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MAY - JUNE 2015

June is World Oceans Month

"THE SEA, ONCE IT CASTS ITS SPELL, HOLDS ONE
IN ITS NET OF WONDER FOREVER."
-JACQUES YVES COUSTEAU

Since oceans make up approximately 70 percent of our earth, it's no wonder the entire world celebrates the body of water which links us all, each June. You could say that the sea has served as one of our main life sources since—well, since our planet's very beginnings.

There's no one way to observe World Oceans Month. If you live near the coast, head to the beach and pick up some trash before enjoying all of your ocean related activities. If you're landlocked, plan a trip. Watch a good ocean documentary or movie with your family. Wear blue. There's also a lovely aquarium to check out in Tempe, visit Sea Life! Or, you can learn about everything from sanctuaries to sea turtles to how to protect our oceans at: www.ocean.service.noaa.gov or more information at www.recreation.gov. What spell does the sea cast on you? Enjoy!



"Deep summer is when laziness
finds respectability."

~Sam Keen

Did you know?

Fish is great for the brain - which also means can help those neurotransmitters in the brain that help us deal with depression, anxiety, and panic.

See: <http://www.health.harvard.edu/mind-and-mood/boost-your-memory-by-eating-right>

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Summer Time Blues

IT'S ALMOST JUNE AS I WRITE THIS AND I FIND IT SO DELIGHTFUL OUTSIDE.

We tend to think of summer as a time to relax and enjoy our free time. Yet in Arizona it can be a time of depression by August. Depression? In summer? Yes, unfortunately the sun that we are known for also can increase mental health problems and depression in particular. In fact, we have the same problem but in reverse of the snowy or rainy states in the summer. While they may be worse in winter when they see only clouds and darkness; we see sun, a lot of it, but by going from one air-conditioned building to the next with the lack of outdoor time our mood can be impacted. I want to address this, to bring it to your attention, and also address some of the differences we aren't always aware of related to depression in various groups of people.

Summer depression is something that can happen in either sex and at any age. In the mental health field we find less and less beds available in the mental health hospitals in August when the heat index is high and the medications some individuals are on are negatively impacted by the heat, i.e.: lithium which can lead to hydration issues that then lead to depression. Or what about the road rage we see more of during that time? Driving home in the heat is very difficult, and that car often doesn't cool down until half-way home. That, together with being "trapped" in air conditioning can be challenging. A few ideas for this:

* Put yourself on some form of a schedule so that you do get out of the house at least for short periods of time. Maybe a 5am walk, or if a night person a 9pm swim. It may need to be brief, but that time outdoors does help that trapped feeling. A friend of mine who struggles with it makes sure he begins increasing gym time in June so he keeps up his exercise, as well as planning early morning hikes each weekend.

* Plan regular fun time with friends - whether inside or out. But don't isolate in the air conditioning.

Symptoms of depression are different in males and females. And male depression is often overlooked. Let's compare the symptoms by sex in the box to the left. Note the differences and the fact men may appear angrier or aggressive, irritable, and abuse drugs or alcohol as a means to cope; whereas women may show more signs of stress, emotional ups and downs, and sadness. A growing issue of concern over the last number of years is increasing suicide by men, particularly middle-age men. And yet, we still see so many men experiencing a stigma if they admit to depression, and thus they fail to see doctors early in the depression and may go only as a last resort.

Causes of depression are plentiful in terms of why individuals develop depression. Financial downturn, family changes, bereavement, cancer treatments, and job stress all are known to cause the increase in depression. And sometimes it's easier to point to these than other times, i.e.: it's well known that with breast cancer treatment when it's an estrogen driven cancer women are put on hormones to block estrogen, and this increases depression for some. But what about the fact men can have hormonal treatment related to prostate cancer? In their treatment androgens are blocked to prevent or reduce the chance of the growth of new cancer.



Symptom	Men	Women
Apathy	XX	
Appetite change	XX	
Eating disorder		XX
Fatigue	XX	XX
Loss of interest in pleasurable activities	XX	XX
Low self-esteem	XX	
Sexual problems	XX	
Sleep disturbance	XX	
Suicidal thoughts	XX (Higher success rate)	XX (higher attempt rate w/less success)
Feelings of stress		XX
Guilty feelings		XX
Anxiety and phobias		XX
Abuse alcohol/drugs due to depression	XX	
Irritable	XX	
Sad		XX
Aggressive	XX	
More emotional ups & downs		XX

In doing so they also are sent into a major hormonal change and have mood related issues from this, whether due to being given estrogen or using something else to block the androgen development. In the case of full-body radiation or in the case of brain cancer, the radiation can cause changes to the brain and the neurotransmitters so that depression occurs. Chemotherapy, as well, can cause depression regardless of the form of cancer. And if one has multiple treatments, and/or stem cell transplants, the risk of a difficult form of depression called treatment-resistant depression is more likely to occur.

