



# Mind & Body Power

## October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)



Until next month:

**Healthy Choices = A  
Better Lifestyle**



Did you miss us last month? Half of our team was off sick or injured and we just couldn't get our newsletter to you. Our biggest advice, learnt from unfortunate experience, is to watch out for prams – they bite. Mel managed to get the top of her finger chopped off completely from a pram so she is suffering to say the least but still manages to type with 9 fingers!! We're waiting in anticipation what the next step will be, so far the tip was stitched on (stitches removed) but the tissue is necrotic so the fingertip is black and crusty. Consultant says it will just fall off like a scab and 'hopefully' the remaining finger will heal over and become a new tip, just shorter and slightly deformed.

Did you know that **October is Anxiety & Depression Awareness month**? You will be surprised how many people suffer from Anxiety and/or Depression, yet it is not spoken about nearly enough. Someone you know is probably suffering from it right now and it might even be you! Below we have

included some information to help you identify some possible signs and symptoms of prolonged Stress, Anxiety and Depression.

**Coming soon...**

### **Hypnosis for Weight Loss**

The A New Me Hypnosis Series for Weight Loss will be available for purchase through the websites from 1 November 2010. We are also looking at conducting group sessions in Brisbane over the coming months. If you would like to register your interest, please email us at [info@fitmindsandbodies.com.au](mailto:info@fitmindsandbodies.com.au) and we will keep you updated.

We are also finalising a self-help E-book and Workbook called Inside Weight Loss Success – Personal Therapy Handbook. This will be available for purchase through our websites from 1 November 2010 as well. We have added the option of Paypal to make it easier for you. **Put it in your diary now!**

### **A word from Kellee...**

This crazy weather, sick clients and catching chicken pox and every other bug known to man after that, slowed me down for a while but fingers and toes crossed that I am now back on board and ready to get my hands dirty again. I've spent the best part of the month concentrating on writing my book and facilitating pre-diabetes workshops (filmed by Channel 9 News).

Keep an eye out for the That's Life! Magazine this week, I wrote an article on sleep which you may be interested in. Apart from this, I attended an interesting health seminar which has given me loads of information to help you.

Don't forget to look for me on Facebook, and if you have any questions, I'd be happy to answer them. You never know, someone else might be too scared to ask the same thing so you will be helping others as well.

Kellee



# Mind & Body Power

October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

## Self Concept Series – Self esteem

In Western society, we place a great deal of value in the concept of self-worth or self-esteem. However, the greatest problem we have in our society is that the true meaning of self-esteem has been lost in translation – shaped and influenced by other people and life situations. Self-esteem is being enmeshed with other terms including:

- Body Image
- Beauty
- Body Shape
- Body Size
- Performance
- Thinness
- Conformity to Society/Media Expectations

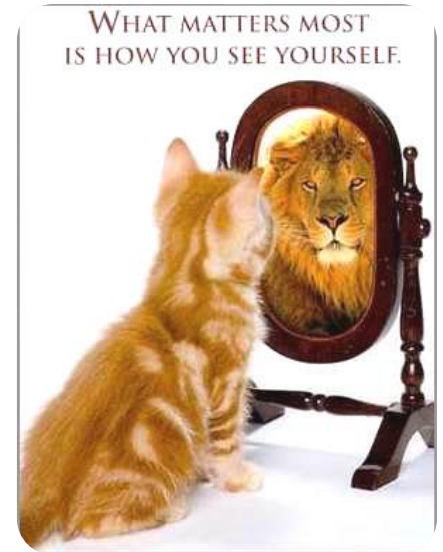
Self-esteem is purely and simply, your own perception or opinion of your worth as a person – your true unique value.

Unfortunately, you (and nearly everyone in Western Society) are good at destroying or discounting your own unique value by:

- comparing yourself to others
- defining your self-worth by anything and everything but your true worth
- caring too much about what other people think
- allowing your worth to be defined by others
- striving for perfection

### Improving Self-esteem

Improving your self-esteem is about being realistic (perfection does not exist and striving for it only leads to disappointment), taking personal responsibility, being flexible and striving to reach your potential, whatever that may be. To improve your self-esteem look at and value your own uniqueness and worth in the world. Take stock of your strengths, vulnerabilities and things you want to improve, develop or strengthen (without comparing yourself to others).



