

# H.R. Mental Wellness

A life-long process of making choices that lead to personal growth and will help you reach your potential and live your life to its fullest.

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## H.R. Mental Wellness Centre

### Drug Users With Anxiety Disorders Put You at Greater Risk of Becoming an Addict

If you have anxiety, self-medication by alcohol or illicit drugs will complicate your problem. Substance use may temporarily calm your nerves, but your symptoms of anxiety will worsen, in addition, you may become addicted to these substances. As a result, you will continue to suffer from anxiety and add a more serious problem—becoming an addict.

Researchers at the University of Manitoba found that self-medication can lead to substance abuse. The study indicated that people who drink or use drugs to calm anxious

nerves are at increased risk of developing substance abuse problems. The researchers tapped into a national U.S. survey of drinking problems and mental illness that followed 35,000 subjects over three years.

They found that of those who had anxiety disorder at the outset of the study and self-medicated with alcohol, 13 per cent developed alcoholism - compared to only about five per cent of respondents who didn't self-medicate.

Robinson et al. concluded that self-medicating people had 2.5 to five times the odds of becoming dependent on alcohol or

drugs compared to people who followed their medication prescription.

They also found that people who self-medicate with alcohol were three times as likely to develop social phobia - although it was possible that those people had some degree of phobia from the start, and their substance use fuelled it. Another possibility is that the social unacceptability of substance use may create a desire to avoid social contact in those who actively use other drugs.

**Source:** Archives of General Psychiatry

#### Inside this issue:

Drug Users With Anxiety Disorders Put You at Greater Risk of Becoming an Addict	1
Unexpected Benefits of Depression Treatment	1
Flaxseed vs. Flaxseed Oil	2
Would You Like a Cheeseburger With Your Lack of Sleep?	3
Mental Wellness Connected to the Heart	3
Cherries: Beneficial in More Ways Than You Might Think	3

### Unexpected Benefits of Depression Treatment

When depression kicks in, not only can we feel low, isolated and withdrawn, it can also affect our lives in other ways that might not be so obvious. Therefore seeking and maintaining treatment is more important than we sometimes realize. In a recent article Web Medicine identified a number of benefits from treating depression.

#### Better Sleep

Our bodies need sleep and depression can decrease sleep significantly, leaving you dragging the next day. Lack of sleep

can then make depression worse, causing a vicious cycle. Treatment can help stabilize sleep.

#### Better Love Life

A common symptom of depression is a dampened libido. Although side-effect of some medications negatively affects your libido, the symptoms may fade away and treatment will help restore your self-confidence and strengthen your emotional connections.

#### Pain Relief

Because treatment for

depression can make you feel better emotionally, it may help reduce pain because depression can contribute to the discomfort of pain. Seeking treatment may help provide relief.

#### Improved Health

Depression is a burden on the body and may contribute to other health problems. Studies have shown that getting treatment may help lessen health risks such as heart disease.

**Continued Page 2...**



Depression treatment can help improve your home life

“Evidence shows that the longer depression lasts, the worse your symptoms may get and the harder it is to treat.”



Share your alternative medicine practices with your doctor

**Continued... Unexpected Benefits of Depression Treatment**

**Better Performance at Work and at Home**

When we are depressed tasks at work or at home may become more difficult than normal to handle and challenges might otherwise be viewed as stressors. Focus can be lost and more mistakes made. Treatment can help to avoid such problems.

**Sharper Thinking and Better Memory**

Depression might cause structural changes to the areas of the brain involved in memory and decision-making, experts have found. But depression treatment may prevent or reverse these changes.

**Happier Home Life**

Depression treatment can help boost your mood which can help reduce tension and improve your relationships.

**Healthier Lifestyle**

Depression can cause some people to gain weight due to two reasons: 1) prompting withdrawal from normal activities and comfort seeking in food, and; 2) lowering levels of certain brain

chemicals which trigger carbohydrate cravings. Treatment can help you maintain your normal activity levels and equalize brain chemicals.

