



Supporting Families/Whānau Taranaki Newsletter



December 2016

Happy Holidays from the Managers **A message from our Family/Whanau Advisor...**

With bells on we are celebrating the following events of 2016

- Supporting Families made it through a Health Share audit and Te Wana Quality Accreditation. This was a major achievement for assurance of the quality of our practice. Thanks especially to Shirley for all her work on Te Wana. Thanks also to the community of families and NGO staff who generously sung our praises to Te Wana.
- Our partnership with Schizophrenia Research Trust is growing and this was reflected in the visits of Ian Soosay and Robert Miller for Future Forward seminars at the DHB and the TSB community office.
- TSB generously gave us a substantial grant to run Circle of Security programs in Taranaki and Sally Philips and Carolyn Ravek have done an incredible job of running and evaluating these. The mothers doing them have given us incredible feedback.
- We have a well knit team with incredible passion for their work and commitment to learning and improving their work with whanau and families. Thanks a million for the hard work, the fun, and the teamwork of support workers this year.
- Our committee has strengthened and pulled together with Alan in the chair until we were able to appoint Megan Boyd into the role. Megan is a family member but also brings her legal experience to the chairperson. Thanks to all the committee for your support and good governance this year.
- Other highlights: seeing the RAP plan launched by family and peer advisors; the arrival of a new clinical manager at CAHMS and a new openness to families; working with other NGOs for Suicide Prevention day and Mental Health Awareness week.

Thanks to everyone in the community and especially to family members for what you teach us about fortitude, love and commitment through your work with us.

- Lynne Holdem (SF Taranaki Co-Manager)

Kia Ora Supporting Families in Mental illness Whanau, 2016 is rushing out the door and preparing to write this I found myself reflecting on what kind of year it has been for people and services in the Mental Health sector. Locally in Taranaki there's plenty of good news.

The rebuild of part of Te Puna Waioara, our inpatient ward, is well underway and will be a massive improvement environmentally but will also result in an improved model of care for our most unwell people. The disruption to the ward's daily work has been minimal, mostly noise, and the staff have kept the people in the ward as the top priority.

There have been many little changes within TDHB Mental Health and Addiction Services most of which the public wouldn't notice but which I can see from my perspective are collectively adding up to significant improvements for the people who use our service.

To name a few specific things our 'Wait times' are amongst the best in New Zealand as is the frequency with which family are involved in consultations, our 'seclusion' rates are low and dropping so fast national organizations are looking at what we're doing.

Our doctors calendars now have two time slots at the end of each day set aside specifically for family inclusive appointments to try and make it easier for whanau to fit appointments into their working lives. *(Continued on Page 2)*

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(A message from our Family Advisor Continued...)

The Crisis Team, Acute Home Based Treatment Team, Intake Coordinators, and Consult Liaison roles have been amalgamated into one new team called **Assessment and Brief Care**, a change which feedback I'm getting suggests has enabled them to be more flexible and responsive.

There's more, but the most important thing is that no one in the DHB thinks we are anywhere near finished improving and we probably never will be, *there will always be something we can do better.*

In the wider Taranaki Mental Health and Addictions sector we launched the Recovery Action Plan / Health Passport with a section specific to families. If you haven't seen one of the booklets yet, then talk to your Supporting Families Fieldworker. It's free.

All of our different agencies seem to be doing their best to work together, unlike other regions where they often have to compete with each other. But out of all the NGOs, Supporting Families Taranaki seems to be going from strength to strength the most.

They are doing the core support work they've always done but now they have a Supporting Parents Healthy Children (COPMIA) programme, a support group for parents whose children have eating disorders, Touched by suicide, Building Bridges (a programme to support workforce empathy), Circle of Security (Parenting Education), Family Connections (Borderline Personality Disorder family support), and all on a tight budget. Credit must go to the entire team but especially Lynne and Shirley without whom 'will' may never have found a 'way'.

Outside of Taranaki things are not so bright. There have been some high profile tragedies with a Mental Health and Addiction connection, which coupled with rhetoric from abroad, especially the United States, can only add to the stigma and discrimination people with mental illness or and addiction face.