Here is a little mantra you can use to help you begin your self-esteem improving journey:

**I AM UNIQUE**

**I am fallible (not perfect – no one is)!**

**I accept myself – flaws and all**

**I accept my strengths and weaknesses**

**I accept and recognise my talents, abilities, skills and knowledge**

**I accept my limitations and vulnerabilities**

**I know and accept that I am a worthy human being**

**I am capable of achieving whatever I want**

**I am always changing**

**Life is meant to be full of discovery, mistakes, lessons, growth and FUN!**

**I am able to celebrate who I am and have fun!**





# Mind & Body Power

## October 2010

### NUTRITION

#### Night-time traps

Many people find that their days are just so hectic that they do not allow themselves time for bare minimum of breakfast and lunch.

As a result, the first real meal they have is at night. By this time, the body is in complete starvation mode and it is like being caught up in a feeding frenzy ending just before bed. Nothing seems to satisfy you even though you may be full. During the feeding frenzy, usually the entire daily calorie intake, and more, can be consumed. Usually, the food is not all good during this 'binge' time either. Generally, they will be high sugar, fat, carbohydrate foods. Metabolically, this is disastrous!

As a result of not eating regularly throughout the day, the body goes into starvation mode and anything that is consumed is stored. The body does not know when its next meal will be so it needs to store as much as possible in reserves. So, when food is presented, the brain and body try and get as much as possible because they need to replenish what stores have been used and need to keep something in reserve. Large amounts of foods consumed at night result in a poor night's sleep.

Insulin is at its lowest at night too, so if you eat high carbohydrate foods just before going to bed, your body will have trouble breaking it down and it will go to fat stores and increase chances of Insulin Resistance.



We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

---

#### Night time Tips:

- Eat regularly during the day to help reduce or avoid night time eating
- Have healthy snacks available to you such as fruit, yoghurt, nuts (raw), vegetables rather than high sugar, salt, fat, carbohydrate foods for afternoon and night time
- Lots of good nutrition – the more colour the better on the plate. A little bit of everything is important. Lots of vegetables with protein will help to reduce the intense hunger
- Have lighter meals at night or one's that are not heavy and difficult to digest – salads, soups
- Give yourself a cut-off hour to stop all eating – this is roughly 3 hours before bed
- Brush your teeth at your cut-off hour
- Herbal teas can help to reduce appetite and relax the system
- If you need a snack before bed try ½ banana and ½ cup to 1 cup of milk in a smoothie, yoghurt. This helps with melatonin production (sleeping hormone)
- Break the habit – sometimes this becomes habit rather than anything else. It may be difficult to break in the beginning but your waist line and energy levels will love you after a couple of weeks. Try distracting yourself with baths, reading, doing activity, watching a movie, having sex, talking to a friend, find a new hobby.







# Mind & Body Power

## October 2010

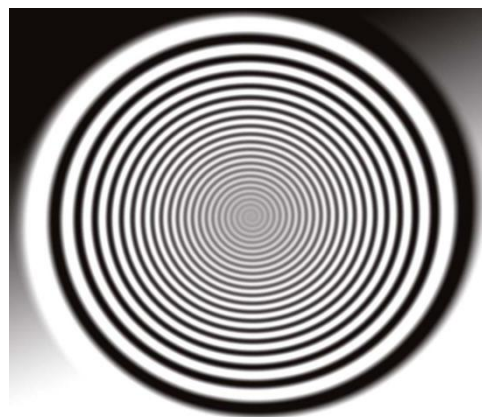
We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

### Hypnosis Scripts – AVAILABLE NOW

Hypnosis can be a very powerful tool to heal both the mind and body. It is a state that allows your thinking (conscious) mind to rest and your unconscious (emotional and habitual) mind to come to the forefront and be open to suggestions, without the interference and busy-ness of the thinking mind.

Hypnosis allows unhealthy and negative habits to be changed with greater ease and effectiveness. The mind and body relaxation can vary in intensity or depth from mild to deep. Hypnosis is a voluntary state and you are in control of the information you ignore or listen to. Therefore, no one can get you to bark like a dog or walk like a duck unless you want to!



Contact us or visit our website for further information.

