

PSYCH MATTERS

AUTUMN NEWSLETTER



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Psychologist and Counselors for Children, Adolescents and Adults.

MS NESLI KARADENIZ,
MAPS

BA (Hons) M.App.Psych
Consultant Psychologist

MS ROSA CANTALI, MAPS
BA Dip. Teach., M. Ed.
Educational Psychologist

172 Majors Bay Road
CONCORD NSW 2137

PH. 02 9736 3721
FAX 02 9712 3008
Mb. 0414 461 427

Email:
info@psychmatters.com.au

Web:
www.psychmatters.com.au

SMART EATS

There is a theory around linking depression to a deficiency of omega-3 fatty acids, which are found in fish and nuts. Population studies have shown that people who eat more fish are less likely to be depressed, and one preliminary study from Harvard suggests that fish oil supplements may be effective in treating bipolar patients. Luminary experts say that more research needs to be done before ditching Prozac for red snapper, but you can't go wrong by upping the omega-3 factor in your diet. Miriam Nelson's latest book, "Strong Women and Men Ben Beat Arthritis", points to mounting evidence that omega-3s can alleviate and prevent arthritis, and the science showing they prevent heart disease is very strong.

In the next four weeks try:

- Adding one fish meal a week. Salmon, sardines and tuna are all good choices
- Putting a teaspoon of flaxseed oil into yogurt or hummus
- Sprinkling a tablespoon of flaxseed on your cereal. The seed should be ground in order for you to gain all the nutritional benefits (use a coffee grinder).
- Snacking on a handful of nuts. Walnuts are loaded with omega-3s; pecans and soy nuts are also good sources (peanuts and cashews aren't)
- Replacing corn and vegetable oils with canola oil, which contains much higher level of omega-3s.

Ref. Dr Andrew Weil

COUNT YOUR BLESSINGS

Are you in the habit of counting your blessings? Doing so by writing it down could have emotional rewards!!

REMEMBER YOUR MEALS

A good way to stop yourself from overeating may be to think about your last meal. A recent study revealed that people were likely to eat less at a meal when they were first prompted to remember what they had eaten at their last one. As you set the table or make your way to a restaurant, make a mental note of the foods you ate at your last sitting. Doing so also may help you fill in nutrition gaps from your last meal.



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FOOD FOR THOUGHT ON MOTHERS DAY

Motherhood is the most important job any woman can undertake. Discover new ways to appreciate mother and daughters: use these especially this winter to celebrate the mothers in your life every day.

- “It is a mother’s job to mind our business while we are growing up. Cut her some slack if she is still learning how to mind her own.
- Begin regular mother daughter nights: do something you both enjoy: dinner, movie, a walk, the ballet...you can keep it simple. Time together is what matters.
- Not a mom? Adopt a niece, a neighbour, or a friend’s daughter for a day.
- Keep the motherline going. Ask your mother to tell stories about her life, her dreams, her childhood and her mother. Put them on tape, in a journal. Make copies for your daughters.
- Our mothers haven't had all the opportunities we have had. Sometimes they envy us. Work on forgiving your mother (and if applicable, your mother in law)
- The most important thing she’d learned over the years was that there was no way to be a perfect mother and a million ways to be a good one” Jill Churchill, writer
- What children take from their mothers, they give...they become people who feel more deeply, question more deeply, hurt more deeply, and love more deeply.” Sonia Taitz, journalist
- We mothers are learning to mark our mothering success by our daughters lengthening flight” L.C.Pgrebin, writer

SING ALONG

If you are trying to protect your health with some stress-reducing tunes, tap your foot and sing along. Research shows that music has more immunity-boosting potential when people actively participate in it, rather than passively listen to it. In one study, people who kept the beat and sang along with a 30-minute music session had a greater increase in antibody concentrations compared to people who only listened to the music.

Real Age Benefit

Taking care of your emotional health and well being can make your Real Age up to 16 years younger.

Ref. Real Age Inc

CIRCLE OF FRIENDS

Don’t let loneliness hurt your health; reconnect with a family member or old friend this weekend. Studies show that loneliness can have deleterious effects on your health. Surrounding yourself with friends and family, on the other hand, can give your heart and health a boost. Make it a point to see three or more of your closest friends and family members at least one each month.

Ref. Real Age Inc.