American politicians blame massacres on mental illness not the ready supply of automatic weapons, our own politicians have taken to blaming poverty and child abuse on mental health and addiction issues, our media report if a criminal has a history on mental illness but not if they don't.

All of this creates a climate of fear which stands between people and recovery and is a reminder that as families of people experiencing mental illness we must challenge those who promote stigma and discrimination, even if they only do so through ignorance.

So as usual, 2016 was mix of the good, the sad, and the ugly. I have no doubt 2017 will be similar but that's no reason not to enjoy Christmas, New Year and the start of

summer.

Although most TDHB staff will take leave at some point Te Puna Waioira will be open, the Assessment and Brief Care Team (Crisis Team) always have people on duty and the Emergency Department never closes.

If you have a family member in Te Puna Waioira on Christmas Day they may be able to come home for the day, or part of the day, talk to the staff about it. If they can't go home then you can certainly visit them.

'Presence before presents' seem to be a wise catch phrase circulating this year, but 'schmooze not booze' would also be a wise approach to this festive season.

So from everyone at the DHB Merry Christmas and Happy New Year.

- Jim Dickinson (*Family/Whanau Advisor for Mental Health at TDHB*)

UPKids Weekend Workshop

On 3rd and 4th of December Hayley Burwell and I held an UPKids weekend Workshop, what does this mean? Basically 6 kids between the ages of 10 – 13 joined us for a weekend of videos that explained mental illness, craft to create self-care boxes, creation of stress balls, went to play mini-putt, wrote affirmations to each other and chalked affirmations on the walkway.

The aim of the weekend was to increase the kids knowledge on their whanau's mental illness, increase self-care strategies and essentially let the kids know that they are not the only ones going through this! One girl advised that she had enjoyed the weekend as she no longer felt so lonely; she now knows that there are other kids who have a parent with the mental illness.

- Catherine Heaven (*COPMLA Field Worker*)

when you feel like giving up,
look back at how far you've come.



be strong. stay on your path.
never stop going.

Anger and the illusion of control

The holiday season is upon us. This brings hotter temperatures and more people on the roads. Two factors which when combined can create ugliness.

Anger can be very quick, powerful, reactive, and can make us do things we typically wouldn't do. When driving along a road with other vehicles carrying other people who also experience emotions, stress (a common side-effect of this time of year) can manifest as anger- which can lead to what is commonly referred to as 'road rage'.

When drivers get angry and aggressive this can put themselves and others at great risk. Usually road rage is triggered by a specific event. These events will often involve the actions of another driver, such as another driver travelling at a slower speed, a driver changing lanes without indicating, or other behaviours that we interpret as a threat or an obstacle.

Our response to these specific triggers are influenced by a range of factors. This includes person-related factors such as age, gender, beliefs, or mood and contextual stressors such as heavy traffic, time pressures, road works, or hot temperatures.

Our response is also affected by interpretations of the incident. For example, personalising ('they cut me off on purpose!'), catastrophizing ('you could have killed me!'), overgeneralising ('people are hopeless drivers!'), and standard violations ('people should watch where they're going').

Other factors include anonymity we feel in the car, or the inability to communicate in another way.

In fact, a range of behaviours stem from driving when angry, including everything from honking the horn, yelling abuse and demonstrating hostile gestures, through to tailgating or dangerous manoeuvres on the road, and ultimately getting out of the car to carry out verbal attacks or physical violence.

Worryingly, a study of 220 licensed drivers found that along with driving anger, the driver's bias towards their own **illusion of control predicted aggressive behaviour**. Drivers who believed they were in greater control of their situation, due to superior driving ability or skill, were more likely to drive in risky and aggressive ways.

Anger and the illusion of control are a dangerous combination. On the one hand, a person who is angry and holds the belief they are in control of the situation is more likely to drive in a risky and aggressive fashion.