## ANXIETY & DEPRESSION

### What is Anxiety?

Anxiety is a term used to describe a normal feeling people experience when faced with threat, danger, or when stressed. When people become anxious, they typically feel upset, uncomfortable, and tense. These feelings can be a result of life experiences, such as job loss, relationship breakdown, serious illness, major accident, or the death of someone close. Feeling anxious in these situations is appropriate and usually we feel anxious for only a limited time.

Anxiety disorders are not just one illness but a group of illnesses characterised by persistent feelings of high anxiety, and extreme discomfort and tension. People are likely to be diagnosed with an anxiety disorder when their level of anxiety becomes so extreme that it significantly interferes with their daily life and stops them doing what they want to do.

Anxiety disorders are the most common form of mental illness, and affect one in 20 people at any given time. Anxiety disorders often come out of the blue. They are generally accompanied by intense physical sensations, such as breathlessness and palpitations. Other symptoms can include sweating, trembling, feelings of choking, nausea, abdominal distress, dizziness, pins and needles, feelings of losing control and/or feelings of impending doom.

Anxiety disorders affect the way a person thinks, feels, and behaves and, if not treated, can cause considerable distress and disruption to the person's life.





# Mind & Body Power

## October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

### **What is depression?**

The word 'depression' is commonly used to describe the feelings of sadness that all of us experience at times in our lives. It is also a term used to describe a number of diagnosable depressive disorders.

Because feelings of depression are so common, it is important to understand the difference between unhappiness and sadness in daily life and the symptoms of a depressive disorder.

When faced with stress, such as the loss of a loved one, relationship breakdown or great disappointment or frustration, most people will feel unhappy or sad. These are emotional reactions that are appropriate to the situation and will usually last only a limited time. These reactions are not regarded as depressive disorder, but are part of everyday life.

Depressive disorders are a group of illnesses characterised by excessive or long-term depressed mood and loss of interest in activities that used to be enjoyable. The symptoms can severely disrupt the person's life.

Depressive disorders are common and around **one in five** people will experience depressive disorder at some time during their lives.

Depressive disorders are serious and distressing illnesses with real risks to the person's life and well-being. Professional assessment and treatment is necessary. In severe instances, hospitalisation may be required initially.

### **Statistics on anxiety and depression**

- Mental illness is common in Australia with one in five Australians experiencing a mental illness at some stage in their lives, and many experiencing more than one mental illness at one time.
- Prevalence of mental illness decreases with age. Prevalence (including substance use disorder) is greatest among 18-24 year olds (27%) while prevalence among people 65 years and over is 6.1%.
- Mental disorders are the third leading cause of disability burden in Australia, accounting for an estimated 27% of the total years lost due to disability.
- Major depression accounts for more days lost to illness than almost any other physical or mental disorder.
- About 10 % of Australians will be affected by anxiety disorders at some point in their life. About 20% of people will be affected by depression and 6% will experience a major depressive illness.
- Postnatal depression affects between 10 to 20% of all new mothers to some degree. 3% of Australians are affected by psychotic illness such as schizophrenia and bipolar mood disorder at some point in their life. About one in 100 Australians will experience schizophrenia.
- Approximately 2% of Australians will experience some type of eating disorder at some stage in their life. Most of those affected (90%) are women.





# Mind & Body Power

## October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

- Between 2 and 5% of the population are affected by Borderline Personality Disorder at some stage of their lives, with women three times more likely to be diagnosed with this disorder than men.  
Statistics obtained from mindframe-media.org