Partially due to the inflamed state of the brain, and at least partially due to the changes in the neurotransmitters, this can be life-challenging for many individuals. In bereavement, or following the loss of a loved one, depression can be a normal part of the grief, but in widowers there is an increased risk of suicide beyond that of widows. Thus we have multiple areas and concerns we want to bring to your

attention. More importantly - what to do?

Treatment of depression is always most effective for severe depression when done in conjunction with both a psychiatrist and a psychotherapist. For milder depressions, however, therapy alone can help to change beliefs and thought processes. And in the moderate cases it's possible to change the situation through therapy but in many cases the use of medication is still suggested. It's important that you know what is recommended in your individual case. Treatment can include any number of modalities such as individual, group, or family counseling. It can also be done from many perspectives such as identifying thoughts not working for you and changing them; considering what is underlying from your past that may be impacting you; decreasing stress; maximizing your support network; bringing a better balance to your life



related work, family, exercise, diet, and friends

There are ways through and out of depression. If you know someone who is depressed, let them know it's okay to find someone to help them. Sometimes that's all it takes for an individual to go ahead and make that appointment.

What are your summer plans?

School is out and with that, for many, come thoughts of free time, vacations, and leisure. As this hot desert summer begins, have you given any thought to how you'll treat yourself to some fun? Beyond the vacations, consider activities near home that will breathe some new life into your days.

Most of us struggle with the thought of doing things alone, but did you know there have been recent studies done which show enjoyment of activities is actually the same for people doing activities alone as it is for those who attend the same events with others? An interesting article just appeared in the Washington Post about this very subject titled, "Why you should really start doing more things alone". In part, it discusses something termed "the spotlight effect", which explains the feeling many of us have about others' perception of us when we are out in the world taking in a movie or a meal, alone. The truth is, others are paying us little attention. Try focusing on your enjoyment and let go of what others are doing or thinking.

There are a number of things to do which you may not have considered, and the good news is, many you can do alone without having to sit down in a room full of people--an easier way to transition into the idea of solo outings.

Take in a farmer's market--there are many in the valley to try--take a look at <http://www.azcentral.com/story/life/food/2014/10/14/guide-valley-farmers-markets/17232803/> for a listing of many scattered throughout our area.

Sign up for a cooking class, offered through kitchen stores, the public library and a number of other sources which have been written about here: http://phoenix.about.com/od/educvotech/a/cookingschool_2.htm.

Act like a tourist in your own city! Head to a museum you haven't been to in a while--or maybe ever before. (Did you know you can get free passes to many of the museums from the library?)

Visit the Queen Creek Olive Mill. See one of their recipes on the next page and enjoy learning at the Mill.

I hope these suggestions have given you some ideas of your own about some fun things to do. Isolating in the air conditioning may seem like an easy escape, but remember, if you struggle with depression, it *is* important to get out. Don't let the heat stop you!

• Resources •

Videos/Books on Depression, the Ocean, and Life:

1. Free video of Andrew Solomon discussing Depression and Finding Meaning in Adversity:

<http://www.psychiatrictimes.com/major-depressive-disorder/recovering-depression-and-difficulty-finding-meaning-adversity?GUID=10423554-6640-47CB-BD1D-3F99FB54477D&rememberme=1&ts=18102014>

2. The Irritable Male Syndrome: Understanding and Managing the Four Key Causes of Depression and Aggression by Jed Diamond

3. Free video titled Inside Summer Depression:

http://www.amazon.com/gp/product/BOOSZ1APC4/ref=sr_acs_va_item_0?ie=UTF8&qid=1432692071&sr=8-7-ac

4. Blue Latitudes: Boldly Going Where Captain Cook Has Gone Before by Tony Horwitz
5. Gift from the Sea by Anne Morrow Lindbergh
6. Meditations Inspired by the Ocean at Huffington Post--FREE--see http://www.huffingtonpost.com/2012/06/21/seasonal-blessings-what-s_n_1616309.html



Honey and Fresh Crush Rosemary Olive Oil Grilled Salmon

from Queen Creek Olive Mill

<http://>

www.queencreekolivemill.com/agriturismo/our-story.html

1/4 cup Olive Blossom Honey
4 tbsp. Queen Creek Olive Mill Fresh Crush Rosemary Olive Oil
Zest of 1 lemon
4 (6-ounces) skinless boneless salmon fillets
Kosher Salt
Fresh ground pepper
Queen Creek Olive Mill Meyer Lemon Olive Oil

Put honey and Fresh Crush Rosemary Olive Oil into a small pot and cook over medium heat until slightly thinned and just hot, about 3 minutes. Add lemon zest and stir to combine. Remove from heat and let infuse for 15 minutes.

Arrange salmon fillets, flat side down, in a shallow dish in a single layer. Season to taste with salt and pepper and drizzle each fillet with 2 tbsp. of the infused honey-Rosemary Olive Oil mixture. Preheat grill to medium-low and rub grates generously with olive oil. Place salmon on grill, rounded side down, and cook, rotating to create crosshatched markings and turning once, until dark golden brown and medium rare, 2 to 3 minutes per side. Divide salmon between 4 plates and finish with a drizzle of Meyer Lemon Olive Oil.

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