Research has demonstrated our various cognitive functions, such as attention, reasoning, judgement and decision-making, can be impaired by anger. The result is a perception of lower risk, a greater willingness to take risks, and cognitive effects that actually increase the risks. *(Continued on Page 4)*

Current SF groups on offer...

Eating Disorder Family Support Group— New Plymouth

Wednesdays-fortnightly 6.30pm—8pm

SF Taranaki Office

Family Support Group- New Plymouth

Re-boots March 2017

1st Mon of the month 5:30—7.30pm

216 Devon Street West

Family Support Group- Stratford

1st Mon of the month 7-9pm

Stratford Community House

52 Juliet St. Stratford

Touched by Suicide- Hawera

2nd Thurs of the month 7pm

Summit House, High St.(opp. Warehouse)

Touched by Suicide- New Plymouth

2nd Thurs of the month 7pm

TSB Community Trust House,

21 Dawson St.

For more info on any of these groups please phone **SF Taranaki: 06 757 9300**



*Missing home, family
and/or friends?*

*Join us
and make this
Christmas
"special" for you...*



You're invited to join us for a **FREE**
Christmas meal on Christmas Day
at the St. Joseph's Parish Hall,
Devon St. West, N.P. (near the Clock Tower)
From 11:00am to 2:00pm
Christmas meal served at 12 noon.

**Why not join us and share
the Christmas Spirit with:**

- Good Food
- Good Company
- Good Entertainment
- Meet old and new friends
- Christmas themed music



Transport and meal deliveries available if required?
Call Carol 758-7586 or NPCC01@gmail.com

New Plymouth Community Christmas Charitable Trust

We have an entrenched desire for certainty and control. Studies have shown that this need serves two important purposes. First, it supports our belief that we can mould outcomes and events to our liking. That is, the more in control we feel, the more successful we feel about achieving the outcomes we desire, and this sense of competence boosts well-being. Control also feels good because it makes us believe that we aren't under someone else's control.

Control gives us a sense of empowerment.



However, seeking control can also undermine our contentment. Seeking control can be a positive thing- but only up to a point. Beyond that point, the drive to control can make you miserable. When you seek control over others and they don't behave the way you want them to, you set yourself up for anger, frustration, and disappointment.

Life is uncertain- and **trying to overly control outcomes sets you up for disappointment.** The drive to control outcomes lowers happiness because when you want to control something so badly (say, get a particular job), you are likely to sacrifice other things that make you happy. And again, the need for control- in this case, of outcomes- hurts decision-making.

Findings show that overly controlling people are more likely to take risks and are also likely to become irrational in stressful situations than those low in need for control. They are also more likely to fall prey to the illusion of control- which is to believe that one has more control over a situation than one actually does.

Learn to appreciate, rather than avoid, uncertainty. We can't control other people's feelings and decisions- but we can take responsibility for our own well-being.

When driving, this means keeping you and your family safe by driving at a speed that allows for you to be able to react when other people make mistakes; and accepting that **other people will make mistakes.**

Control is often an illusion, and delusions of control can lead to anger and suffering. Anger is not a primary emotion however, and in a sense is also a delusion.

So please remember if you are out there on the roads this summer, to stay mindful of your emotions, to take a breather if you feel anger rise, and to remember that **there are other people in those cars- and that they too have stresses, and emotional vulnerabilities.** Remember that you can enjoy the travelling and be patient to reach your destination.

- Gareth Andrewes (*North Taranaki Field Worker*)

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured"- Mark Twain



Sources for article:

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http://m.nzherald.co.nz/world/news/article.cfm?c_id=2&objectid=11688461

Schizophrenia and Vitamin D

Professor John McGrath has won a prestigious international fellowship in the Niels Bohr Professorship Program in Denmark to continue his ground-breaking research into schizophrenia. This new work will include investigating the link between schizophrenia and Vitamin D levels in 80,000 newborns.

Professor McGrath's team was the first in the world to show that low Vitamin D status in pregnant women and babies could affect brain development and increase risk of schizophrenia later in life.

