



Dr. Martin's Newsletter

JUNE AND JULY EDITION

VOLUME 1, NUMBER 1

The next Women's Wellness Retreat is scheduled for October 21st and 22nd. Register early!

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FREE CLASS
AUGUST 4TH AT THE
COFFEE CORNER IN
WASHOUGAL, 5PM
TO 6:30PM.

Coming to you from a shady spot.....it's hot!

Message from Dr. Martin



Welcome to the tenth edition of my FREE newsletter for clients and the community. This edition will be for both the month of June and July, and will offer a few extra articles, and your next edition will arrive towards the end of August.

Summer hit hard in June, and is about to offer days with record breaking hot temperatures. Because I lived in Arizona, I've experienced this kind of heat for many months in a row. And yes, it is a dry heat, but it is still very uncomfortable. We will see our temperatures start to towards more normal as the weeks go by, and we are blessed with so many rivers and streams, and glorious shady trees that allow us to find relief.

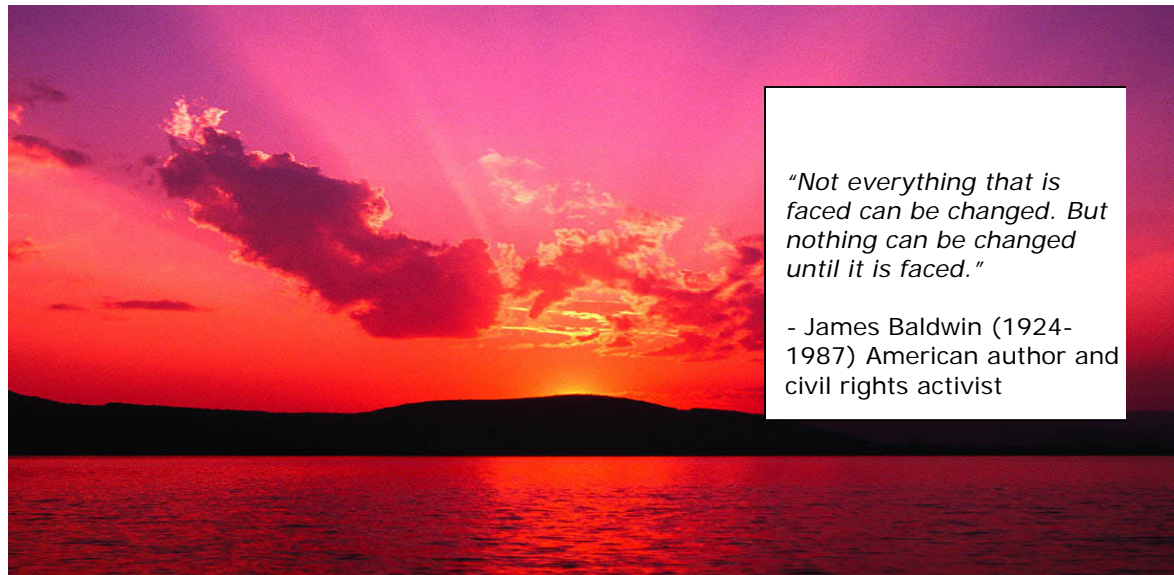
The Women's Wellness Retreat was wonderful, and the group of women attending enjoyed t time away. Another retreat is scheduled for October 21st and 22nd , so be sure to register early, since this one will fill quickly. It will be limited to 10 women, so that everyone gets th attention they need and deserve. The registration flyer is on my website, ready to downloa (pdf format). See www.marthamartinphd.com. You can also email me at Dr.Martin@marthamartinphd.com or call me at (360) 835-1070 and request that a form be mailed to you.

This newsletter has generated lots of attention from the people in our wonderful community Whenever I'm out and about, I hear from people that they look forward to getting it each month. This keeps me motivated as I continue to spend the time to collect information, writ or edit articles of interest, and reach out to people who might be find this information helpfu And I really enjoy hearing from people with their suggestions regarding the content.

