

## CHRIS HOY UNVEILED AS SCOTLAND'S AMBASSADOR for mental Health.

Sir Chris Hoy who achieved 3 gold medals in cycling at the Beijing Olympics is giving his backing to mental health charity SAMH.

He said 'mental health and physical health work hand in hand' He went on to say that he only achieved his success by years of training both physically and mentally and that mental health affects everyone but remains an issue most find difficult to talk about.

The Herald: 10.02.2009.

### Suggestions to aid Sleep

- Relax before going to bed — try a bath
- Avoid heavy meals before bed
- Try warm milk, eggs, cottage cheese chicken turkey and nuts they help prevent indigestion
- Camomile or fennel tea
- Avoid alcohol before bedtime.

### Put a Spring in Your Step

*Boost your health with the best seasonal vegetables*

*Leeks are the same family as onions help improve circulation and maintain a healthy heart*

*Spring Greens powerful in vitamins A,B,C and D as well as being a good source of iron.*

### Did You Know:

*Rhubarb although actually a vegetable is usually prepared as fruit and used in sweet dishes. It has a tart flavour and is delicious in pies and crumbles. Try mixing it stewed with honey and natural yoghurt to make a healthy rhubarb fool.*

*Healthy March 09*

### Sleep Aids cont:

- One glass of wine may be okay but more may disrupt sleep pattern.
- Do some exercise during the day
- Sleep on your back. Allows organs to rest.
- Lavender essential oils on pillow or in bath
- Empty your bladder.

Healthy March 2009

# IN THE MOOD

Edition 108

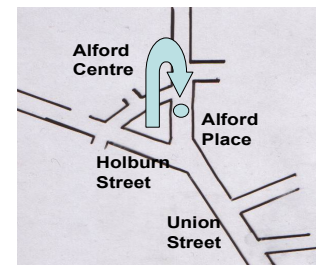
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## OFFICE NEWS

The spring flowers are all beginning to come through and with the time changing on March 29th we may get an hour less in bed but I am sure you will enjoy the longer days.

We have been very busy in the bipolar office our client contacts are gradually increasing — Remember we always welcome new members and if anyone has some free time to volunteer they would be very welcome.

At our last support meeting we had a lively discussion about the Smoke Free Policy proposals from the Scottish Office. We are going to submit a response on behalf of Bipolar Aberdeen soon. If anyone has any points of view they would like us to make please let me know.

Morag

## FUTURE EVENTS

The **support meeting** this month will be held on Thursday 26th March at 7.30 in the Alford Centre. Come along for a chat and a cup of coffee.

### **Easter Closing Dates**

We will be closed on Friday the 10th and Monday the 13th of April. We hope that this does not cause any inconvenience.

### **Sponsored Walk**

We are holding the annual sponsored walk on 23rd May 2009. We will be walking from Duthie park along the Deeside railway to Newton Dee and back

We hope as many of can manage as possible. We are now registered for gift aid so if your sponsors are tax payers we can claim an extra payment back from the inland Revenue.

I have enclosed / attached a sponsorship form

## **Bipolar Disorder Anxiety**

A recent study has found that the anxiety experience by people who have bipolar Affective Disorder is a very difficult part of the illness to cope with. It goes on to say that medication should be the first treatment and medication such as Lithium, Olanzapine and Tegretol help with anxiety. The sodium content in Lithium is known to control depressive and manic episodes

Cognitive Behavioural Therapy is suggested to be a second line of attack against anxiety experienced by people who suffer from Bipolar. By using CBT techniques people identify their triggers and then learn different patterns of behaviour to combat the difficulties they experience

The article suggest that this is particularly the case for people who may self medicate using drugs or alcohol.  
Mental Health Matters  
23.02.09

## **Bipolar Medication and Pregnancy**

If woman are planning a pregnancy they should discuss their medication with their doctor. Lithium, one of the most common medication taken for Bipolar can cause major heart defects ( 1 in 1,000 compared with 1 in 20.000) Valpouate and Carbamazepine also increase the risk of birth defects Although Folic Acid might help reduce the risk

However the article goes on discuss that a bad bout of depression or mania can also harm an unborn child and some people might go on to self medicate with illegal drugs

The conclusion of the study is to seek medical advice for appropriate contraception advice and discuss any planned pregnancy.

The Guardian 23/01/2009