"Much like the role of folate in preventing spina bifida, our hypothesis is that we could prevent a small fraction of schizophrenia cases in a simple, safe and acceptable manner with a vitamin D supplement," Professor McGrath said. "While developing better treatments of mental disorders is crucial, there is also an urgent need to discover causal risk factors for serious disorders like schizophrenia. If we can understand the causes we can then think about prevention."

Professor McGrath will also use the professorship to establish a Danish research program to identify environmental and genetic causes of schizophrenia and other mental illnesses.

Schizophrenia is a debilitating mental illness that affects more than 21 million people worldwide. While genetics plays a part, several environmental factors can predispose someone to getting the condition.

Professor McGrath has spent the past 15 years studying the link between vitamin D deficiency, related to poor sun exposure, and schizophrenia. Working with colleagues, he's shown that low vitamin D levels in newborn babies doubles their risk of developing schizophrenia later in life and will expand that work to test whether poor concentrations of the sunshine vitamin in adolescents can influence their risk of developing psychotic symptoms.

"What we think is that vitamin D is neuroprotective in people with disorders like schizophrenia, that they're more likely to make a good recovery if their vitamin D levels are improved," Prof McGrath said. "I'm not suggesting vitamin D will cure schizophrenia. But combined with other treatments, medication and support therapy, vitamin D may optimise recovery. We're quite excited about that."

Prof McGrath stressed that schizophrenia probably had many causes, including complex genetic factors, poor nutrition, infections and early life trauma. "I think vitamin D deficiency is like the straw that breaks the camel's back," he said. "Vitamin D is one clue and I passionately believe that clues like this are much too valuable to waste."



With help from Brisbane psychiatrist James Scott, he hopes to develop trials where patients experiencing their first psychotic episode will be tested for vitamin D deficiency and randomly assigned to either receiving supplements or a placebo, along with standard medications. "I'm not suggesting for a minute that vitamin D on its own will be sufficient," Professor McGrath said. "It'll be one part of the package."

The ultimate aim is to identify people at risk of schizophrenia and to prevent the severe mental illness by early intervention, including vitamin D supplementation. "Once they've got it, it's much harder to unwind the damage that's done," he said. "I'm actually aiming to do something much more ambitious - to actually prevent people from getting it in the first place."

For reduced risk of schizophrenia, a mother may want to make sure that her baby (especially the male babies) get at least 2,000 IUs of vitamin D on a regular basis during the first year of life. For children and adults, Vitamin D can be bought as a dietary supplement, or is often included in store-bought milk and orange juice (it will say so on the carton). Sunlight exposure also helps the body to make vitamin D. However, please note that wearing sunscreen does NOT lead to Vitamin D deficiency - it only reduces the very real risk for skin cancer. At present, 90% of skin cancers are caused by too much unprotected sun exposure. So by all means, catch some rays, but don't forget the sun-block!

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<http://www.schizophrenia.com/prevention/vitaminD.html>

Making it through the next minute

I am a huge list maker. I find if I have a list I am not constantly thinking over everything that I need to remember to do. Also as you set and achieve goals, the physical act of crossing things off your list will trigger a release of endorphins in the brain, creating a natural high.

- Taking time for a cuppa. Put it on your list! Creating a space where you can just sit down, breath, and have a short break.
- Walking on the beach, in the park or along a river.
- Taking a bath
- Going to bed earlier (sometimes I drink Red Seal 'Sweet dreams' tea or Healtheries 'Bedtime' tea.)
- Not playing computer/tablet games that make me feel rushed and amped just before bed. Some people find they can't use their electronic devices before bed at all as the light from the device triggers decreases the release of the body's natural sleep chemical, meaning its more difficult to get to sleep.
- SWIMMING! I can't wait for summer!

A friend of mine was listening to me whine about my weight recently and instead being sympathetic she bluntly said 'ok, so what are you going to do about it?'

Sometimes if we change the way we look at things, things change. Instead of whining I started exercising more, I feel healthier, I complain less and I sleep better as I am physically as tired as I mentally am. By focusing on the positive I am able to change the negative.

