

Support Group Meeting

It was good to see everyone who came to the last support group meeting. It was also nice to see some new faces. Many thanks to Gillian Archibald, dietitian from Royal Cornhill hospital, who gave an informative presentation on food and mood.

The next support group meeting will take place on 28th of July 2011 at the Midstocket Church Community Centre, 35 Midstocket Road, Aberdeen.

Stephen Fry's documentary, "The secret Life of the manic depressive", will be shown at the July and August support meetings, part 1 and part 2 respectively. This will be followed by general discussions about the documentary.

New Group guidelines

We would like you to provide feedback on the proposed support group guidelines. If you would like anything omitted or added please email us bipolar.abdn@gmail.com.

- Switch mobile phones off or on silent.
- Everything said in the self help group is kept confidential to the group.
- The names of those who attend the group are not mentioned out with the group
- Everyone has a right to talk and be listened to
- There is no pressure for anyone to speak during the meeting
- Respect each others opinion. Everyone has a different viewpoint and should feel able to freely speak within the group.
- No one should criticize or make judgements about any member of the group
- It's okay to take a 'time out'
- Everyone will behave in a non-aggressive manner
- Any ambitions for the group are discussed with the group and not to act on behalf of the group without their consent

Volunteer with us

We are currently looking for new volunteers. If you would like to get more involved we would like you to become part of our committee team. No skills or knowledge is required. The main purpose is to provide your opinion on group related events/activities.

If you are interested in volunteering with us please email bipolar.abdn@gmail.com or talk to a committee member at one of the support group meetings.

News on Development of Bipolar Aberdeen

The new logo is now finalised. Thanks to everyone who provided feedback. Also thanks to everyone who provided feedback on the leaflet and poster advertising the support group. The new website will be online soon.

The Bipolar Aberdeen committee met with Alan, service development manager, from Bipolar Scotland in June, in relation to officially linking the Bipolar Aberdeen support group with Bipolar Scotland. We believe this is a beneficial move for Bipolar Aberdeen as well as Bipolar Scotland. Thanks you to Alan for making the Journey to come and see us. If you would like to know more about this, please email bipolar.abdn@gmail.com.

Food and Mood

Ways to Improve your Diet

Caffeine drinks such as coffee, cola, red bull, Irn Bru and even tea, may affect your mood. It also may affect sleep pattern, concentration, and anxiety symptoms such as rapid heartbeat. Drink caffeine free drinks, e.g. water, herbal teas and diluting juices instead. Drink at least 8-10 glasses of fluid per day.



Sugary foods such as cakes, sweets, chocolate, honey, biscuits, fizzy drinks etc causes a rapid rise and fall in blood sugars throughout the day, affecting concentration and mood. This may add to weight gain and poor dental health. Reduce your intake of sugary foods & drinks. Snack Sensibly. Use sugar free or low sugar alternatives. Eat regular meals. Eat high fibres such as wholemeal bread, cereals, pasta and brown rice.



Essential Fats such as salmon, herring, mackerel, sardines, seeded breads, nuts, seed mixes helps reduce symptoms of mental illness. It also helps improve your immune system. Aim for two portions of oily fish per week.



All alcoholic drinks affect symptoms of mental illness. They may interact with medication, cause long term liver damage in excess and may add to weight gain. Alternatives: Drink low alcohol alternatives, swap every other drink with a non alcoholic drink. **Men** should drink no more than 21 units of alcohol per week. **Women** should drink no more than 14 units of alcohol per week. Check out www.drinkaware.co.uk for more information.



Fruits and vegetables provide essential vitamins for brain function. They also improve bowel health and reduce constipation. Aim to eat at least 5 portions daily. Spread your portions throughout the day.



In summary

Sugar, Caffeine and Alcohol

Have a negative effect on mood swings, depression, panic attacks and anxiety symptoms

- Reduce your sugar intake
- Reduce your caffeine containing drinks to 4 per day
- Reduce your alcohol intake to below two units per day for women and three units per day for men, avoid binge drinking

Water, fruit, vegetables and oily fish

Have a positive effect on mood swings, depression, panic attacks and anxiety symptoms.

- Drink at least 6-8 glasses of water, diluting juice, tea or flavoured water daily.
- Eat at least 5 portions of fruit and vegetables daily
- Eat oily fish twice weekly

Information referenced from food and mood leaflet produced by the Nutrition & Dietetic service (Royal Cornhill Hospital)

Exercise

Exercising a few times a week can bring major changes to how you feel. Even walking for 30 minutes three times a week helps your physical, mental, emotional and spiritual health.

The benefits of exercise

- Raises mood by increasing serotonin levels (happy hormone)
- Reduces blood pressure
- Increases metabolism
- Helps to lose excess weight
- Helps to tone up muscles
- Improves coordination
- Improves sleep pattern
- Reduces stress
- Great way to socialise and meet new people

Recipe of the month

Tandoori Salmon

This recipe is a light and healthy summer dish packed full of flavour and full of Omega 3's to help boost mood. This recipe is quick and easy to make.

Tandoori Salmon (Serves 2) (This recipe works well with chicken or turkey which is a superfood for people with Bipolar due to levels of tryptophan which boosts serotonin)

Ingredients:

2 Fresh Salmon Fillets
Small piece of fresh root ginger (1 inch piece)
2 garlic cloves
4 tbsp natural yogurt
Juice of half a lime or lemon
30g Tandoori Spice Mix (available in supermarkets)

Method

Finely chop a small piece of fresh root ginger and 2-3 cloves of garlic, add to the natural yogurt along with the tandoori spice mix and lime/lemon juice and mix well. Add yogurt mix to the salmon fillets and cover generously. Leave to marinade for 20 mins. (Salmon can be marinated for longer if desired)
Grill salmon fillets under a medium to high grill for 15 minutes.

Serve Tandoori salmon with steamed basmati rice or cous cous and a green salad (fresh iceberg lettuce, cucumber and fresh coriander works really well)
With the remainder yogurt, combine some of the lemon/lime juice, fresh coriander and a small amount of white wine vinegar to make a tasty salad dressing.

Enjoy!