### ***Triggers to look out for to help identify anxiety and depression***

- **Fatigue/Exhaustion.** This is major symptom of depression and it can be so debilitating. This is a different kind of exhaustion than the tiredness you feel after strenuous physical exercise for example. In depression, the exhaustion is mentally and physically crushing. Even simple, daily tasks are way too difficult and despite how much you sleep, the exhaustion just won't disappear.
- **Lack of energy** is a common symptom to stress depression and anxiety. Regardless of how much you try, you just can't seem to get the energy for anything which in turn affects motivation and so you're in a catch 22 situation. The lower your energy levels, the more your motivation levels drop as well. The less motivated you feel, the lower your energy levels become.
- **Disrupted Sleeping Patterns:** This symptom is common to stress, depression and anxiety and it works in 2 main ways. The sufferer will either sleep too much or more likely, will only sleep for a couple of hours a night, maybe even less. In many cases, sleep is disturbed because of vivid nightmares, which some sufferers may not even remember. Other sufferers have recurring nightmares. Although these vivid dreams may cause distress, it is not representing anything about you, it is the stress, depression or anxiety that is causing the brain to work overtime and these vivid dreams are a symptom of this, so please don't blame yourself or feel guilty. The nightmares will disappear once stress, depression and anxiety are under control.
- **Quivering Hands.** This is mainly an anxiety or stress symptom. The sufferer may be in such a fearful or anxious state that powerful chemicals such as adrenaline flow through the body. During this period, the brain is in a high status of alert and trembling hands are one of the most noticeable, uncontrollable physical symptoms of stress and anxiety. Until of course, the root cause of these problems is addressed and the trembles will then disappear.
- **Excessive Worry.** Although among the more common psychological anxiety, depression and stress symptoms, excessive worry means the sufferer worries about the smallest of life's activities. A sufferer will be unable to find optimistic outcomes to anything and will constantly assign negative outcomes to every situation. If left untreated, continuous assigning of these pessimistic outcomes makes life become very hard as sufferers are in a fearful state of mind for prolonged periods, a state that harms the body as well as the mind.





# Mind & Body Power

## October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

- **Panic.** This anxiety symptom arises because the sufferer is convinced of a catastrophic result to a forthcoming event is imminent. These could be events such as a work situation, a wedding, illness, relationship issues, speaking in public, a house move, or even flying. Sufferers are unable to change this focus and the more they think about it being a catastrophe, the more panic-stricken they become. Fortunately, there are ways to address this so a person doesn't enter the spiral that leads to panic.
- **Irritable.** Irritability is a major stress symptom. Anyone who has been under extreme stress will know this all too well. When you are under stress, you are stretched to your limit and your patience levels are thin. This explains why even the slightest incident can cause a sufferer to lose their temper or be curt and abrupt towards others. Just the slightest thing may occur which can fuel the frustration causing more aggressive or nasty behaviour. Again, this is a symptom of stress and the irritability goes away when stress is relieved.
- **Isolation.** Anti-social behaviour and wanting to shut out the world is another major symptom of depression, although stress sufferers can sometimes seek solitude too. Withdrawing into a solitary, lonely world further pushes the sufferer into depression – it's like self imposed solitary confinement – this makes it more difficult for sufferers to find an exit from depression. This is because sufferers would rather be alone to avoid feeling uncomfortable or even awkward around others.
- **Guilt.** Another of the psychological symptoms common to stress, anxiety and depression. Guilt, like many other emotions, can be dealt with very effectively and this is another important skill to master in managing stress, depression and anxiety. Guilt can be a heavy burden for sufferers because it is never a win-win situation. They will feel guilty about things they have done or they will feel guilty about things they did not do. Guilt is a formidable, destructive but ultimately insignificant emotion and yet the harm it inflicts on sufferers is immeasurable.
- **Feelings of Worthlessness.** Another symptom of depression although stress sufferers may feel this way sometimes too. Sufferers lose their sense of self worth, their self esteem takes a nose-dive and they perform overly critical self-deprecation. Self confidence crumbles and the sufferer will find no joy or happiness in their life. Optimistically, confidence and self esteem are skills that can be re-learned and along with many other skills form a crucial part in treating depression.