Something I found somewhere:

Finally, it's important to keep things in perspective. We only ever need to make it through the next minute, and each time we do so, we will feel slightly better. Our bodies can only maintain a heightened sense of anxiety for a relatively short time before the body naturally starts to calm (much like you could not maintain a sprinting pace indefinitely when running – your body is going through a roughly equivalent reaction).

Simply using a countdown timer to help yourself manage one minute at a time, or challenging yourself to try to control your breathing for the length of one calming track *can be a good start.*

- Catherine Heaven

Please Note:

The SF office will be closed
December 23rd until January 9th.



Bernie's self-care tips

Self-care; yes I know many of you have heard me bleat on about it but it is because it's the main lesson I have learnt in this work and is an absolute necessity for each and every one of us.

It is not being selfish or self-absorbed, it is having the sense to look after yourself holistically enabling you to be the best support to your family and friends.

Self-care is as individual as we are, and what works for one may not work for another, so I have a diverse list of self-care ideas .

I am a crazy beach lady who combs the beaches of south Taranaki often with a rope round my waist dragging a load of sticks to make into things. I love it cause it's free, the air tastes good, and I often get the beaches to myself . I love it in all weather, and sometimes the rougher the weather the more things washed up on the beach.

Our dog Shorty is as keen as me so I get to see her enjoying it from the moment I get boots out to change into.

Find your happy place or do more of what makes you sparkle . TREAT YOURSELF and enjoy yourself and your family over the holiday.

Aroha nui- Bernie Kira (*South Taranaki Field Worker*)



Why we need social connection

Alone on his icy mountaintop, the Grinch is the model sufferer of social isolation. His negative response to the Whos down in Whoville is an attempted celebration of his loneliness, only increasing his unhappiness. In the end, the Grinch learns there is no replacement for genuine human connection.

From the earliest days of European settlement in America, increasingly white men and women ran away to join Native American tribes. The practice was so rife that settler leaders made it an offence with harsh punishments, and yet people still ran off in huge numbers. Tribal society was enticing, as it was less hierarchical and more egalitarian. The people were more nomadic, and therefore personal property hardly mattered, since it was limited to what you or your horses could carry.

What these ‘deserters’ found was that tribal life offered more freedom and connection, and that this was the instinctive way of living for humans. No matter how ‘modern’ and independent we believe we are, more and more evidence shows us that we are hard-wired for the lifestyle of the tribe.

As affluence and urbanisation rise, rates of suicide and depression go up. According to the World Health Organisation, **people in wealthy countries suffer eight times the depression rate of those in poorer ones.** But when we revert to the tribe, things improve.

This sense of bonding with the larger group begins almost at birth. In less developed countries, children sleep with or in close proximity to their parents and often an extended family group. It’s only in Westernized countries that small children sleep alone. It’s only here that they go through a well-known developmental stage of bonding with stuffed animals or so-called ‘comfort’ blankets.

People need to feel connected with others. Greek Philosopher, Aristotle said, “Man is by nature a social animal... Society is something that precedes the individual. Anyone who either cannot lead the common life or is so self-sufficient as not to need to, and therefore does not partake of society, is either a beast or a god”. Of all the fantasies human beings entertain, the idea that we can go it alone is the most absurd and perhaps the most dangerous. We stand together or we fall apart.

Studies show that social connections are just as important to our survival and flourishing as the need for food, safety, and shelter. But while society has been growing more and more affluent and individualistic, our social connections have been dissolving. We volunteer less. We entertain guests at our homes less. We are getting married less. We are having fewer children. And we have fewer and fewer close friends with whom we’d share the intimate details of our lives. We are increasingly denying our social nature, and pay-

ing a price for it.

If social media successfully filled this void then we should see a reverse trend... but we don’t. Social isolation has only increased, our levels of happiness have gone down, and rates of suicide and depression have gone up.

An Australian Psychological Society survey found that those surveyed who used social media the most were lonelier and experienced more negative emotions. Social media may bring people together, but it also drives them apart, allowing people to quantify their social standing, and to see that other people have more friends and followers than they do- affecting their sense of self.

