



From The Beginning

Newsletter

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This year celebrates the third year of an ambition that was to create a Complementary Health Centre able to accommodate the best local practitioners in one place.



We (Steph and Sarah) have worked towards this for many years and, at Riverside Wellbeing, (situated in the market town of Whaley Bridge, in the High Peak) we believe that

we have succeeded in creating a Centre of Excellence. We ensure that the therapists and practitioners who work from our Centre are trained and qualified to a high standard. Your health and wellbeing is important to us.

Visitors often comment on how much they appreciate finding the help and support that they are looking for, without having to travel into the City Centre. This is a quote from our first year's open day:

"You have achieved such a lot, and created a safe haven in the community, where people can go to heal and hopefully enjoy life more."

As we look back at our beginnings, we discover articles written **nine years ago**, the first two of which appear here - as our first newsletter.

Seasonal Affective Disorder (SAD)

Are you feeling the effects of the cold weather and the short daylight hours?

Most of us feel better within ourselves when the sun shines. With the light and warmth of a midsummer's day, we can feel as though our personal batteries are recharging. Conversely, midwinter can leave us feeling very drained. It can be harder to get up on a dark dreary morning; harder to go out (even

to meet friends) on a damp cold evening; and much harder to remain motivated to get through even the most basic of daily tasks.

This seasonal loss of daylight is not



something that many people look forward to, but some people do appear to be more affected by this than others. As light enters into the eye, messages are passed to the part of the brain (the hypothalamus) that rules sleep, appetite, sex drive, temperature, mood and activity. If there's not enough light, these basic functions tend to slow down and may almost stop altogether. Some people seem to need a lot more light than others to keep them functioning to their normal level. Some are affected to such an extent that they may be diagnosed as suffering from a condition known as **Seasonal Affective Disorder (SAD)**

Some of the symptoms of SAD may include:

- Lethargy: lack of energy and difficulty carrying out daily routines.

- Sleep problems: oversleeping or disturbed nights.
- Depression: feeling sad, low, weepy; feeling guilty or a failure; hopeless and despairing; or - apathetic and feeling nothing.
- Overeating: craving carbohydrates and putting on weight.
- Loss of appetite: and weight loss.
- Social problems: irritability or abusive behaviour.
- Concentration problems: difficulty in thinking straight or making decisions
- Anxiety: tenseness and difficulty coping with pressure; panic attacks.
- Loss of libido: not being interested in sex or physical contact.
- Alcohol and drug abuse.

For further information and literature on SAD, try the following website:

www.sada.org.uk



Counselling can be extremely useful in

helping people to cope with these symptoms.

It can also help to uncover other factors that may be contributing to the problem, look at ways to enable change, and do something about them.

However there are many other reasons for feeling physically or emotionally low. If you are concerned about any of the above, you should in the first place consult your GP. Once other physical illnesses have been ruled out, ***Riverside Wellbeing** is fortunate to have a number of highly experienced therapists and other practitioners that can help with the symptoms of SAD, both physical and emotional.* Don't suffer alone.

New Year Resolutions

Once again, Christmas is over, the tinsel and lights put away for another year.



Maybe, for you, it failed to reach its expectations of being bright and magical, whether or not you have any religious belief.

Maybe you were on your own, often Christmas with its siren message of happy family times can make loneliness more intense.

Maybe you did everything that you felt you should have, according to family tradition or media gurus but still you were discontented, the promised magic didn't appear, instead there was stress and argument and mounting visa payments. And now there's nothing but bleak and dismal days until spring, which seems months away.

So what to do, New Year, new start, new resolutions.

How do you make those resolutions, how much choice do you really have? Expectations and rules, from family, work, friends, and society in general...images on TV and in magazines about how you should live your life, if only you did this, had that, then you would be happy.

How easy is it for you to know what you really want to do, deep down inside, ...and then, how easy would that be to achieve if your family and friends think differently.

So how do you find time to realise what is right for you, to put your life on a real and solid footing for a contented 2016 and to be able to look forward without that dreadful feeling of impending doom? At times like this it may be useful to take time out to reflect

and explore how you would like to live your life.

Counselling can help; it can be easy to lose sight of what is important to us, what will really make us fulfilled and at peace with ourselves. Often we tussle with these questions with people we know and that we feel safe with but sometimes it may be useful to talk to someone who is outside of your normal circle, someone with no expectations or requirements of you.

Talking can help situations become clearer, allowing you to distinguish what is important to you and so helping you to come to your own decisions. It isn't always possible to change every situation but our outlook can alter allowing us to accept and change what we can.



So, at the start of this New Year, why not ensure that your resolutions are the ones for you...not those others put on you. Solutions found by you are less likely to be broken by the end of January and are more likely to give you real contentment. Maybe the best New

Year resolution is to discover what you really want for 2016

Riverside Wellbeing has practitioners with experience in this area who can help you discover and achieve your goals.



Website: www.riversidewellbeing.com

Thank you for reading.

Our next Newsletters will incorporate articles from all our practitioners. If you would like to subscribe to receive them by email, please contact us:

info@riversidewellbeing.com

"Life isn't about waiting for the storm to pass... It's about learning to dance in the rain."



(Vivian Green)