**Lower Risk of Future Depression**

People that have experienced depression once have a higher risk of becoming depressed again. But ongoing therapy or medication may help prevent depression from coming back. Even if it does return treatment can help you identify the signs and prepare you for what lies ahead by using coping mechanisms learnt from previous treatment. In addition to medication, **using the program offered in the book, Mental Wellness: A Spiritual Journey could prevent relapses.**

**Stronger Ties With Friends & Family**

Depression tends to isolate people by sapping self-esteem and making you feel unlikeable. It is important to reach out to family and friends during these times even if you don't feel like it, and therapy, medication, and your decision to

do so can help you in maintaining a healthy level of socialization and connection with people.

**Getting Help**

Due to many reasons, such as stigma associated with depression, financial, or a busy lifestyle, people try to cope with depression on their own or try to wait it out. That's a mistake. Evidence shows that the longer depression lasts, the worse your symptoms may get and the harder it is to treat. If you suffer from depression, take charge of your healing and use all possible tools available to you. See your doctor regularly, **deepen your understanding of the program offered in the book, Mental Wellness: A Spiritual Journey**, attend support groups, and use the services of a coach, therapist, or counselor. The sooner you get help, the better your odds for a healthy future.

Source: [www.webmed.com](http://www.webmed.com)

**Flaxseed vs. Flaxseed Oil**

Flaxseed seems to be getting a lot of attention lately but what is it, and what's the difference between flaxseed and flaxseed oil? According to the National Center for Complementary and Alternative Medicine (NCCAM) "flaxseed is the seed of the flax plant, which is believed to have originated in Egypt and grows throughout Canada and the northwestern United States. Flaxseed oil comes from flaxseeds".

Flaxseed is used as a laxative (because of the soluble

fiber it contains), for hot flushes and breast pain, while flaxseed and flaxseed oil are both used for high cholesterol levels and as a cancer preventative. The NCCAM do caution a couple of points when taking flaxseed or flaxseed oil:

- 1) Wash it down with plenty of water to avoid worsening constipation,
- 2) Consume it separately from your other oral medications as it can lower the body's absorption rate of

medications if taken at the same time and;

- 3) Share your alternative medicine practices with your health care practitioners so they can advise you on health issues according to your needs and with the full picture in mind.

Whole flaxseed preserves the quality of its antioxidants. For this reason, freshly ground flaxseed is preferred over flaxseed oil.

Source: [www.nccam.nih.gov](http://www.nccam.nih.gov)

## Would You Like a Cheeseburger With Your Lack of Sleep?

Not having enough sleep can lead you to have a greater appetite and consume about 300 calories extra a day, according to recent studies. That equates to eating a McDonalds Cheeseburger just for depriving yourself of something most people rather enjoy! So why the increased appetite? Studies show that when we deprive ourselves of sleep two things happen: 1) Ghrelin hormone levels increase which increases our appetite and; 2) Leptin hormone levels decrease which suppresses our appetite. It is no surprise then that previous studies have linked shorter sleep duration with

an enhanced risk of being overweight or obese.

Getting more sleep sounds easier than it is doable sometimes. Our lives are busier than ever with more multi-tasking and increasing distractions. Today's life is a far cry from baby boomer teen years where good old fashioned technology-free interaction existed. But even if you happen to be at home early on in the evening, chances are you find yourself lying in bed or on the couch watching TV, texting, speaking on the phone, reading an e-book and/ or downloading the latest app on your iPhone. We've all heard

from the sleep experts that a sleep schedule is recommended to secure a time-slot for that much needed rest, whilst waking up and going to sleep around the same time each day allowing approximately 8 hours of sleep a night. But how do you stick to that with all the distractions? Allow yourself some time each day for the distractions, if you need them, but when it comes to bed time turn it all off, pack it away, say goodnight and go to bed. The point is to make the conscious decision of not letting the distraction period creep into your sleep time.