Though our wellbeing is inextricably linked to the lives of others, everywhere we are told that we will prosper through competitive self-interest and extreme individualism. Consumerism fills the social void. But far from curing the disease of isolation, it intensifies social comparison to the point at which, having consumed all else, we start to prey upon ourselves.

A recent survey in England suggests that one in four women between 16 and 24 have harmed themselves, and one in eight now suffer from post-traumatic stress disorder. Anxiety, depression, phobias or obsessive compulsive disorder affect 26% of women in this age group.

Welcome to the war of everyone against themselves.

In 1900, TB, Pneumonia, and influenza killed a lot of people. But few people under the age of 100 die of the flu anymore. Instead, we die of diseases like heart disease, cancer, diabetes, and Alzheimer’s- predominantly diseases that can be caused, or made worse, by stress. Some of this has to do with biology, but some of it has to do with psychological makeup, social status and how people within certain social groups get treated in societies.

Waves of anxiety, stress, depression, social phobia, eating disorders, self-harm and loneliness now strike people down all over the world. There are plenty of secondary reasons for this distress, but one important underlying cause is everywhere the same: **human beings, the ultra-social mammals, whose brains are wired to respond to other people, are being peeled apart.**

Neuroscience has shown us that in both humans and other social mammals, social contact reduces physical pain. This is why we hug our children when they hurt themselves: affection is a powerful analgesic. Opioids relieve both physical agony and the distress of separation. Perhaps this explains the link between social isolation and drug addiction?

Experiments suggest that, given a choice of physical pain or isolation, social mammals will choose the former. Capuchin monkeys starved of both food and contact for 22 hours will re-join their companions before eating. Self-harm is often

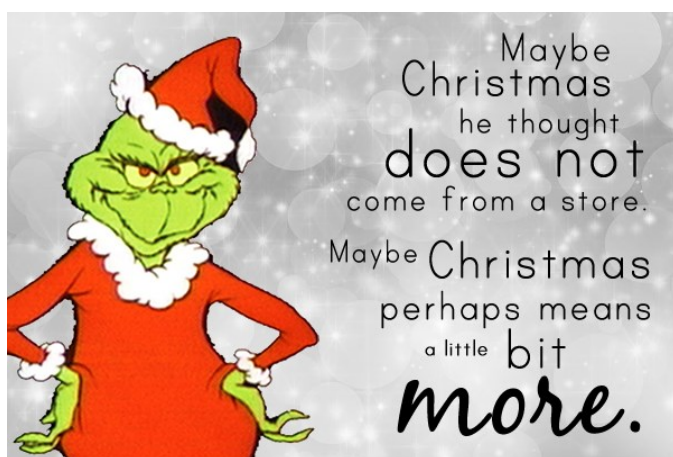
used as an attempt to alleviate distress: another indication that physical pain is not as bad as emotional pain. As the prison system knows only too well, one of the most effective forms of torture is solitary confinement.

It is not hard to see what the evolutionary reasons for social pain might be. Survival among social mammals is greatly enhanced when they are strongly bonded with the rest of the pack. It is the isolated and marginalised animals that are most likely to be picked off by predators, or to starve. Just as physical pain protects us from physical injury, emotional pain protects us from social injury. It drives us to reconnect. But many people find this almost impossible.

It's unsurprising that social isolation is strongly associated with depression, suicide, anxiety, insomnia, fear and the perception of threat. It's more surprising to discover the range of physical illnesses it causes or exacerbates. Dementia, high blood pressure, heart disease, strokes, lowered resistance to viruses, even accidents are more common among chronically lonely people. Loneliness has a comparable impact on physical health to smoking 15 cigarettes a day: it appears to raise the risk of early death by 26%. This is partly because it enhances production of the stress hormone cortisol, which suppresses the immune system.

What The Grinch may teach us (even those of us just 'getting through' the Christmas season) is that the holiday season can be a time to connect (for our own good). To remind that none of us are islands and that no matter how many people surround us, we're only at our best when we allow some of them to be part of us.

