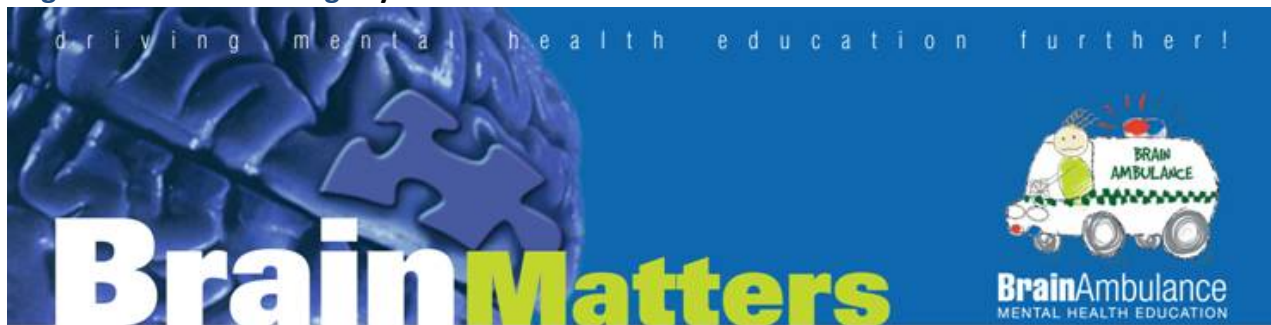


From: brain ambulance [deb@brainambulance.com.au]
Sent: Monday, 15 August 2011 9:35 AM
To: 'brain ambulance'
Subject: FW: Brain Matters Fortnightly News Aug 14th edition 4

August 1^{4th} 2011 Fortnightly News Email Edition 4



Managing Difficult Behaviours Workshop – Sometimes we have limited understanding of how someone’s behaviour can change or be affected simply as a result of what is happening to them with their mental health problem. Frustration, anger, fear, annoyance – all of these can be difficult behaviours to manage. This workshop is **about identifying the behaviours and learning strategies** to manage communication and some degree of harmony in the situation. We invite participants to come prepared with some thoughts of the behaviours that really cause problems in their situation. We run these for workplaces and for groups of unpaid carers. **Three hours well spent getting a new perspective!**

Pause for a Ponder – During one of my afternoon ponderings on my rug in the sun this week, I was reading a book about changes in history that have brought about changes in our work/life balance. It talked about the farmer working hard all day and resting in the evening as it was dark and he couldn’t continue his work in the fields. Then the industrial revolution created factories that required people to all turn up for work at the same time and go home at the same time – when the factory opened and closed. It also talked about a new term that I understood immediately but had never heard – “Emotional labour”. In our work we have physical labour, intellectual labour and the labour of time. More now than ever, we can also have emotional labour’ requiring part of our emotional selves to be given over to the job. Traditional caring jobs such as teaching, nursing and policing now require even more of us. We bombard ourselves with thoughts such as, “I must....”, “I should....”, “I have to.....”, “I need to.....” and we draw on our emotional energy to fulfil these thoughts even at the expense, on occasion, of our own mental health. I pondered the question, “when did we become required to be the expert in everyone’s life?” Enjoy your pondering.....

X Definitely NOT Recommended I got a call this week from a dear friend who was very concerned about her partner. Having been on a low dose of antidepressant for the past four years, they decided to take the advice of a naturopath and stop the medication and move to a herbal alternative. Thinking it was a low dose, 75mg of the antidepressant, they couldn’t see how it would be making a difference anyway so they STOPPED overnight and went on to the herbal one. Week one was fine. Week two, three, four and five were fine. Week six – depression came like a huge dam being burst and they went from very fine to very unfine in two days. Back to the GP who immediately put them back on the 75mg of the same antidepressant. Two weeks later, worse. Now they kept upping the dose until finally four weeks later, 200mg was having absolutely no effect. They are now doing the ‘rounds of the medication mill’, trying to find a medication that will work. The message is clear.....no matter what dose of antidepressant you are on, it is **definitely NOT recommended** that you stop it completely without the specific advice of a qualified doctor. I strongly believe in the benefits of naturopathy. I do not believe that psychiatric medication is something us to ponder lightly.....

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See you in your inbox on Sept 1st for Brain Matters Edition 5

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