Source: [www.usatoday.com](http://www.usatoday.com)



Stress factors can contribute to heart attack risk

## Mental Wellness Connected to the Heart

A recent study conducted in Sweden found that a cognitive behavioral therapy (CBT) program focusing on stress management appears to decrease the risk of recurrent heart attacks and other cardiovascular events in patients with

heart disease, reports Pill Advised.

Stress factors, whether chronic (socioeconomic marital or work related) or emotional (depression, anger or anxiety related) contribute an estimated 30

percent to heart attack risk, even after managing the effects of traditional risk factors.

Continued on Page 4...

“Today’s life is a far cry from baby boomer teen years where good old fashioned technology-free interaction existed.”

## Cherries: Beneficial in More Ways Than You Might Think

According to an article by Dr. Leo Galland, cherries are a terrific treat not just as a healthy snack but for inflammation, pain relief and gout. Cherries are a rich source of Vitamin C, Potassium and Boron, a mineral that plays an essential role in bone health, especially for women. Consuming cherries regularly over a 4 week period can reduce inflammatory biochemical's by 25%, whilst consuming about 20 tart cherries can provide pain relief benefits. In healthy women, a single dose of cherries can reduce blood

levels of uric acid which cause gout, a very painful and common type of arthritis.

Here is a cherry recipe from Dr. Galland's book, *The Fat Resistance Diet*..

### Cinnamon Lemon Poached Pears with Cherry Syrup

- 2 Ripe Pears
- Juice of 1/2 Lemon
- 1 Teaspoon Cinnamon
- 1/8 Cup Chopped Almonds
- 1 Cup of Water

- 2 Sprigs of Mint
- 1 Tablespoon Cherry Concentrate

Peel and core pears. Put pear, water, cherry concentrate, lemon juice and cinnamon in a saucepan. Cover and simmer for 7-10 minutes or until fork tender. With a slotted spoon remove and plate pears. Simmer liquid until syrup is reduced to desired consistency and spoon on pears. Top with chopped almonds and mint. Serves two.

Source: Dr. Leo Galland



Cherries contain ingredients that are especially good for women's bone health

## H.R. Mental Wellness Centre

Finding your own way to healing from depression, anxiety and addictions.

The H.R. Mental Wellness Centre was established by the El-Rayes Foundation to help you heal from depression, anxiety, and addiction, enjoy your life to the fullest, become more successful in your career and personal relationships, and share your gifts with the world. The Centre promotes a holistic approach to healing that addresses the whole person: body, mind, and spirit. The program uses an integrated approach including mindfulness, principles of Cognitive Behavior Therapy (CBT), Logotherapy, and spirituality. Membership at the Centre is free of charge.



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### Continued... Mental Wellness Connected to the Heart

The CBT program used in the study had "five key components with specific goals—education, self-monitoring, skills training, cognitive restructuring and spiritual development—and is focused on stress management, coping with stress and reducing experience of daily stress, time urgency and hostility," the authors of the study wrote. Not only did attending the CBT sessions lower fatal and non-fatal heart events by 41 percent, attending a higher amount of CBT sessions resulted in greater risk reduction of heart events. The results indicated that for the CBT sessions to be effective they would need to be long term, about 6 to 12 months. The researchers wrote that "A possible mechanism [for the decrease in heart related events] is de-

creased behavioral and emotional reactivity, which would lead to less psychophysiologic burden on the cardiovascular system."

So, according to these findings, not only do we need to look after our physical health, but our mental health is important too when it comes to taking care of heart health. **To manage your current stress effectively, and prevent future unhealthy stresses, refer you to the book titled, Mental Wellness: A Spiritual Journey by Dr. Hamdy El-Rayes.**

Source: [www.pilladvised.com](http://www.pilladvised.com)



Laugh of the day:  
Against the wall