- Gareth Andrewes



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<http://www.theatlantic.com/health/archive/2013/10/social-connection-makes-a-better-brain/280934/>
http://greatergood.berkeley.edu/article/item/how_to_relieve_stress
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Why Gardening Makes You Happy

While mental health experts warn about depression as a global epidemic, other researchers are discovering ways we trigger our natural production of happy chemicals that keep depression at bay, with surprising results. All you need to do is get your fingers dirty and harvest your own food.

According to a studies, gardening might provide a more effective way to get rid of the blues than Prozac. The breakthrough discovery conducted on laboratory mice revealed the existence of 'friendly bacteria' in the soil, which can naturally increase the levels of serotonin in the brain, resulting in the same effect as prescription antidepressants.

Identified as *Mycobacterium Vaccae*, the bacteria in soil cause cytokine levels to rise, which results in the production of serotonin. Gardeners inhale the bacteria, have topical contact with it and get it into their bloodstreams when there is a cut or other pathway for infection. The bacterium was tested both by injection and ingestion on rats and the results were increased cognitive ability, lower stress and better concentration on tasks than a control group.

Aside from having the potential ability to also strengthen the immune system, the study also revealed that this bacteria present in the soil can 'trick' brain cells into producing more serotonin. A lack of serotonin has been linked to depression, anxiety, obsessive compulsive disorder and bipolar problems.

The experiment found that the natural effects of the soil bacteria antidepressant was felt for up to three weeks after contact. The one disclaimer for this is the use of Roundup, a 2008 study showing that the active ingredient in the common poison – glyphosate – will undo all the good effects by depleting serotonin and dopamine levels.

Another way science is showing us how time in the garden makes us happy relates to the dopamine rush we receive when harvesting. Researchers are saying that this response evolved over nearly 200,000 years of hunting and gathering, when a successful food forage would result in a dopamine spike in the reward centre of the brain, triggering a state of bliss or mild euphoria. Apparently this dopamine release can be triggered by the mere sight or smell of a ripe fruit or berry in front of us.

So enjoy the garden, fresh organic food and make sure you have fun playing in the dirt on a regular basis.

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<http://www.medicalnewstoday.com/articles/66840.php>



Wall Info Photos Video Notes



Rudolph The sleigh would be a lot more fun to pull if the driver didn't weigh 700lbs.

2 hours ago · Like · Comment · Share

Prancer, Vixen, Comet and 5 others like this.



Blitzen He weighs only 700 pounds?

2 hours ago · Like · 2 people



Cupid LOL!

2 hours ago · Like



Dasher Seriously! How about that practice run yesterday? He's all, "I'm tired of these sluggish take-offs." Well, I'm tired of hauling a hippo!

2 hours ago · Like · 7 people



Our Mission: Families and whanau experiencing mental illness are listened to, included, informed and connected.

MEMBERSHIP & SUBSCRIPTION APPLICATION

First name:

Last name:

Postal Address:

Work Phone:

Home phone:

Mobile Phone:

Email:

PLEASE TICK TYPE OF MEMBERSHIP (Note: Subscriptions are annual)

Family Membership \$35 ☐

Single Membership \$25 ☐

Community Services Card Holder or Student ID \$15 ☐

Would you like to add a donation to your subscription? Yes ☐ No ☐

Amount: \$ Do you require a receipt? ☐

Please return payment to PO BOX 8291, Central New Plymouth, 4243

Or Online Banking TSB 15-3942-0414737-01/ref SUBS

IF YOU HAVE ANY QUESTIONS PLEASE CALL US ON 06 757 9300

OR EMAIL Manager@SFTaranaki.org.nz



Hours Mon to Fri 8.30am- 5pm

06 757 9300

Crisis Team: 0508 277 478

Te Puna Waiora: 0508 292 4672

<https://www.facebook.com/SFTaranaki>

A Coffee morning will be held on
the 1st Tuesday of every month,
10am at the Disabled Peoples Craft Centre, 83
Hine Street, New Plymouth.



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