# Mind & Body Power

## October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

- **Headaches:** This is a common physical symptom and in some cases, the headaches turn into a migraine, especially for those who are under severe stress. This is one indicator that clearly demonstrates how stress, depression and anxiety have physical as well as mental symptoms.
- **Muscle Pain & Soreness:** Mainly a symptom of depression. Stress sufferers may also suffer muscle pain. Muscle pain symptoms will typically be backache and leg cramps. These symptoms can be excruciating, and the problem is that sufferers and sometimes their gp's will be oblivious that the pain is a symptom of depression. Once the depression is controlled, the pain diminishes.
- **Heart Palpitations/racing heartbeat:** This more related to anxiety and stress rather than depression although it is a possibility. Again, the highly-stimulated emotional state inundates the body with adrenaline and the heart rate increases. This may also cause "butterflies" in the stomach as well.
- **Loss of Appetite.** A symptom common to stress, anxiety and depression, loss of appetite is perhaps one of the most obvious consequences of stress, anxiety and depression. No one feels like eating in instances of fear, panic, exhaustion or feeling worthless. Some sufferers have suggested their appetites have increased dramatically but they are in the minority. Loss of appetite is much more common, and reducing food intake further affects energy levels and deprives the body of nourishment, further exacerbating issues. Healthy eating does have an impact and it should be a part of your stress, anxiety and depression treatment.
- **Loss of Libido.** Just as above, this symptom occurs because of the emotional state of the sufferer. Loss of sex drive does not necessarily mean no sex or abstaining from it. Although inconsistent, many people who are depressed can seek emotional reassurance from sex even though their sexual appetite has decreased. Again, as with the other symptoms, your libido will return once stress, depression and anxiety are brought under control.

If you are concerned or in doubt, please contact us or discuss your concerns with your GP as soon as possible.





# Mind & Body Power

October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)



SPRING is a great time to plant your own vegetable garden and enjoy watching your dinner grow, you'll enjoy them even more PLUS gardening is great exercise too!!

## Spring-time vegetables and fruit

Using fruits and vegetables that are in season and fresh is a fantastic way to experiment with flavours, textures and new recipes. In season now:

### Vegetables:

Artichokes	Asparagus	Asian Greens
Avocados	Beans	Broccoli
Choko	Cucumber	Garlic
Lettuce	Onions	Silverbeet
Spinach	Watercress	

### Fruits

Berries	Grapefruit	Lemon
Mango	Orange	Pawpaw
Pineapple	Starfruit	



- ☺ I used to be indecisive. Now I'm not sure.
- ☺ I don't suffer from insanity, I enjoy every minute.
- ☺ Hypochondria is the only illness that I don't have.
- ☺ Neurotics build castles in the sky - Psychotics live in them - Psychiatrists collect the rent.
- ☺ Psychiatrist to his nurse: "Just say we're very busy. Don't keep saying 'It's a madhouse.'"





# Mind & Body Power

## October 2010

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

[membership@mindandbodypower.com.au](mailto:membership@mindandbodypower.com.au)

### Asparagus, Walnut & Bacon Salad

#### Ingredients

- 2 bunches of asparagus (green, white, purple)
- 4 tablespoons of Olive Oil
- 4 shortcut bacon strips
- ¼ cup of walnuts
- 3 cups of mixed lettuces, baby spinach, rocket and watercress
- 1 large baby Lebanese cucumber
- 3 teaspoons of Dijon mustard
- 3 teaspoons of light sour cream
- ¼ cup of lemon juice
- ½ - 1 teaspoon of brown sugar (add to taste)
- ½ small clove of garlic
- Salt and pepper to taste
- Optional Extras – Cooked prawns, chicken, fish

#### Method:

Wash the asparagus, cut off the tips and then use a peeler to peel off the ends of larger more woody vegetables. Blanch in a pot of boiling water until just tender then place in a bowl of cool water. Place on absorbent paper for drying. Place the rinsed and drained salad mix into a large bowl. Using a peeler, ribbon the cucumber into long strips and place on top of salad.

To make dressing combine lemon juice, mustard, sour cream, garlic, brown sugar (to taste), salt and pepper (to taste). Mix together thoroughly. Set aside.

Cook the bacon until crispy, place on absorbent paper. Cut off all fat and then roughly chop the bacon into pieces.

Coarsely chop the walnuts. Add approximately 1.5 tablespoons of oil to your pan, add walnuts and cook for approximately 1 minute. Add the bacon and asparagus back into the pan and heat through. Add mix to the salad when slightly cooled.

Serve with dressing and add meat/seafood as an option.



#### Have you ever thought about adding:

- Asparagus or baby spinach to an omelet?
- Having an Asian style omelet with Asian greens and a dash of soy sauce, ginger and garlic?
- Using fruit in a salad? For example, mango, prawn, feta and mixed salad with some mint and coriander makes a really refreshing salad.
- Pineapple and Mango to the Barbie? BBQ-ed pineapple and mango is a different way of having fruit and very delish.

