get ready to laugh!

Further details to follow ...

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**ThankyouThankyouThankyou!!!**

**MDAM would like to extend many thanks to the Gimli High School Youth in Philanthropy Group** for their generous grant. The funds will stay in the Interlake region and will be used to purchase resource materials.

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### **“My Mother, My Childhood, and Me”**

The Mood Disorders Association is pleased to offer “My Mother, My Childhood, and Me”, a group for women who feel their needs were not met in childhood by their mothers.

**Beginning on October 11<sup>th</sup>, 2005, this group will run for 8 Tuesday evenings from 6:30 to 9:00 pm.**

No charge for MDAM members.  
Intake required.

**Please call the office at 786-0987 for further information.**

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### **GoodDeeds.com A place to internet shop**

If you make a purchase at any of the stores on this website, MDAM will receive a percentage of the sale.

Go to our website at [www.depression.mb.ca](http://www.depression.mb.ca) and follow the links ...

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### **Original material wanted.**

Do you have a story to tell or a poem to share? We welcome submissions to the newsletter. If you have something you think we could use, please send it to:

**Editor, c/o MDAM  
#4 – 1000 Notre Dame Avenue  
Winnipeg, MB R3E 0N3  
Or fax us at (204) 786-1906.**

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 Winkler MB  
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**Selkirk Mental Health Centre**  
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**MDAM**  
 Helping Others Help Themselves!

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**Burntwood Outreach Office**  
 Box 764  
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 Phone: (204) 778-7421

**Interlake Outreach Office**  
 Box 1004  
 Gimli MB  
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 Fax: (204) 642-7877

**Parkland Outreach Office**  
 Room 343, Dauphin Regional Health Centre  
 625 3<sup>rd</sup> St. S.W.  
 Dauphin MB  
 R7N 1R7  
 Phone: (204) 622-4108

**Membership Renewal / Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

New: \_\_\_\_\_ Renewal: \_\_\_\_\_

(Circle One) Adult / Family / Student / Senior

**I agree to abide by the bylaws of the association and to maintain confidentiality in respect to all personal information of any member of the association.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return to:**  
 # 4 - 1000 Notre Dame Ave. Winnipeg, MB R3E 0N3

**Membership Fees:**  
 Student \$15.00 / year  
 Senior \$20.00 / year  
 Adult \$25.00 / year  
 Family \$35.00 / year

**Why become a member of the Mood Disorders Association of Manitoba?**

If you want to be part of an organization that is consumer-driven and believes that everyone can help themselves in their own recovery, you should belong!

If you believe in the work MDAM is doing, show your support through membership.