Last month I started profiling local professionals in our area. These are people that I have

been fortunate to know and I am familiar with how they do business. I can recommend them to you and hope that you will check out what they have to offer. This time, I'm profiling **Tanga Cleeve**, who is a Licensed Massage Therapist, a Certified Kripalu Yoga Instructor (I took her class, and she is a marvelous instructor), an Advanced CranioSacral Therapist, an Advanced Shiatsu Practitioner, a Certified Personal Trainer, an Advanced Postural Analyst, and she is Stott trained in advanced reformer and mat Pilates instruction. As if all that isn't enough be offered by this talented woman, she is also a Columnist for Lacamas Life Magazine. Tanga has over 25 years experience in her areas of expertise, and she is a delight to know. You can learn more about her services, fees, and locations at her website: www.iahp.com/Tanga--Cleeve/ you can reach her at (360) 834-7004 or email at: tangaleeve@comcast.net. Tanga will be doing a Yoga Class at the upcoming Women's Wellness Retreat in October.

This edition will include articles about managing change in the different areas of your life, listening to music to soothe your mood, understanding some health concerns regarding Chlorine, learning how to do meditation to reduce stress, increasing your skill at saying "NO", and recognizing the signs of a friend who may be suicidal. I hope that this edition finds you keeping cool and keeping your cool.



"Not everything that is faced can be changed. But nothing can be changed until it is faced."

- James Baldwin (1924-1987) American author and civil rights activist

Topics for this edition:

- ***Managing Change and Uncertainty: Individual, Family, Community***
- ***Listening to Music Reduces Chronic Pain, Improves Sleep and Mood***
- ***Concerns About Chlorine***
- ***Meditation for Stress Management***
- ***How to Say No to People and Avoid Guilt***

- **Recognizing and Helping a Suicidal Friend**

On August 4th at 5pm, I'm offering a FREE CLASS about Change. This will be held at the Coffee Corner at 1803 'E' Street in Washougal. For an hour and a half, we will learn how to manage change and uncertainty as individuals, as families, and as a community. Below is just a taste of what you can expect to learn about and discuss with others. SEE YOU THERE!

Managing Change and Uncertainty: Individual, Family Community

By Dr. Martha Martin



You've heard the clichés: "Change happens", or "Change is inevitable". But rarely do we find it comes at times that we feel prepared for it. And who says that you have to just "give in to change"? Given life's uncertainty, how do we manage and cope with those unexpected and often unwelcome changes? Here are four suggestions that may help you keep cool and get through a change period much smoother than you thought.

1. Keep stability and consistency in your life. Maintain rituals in your life that add to every comfort. From your morning coffee, granola, orange juice, vitamins and newspaper ritual to night time reading or meditation to daily exercise. Your stability and consistency includes your friends and family. Nurture these relationships so you can count on them being there when you need them. Personal stability includes your core values; those qualities you count on in yourself. Your strong core stabilizes you during a time of change. Tell yourself, "No matter what happens, I know I can be resourceful, honest, true, resilient, helpful, courageous," to name just a few examples.
2. Increase your tolerance to change. Purposely add something new to your life. By regularly trying new things, new routines, new interests, new routes, new relationships and new thinking, you can inoculate yourself to change. This could be something as simple as changing your routine meal of chicken on Friday to trying a new exotic dish. Give yourself permission to travel to exotic places, take a class in the Japanese Tea Ceremony (even if you live for your daily double mocha latté), or consider valid the views of another political party (this one I really find challenging....).
3. Find support and synergy. Don't make it a habit to just hang out all by yourself. Build a strong network of friends, confidants, co-workers and other buffers to the rigors of change. Seek synergy by partnering with others to achieve more than either one of you could accomplish alone. Get training in other tasks and disciplines. Being a specialist may seem like the best way to boost your ego, but cross training will enable you to be more flexible. Research does show that individualism can lead to depression (it's the sharing of your independence that makes you strong, go figure).
4. Seek out experts in change. Others have been through the changes you're experiencing. Ask them how they managed the change you're facing. While you might have to hire some

experts, such as counselors or psychologists, many are free and as close as the next cubicle or backyard. Divorce, aging, moving, marriage, empty nesting, layoffs, financial ups and downs, and terrible twos - someone near you has been there and done that. You can be an expert in change for someone, too. Realizing your expertise in life reinforces your resiliency.

