

## TIPS FOR 2009!

### Combine exercise and rest

Gentle, regular exercise is a great antidote to feeling low-both physically and emotionally.

Try walking, swimming, gardening even for just a few minutes a day.

Good rest is as important as exercise, and sleep can be disrupted by depression.

To get good nights sleep, try unwinding for an hour or so before bedtime.

Having a warm drink or bath can help, as well as ensuring that your bedroom is neither too hot nor cold.

### Don't beat yourself up

Taking steps to help yourself cope with and overcome your depression is an excellent move: empowering and very worthwhile.

But-it is the nature of the depression itself that your progress will inevitably be both slow and erratic.

[cont]

Be gentle with yourself. Remember that you are not striving for perfection.

You are not fighting against yourself; you are trying to work with yourself and for yourself.

Every positive thing you do, however small, is, in fact, a huge step in the right direction.

Be encouraged, not discouraged!

With time you will get over this.

**Quotes from 'Light a way through depression' by Sarah Medina**

### And further advice...

"Let your boat of life be light, packed only with what you need- a homely home and simple pleasures, one or two friends worth the name, someone to love and to love you , a cat, a dog enough to eat and enough to wear..... "

**By Gerome K. Jerome  
[1859 – 1927]**

# IN THE MOOD

Edition  
Jan2009

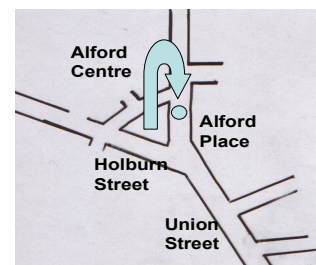
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## OFFICE NEWS

Welcome to 2009 and Best Wishes to you all for this New Year from the Bipolar team and board.

December was not without its excitement and incidents. We were forced to close for a few days because of problems with the drains in the Alford Centre basement.

As you know we have been updating the Database which has been proving problematic although hopefully we are now sorted and have now moved fully on to the new system.

The printer also gave up the ghost in the middle of printing in December but we are now fully operational again after a bit of a struggle.

I thought I would take the time to confirm that we offer a confidential service to anyone who is affected by Bipolar Affective Disorder be that someone who has the diagnosis a member of the family, friend or a colleague.  
Please feel free to drop in!

## FUTURE EVENT

The next support meeting is on Thursday 29<sup>th</sup> January at 7.30 in the Alford Centre. The speaker is to be Joanne from Advocacy Aberdeen.

We have been suffering from poor numbers at the last few which raises some concerns and questions about why this is happening.

I know the dark evenings are not easy for some of you but I wonder – are we having the speakers you want to hear?

Is there any way we can help people to attend the meetings?

I would really appreciate your input in this matter – it is difficult to get speakers especially in the evening to come along and it is really disappointing when numbers are so low.

The board were also considering if there should be a drop in every Thursday which we thought would be especially useful to those of you who are in employment.

## MENTAL HEALTH DISORDERS IN YOUNG ADULTS

A survey of more than 5,000 US adults aged 19-25 found that mental health disorders were common but only 25% sought treatment regardless of their educational/employment status.

Researchers found that early treatment of disorders such as depression and anxiety reduced the risk of these disorders persisting beyond young adulthood.

The study also found that 46% of college students and 48% of non college students suffered from a mental health disorder in the past year.

Alcohol abuse was slightly more common with college students while non students were at greater risk of drug abuse.

Treatment rates were low amongst all those who completed the study.

**Source Archives of General Psychiatry, Dec 2008.**

## DID YOU KNOW?

Research has shown that eating eggs regularly could help you lose pounds and lower your blood cholesterol.

In a study at Surrey University, overweight but otherwise healthy people ate two eggs for breakfast for 12 weeks as part of a reduced-calorie diet devised by the British Heart Foundation.

Another group followed the same diet without the eggs. Despite the egg eaters consuming four times as much dietary cholesterol, both groups lost up to four kilos and saw their blood-cholesterol levels fall. Why?

Its thought that saturated fat, rather than cholesterol –rich food like eggs, it is more likely to raise bad cholesterol in our blood.