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For enquiries call **07521 991645**

View From A Coach Window – Poles Apart

Petrie Hosken was recently discussing Bipolar Disorder through the energy of London's Biggest Conversation, LBC. Originally referred to as 'manic depression' the state has been rebranded to reflect the extremity of moods experienced by sufferers. Artists, comedians and writers are sometimes linked with the disorder as extreme sensitivity and emotional unpredictability can fuel creativity. This month we welcome Ann O'Donel, a member of the British Association for Counselling and Psychotherapy to tell us more about it.

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Unwanted Feelings – Ann O'Donel

Depression affects many people of all ages and can become more serious over time. When depression continues it can take over and interfere with your whole life. Sufferers of depression use metaphors such as feeling under a black cloud, in a black hole or incarcerated inside a dark damp castle. Signs of depression include feelings of hopelessness, mood swings, neglect, tiredness, sadness, loss of self-esteem, appetite changes and avoiding social contact.

Understanding the illness, talking to a professional, keeping active, avoiding stress can help to overcome depression and lessen the suffering. To avoid stress it can be helpful to become aware of how the body reacts under certain circumstances; such as anger, body tension or fear? When you become aware of how stress affects you ways to relax can be learnt. Relaxation techniques include breathing exercises, walking, listening to music or meditation. To retain a sense of calm it is suggested that people with depression avoid watching the news or other programmes that can provoke unwanted feelings.

*If you think you are suffering from depression, please call 07521 991645 and we will try to put you in touch with a suitable counsellor. Useful websites:
www.depressionalliance.org ; www.bacp.co.uk*

The A-Z of Meditation: Qi Gong

Qi Gong is reputed to be the forerunner of Chinese Medicine and Martial Arts. A principal practice in Qi Gong is "Zhan Zhuang" otherwise known as "Standing Like a Tree" (or Post), a static body posture for building stamina and patience. It is also known as "Standing Meditation" and is designed to bring about a 'central equilibrium' and balance. To practice stand straight, feet apart so they line up with the shoulders, knees slightly bent, hands out in front of you forming a circle as if hugging a tree. Breathe naturally, stay calm and hold the position for about 5 minutes. Concentration on the breathing or even the breathing counts will help to extend the practice and prevent distraction or discomfort. Allow any tension to loosen; make all movements gentle; get as close to complete stillness as you can.



Communication Corner



**NEW ARTICLE MAY 2011:
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[Quality Time](#) – what does it mean to you and how can you get more of it into your life?

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Motivation Tool No.17 – Quote

Inspiring quotes can spark ideas and alter thinking states.

Book Club

"Watching the Tree" by Adeline Yen Mah

The Six Energies

The energy of learning
The energy of meditation
The energy of conversation
The energy of movement
The energy of humour
The energy of music

For inspiration, motivation and balance, source a little of each of the six energies every day.

www.the6energies.net

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Meditation extracts from "Tuning the Mind – The A to Z of Meditation" © D. Fonseca 2008