Change and uncertainty can lead to new and exciting experiences, or they can leave you feeling like you fell in a hole. Using these four suggestions can help you go in the direction you choose rather than feeling like you have no choices or control.

Listening to Music Reduces Chronic Pain, Improves Sleep and Mood

Adapted from the publication in [The Journal of Advanced Nursing](#)



Listening to music can reduce chronic pain by up to 21 per cent and depression by up to 25 per cent, according to a paper in *Journal of Advanced Nursing*, 54.5. It can also make people feel more in control of their pain and less disabled by their condition.

Researchers carried out a controlled clinical trial with sixty people, dividing them into two music groups and a control group. They found that people who listened to music for an hour every day for a week reported improved physical and psychological symptoms compared to the control group.

The participants, who averaged age 50, were recruited from pain and chiropractic clinics in Ohio. They had been suffering from a range of painful conditions, including osteoarthritis, diabetes and rheumatoid arthritis, for an average of six and a half years. 90 per cent said their pain affected more than one part of their body and 95 per cent said it was continuous. Before the music study, participants reported that their usual pain averaged just under six on a zero to ten pain scale and their worst pain exceeded nine out of ten.

The people who took part in the music groups listened to music on a headset for an hour a day and everyone who took part, including the control group, kept a pain diary. Forty people were assigned to the two music groups and the other 20 formed the control group. The first group was invited to choose their own favorite music and this included everything from pop and rock to slow and melodious tunes and nature sounds traditionally used to promote sleep or relaxation. The second group chose from five relaxing tapes selected by us. These featured piano, jazz, orchestra, harp and synthesizer and had been used in previous pain studies.

At the end of the trial the music groups reported that their pain had fallen by between 12 and 21 per cent, when measured by two different pain measurement scales. The control group reported that pain increased by between one and two per cent. People in the music groups reported 19 to 25 per cent less depression than the control group. The music groups reported feeling nine to 18 per cent less disabled than those who hadn't listened to music and said they had between five and eight per cent more power over their pain than the control group.

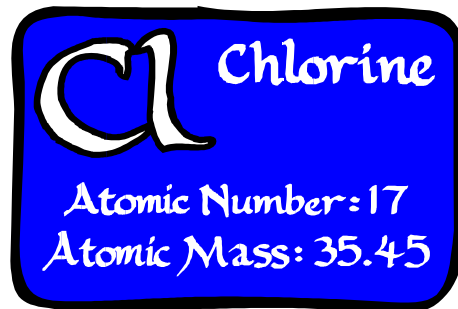
The results show that listening to music had a statistically significant effect on the two experimental groups, reducing pain, depression and disability and increasing feelings of power. There were some small differences between the two music groups, but they both showed

consistent improvements in each category when compared to the control group.

Chronic pain remains a major health problem and sufferers continue to report high levels of unrelieved pain despite using medication. Anything that can provide relief is important to no and very welcomed. Previous research published in the Journal of Advanced Nursing in 2005 showed that listening to 45 minutes of soft music before bedtime can improve sleep by more than a third.

Concerns about Chlorine

Adapted from Dr. Andrew Weil



Chlorine used to disinfect swimming pools is a health hazard and may trigger asthma in children. Among adults it has been linked with other health problems including bladder and rectal cancer and may increase the risk for coronary heart disease.

A Belgian study published in the June 2003 issue of *Occupational and Environmental Medicine*, a British journal, suggested that an irritant released when chlorinated water reacts with urine, sweat or other organic matter from swimmers increases the risk of asthma among children who regularly swim in public pools. The researchers took blood samples from 226 children who regularly swam in indoor pools. They found that the youngsters had accumulated high levels of an irritant called trichloramine, a substance believed to set in motion a process that destroys the cellular barrier that protects the lungs. Other blood samples showed that levels of trichloramine were elevated even among people who merely sat at the side of pools and didn't swim.

Even before these findings were published, it was suspected that inhaling chlorine fumes that accumulate in and around swimming pools was unhealthy. Swimming in chlorinated water can irritate your eyes and skin, as well as damage your respiratory passages and lungs.

The best prevention is to avoid pools and places that smell of chlorine. If you or your children do use chlorinated pools, consider wearing a mask and snorkel to protect your eyes from the irritating effects of the chlorine in the water. After swimming, leave the pool area and inhale fresh air to flush the gas out of your system. Shower quickly and thoroughly to wash it off your skin.

Sun block won't help to protect you or your children against the effects of chlorine, but you can make a difference by lobbying local officials and pool managers to replace chlorine in public pools with safer, more modern disinfection methods. One that works very well is the silver-copper ion generator. Other alternatives are available and worth exploring. Chlorine disinfection of water is obsolete.

Meditation for Stress Management

Adapted from article by Elizabeth Scott



Overview of Meditation

Throughout the day, when we experience stress, our bodies automatically react in ways that prepare us to fight or run. In some cases of extreme danger, this physical response is helpful. However, a prolonged state of such agitation can cause physical damage to every part of the body. Meditation affects the body in exactly the opposite ways that stress does, restoring the body to a calm state, helping the body to repair itself, and preventing new damage due to the physical effects of stress.

Meditation's Effects on the Body

When practicing meditation, your heart rate and breathing slow down, your blood pressure normalizes, you use oxygen more efficiently, and you sweat less. Also, your adrenal glands produce less cortisol, adrenaline and noradrenalin, you make more positive hormones, your body ages at a slower rate, and your immune function improves. Your mind also clears and your creativity increases. People who meditate regularly find it easier to give up life-damaging habits like smoking, using alcohol, or resorting to drug use.

How is it done?

Meditation involves sitting in a relaxed position and clearing your mind. You may focus on a sound, like 'oohmmm', or on your own breathing, or on nothing at all. It's necessary to have 20 distraction-free minutes to spend. It's helpful to have silence and privacy, but more practiced meditators can do it anywhere. Many practitioners of meditation attach a spiritual component to it, but it can also be a secular exercise.

What are the Benefits?

Meditation is wonderful in that it's free, always available, and amazingly effective in short-term stress reduction and long-term health. Benefits can be felt in just one session. An experienced teacher isn't necessary; you can learn to meditate from a book or from the resources on this site.

Is it Difficult to do?

It does take some practice, however, and some people find it difficult to 'get' in the beginning. It also requires a little patience, and may be difficult for people with little free time (like some stay-at-home mothers who get little privacy from small children). However, the time and effort it takes to learn and practice is well worth it in terms of the benefits it provides.

How Does It Compare To Other Stress Reduction Methods?

Unlike some medications and herbal therapies, meditation has no potential side effects. People with physical limitations may find it easier to practice than strenuous physical exercise for stress relief, plus, no special equipment is required. Unlike enlisting the help of a professional, meditation is free. However, it does take discipline and commitment, so some people may find it more difficult to maintain as a habit than methods that enlist the help of someone or something outside themselves for added motivation. Also, some people may find it more difficult to free their minds of the thoughts of the day, and thus find it more difficult than methods like journaling that involve focusing on these events, or methods that in themselves are distracting, like physical exercise or the use of humor.

How to Say No to People and Avoid Guilt

By Dr. Martha Martin



Are you overscheduled and overstressed? You might want to consider increasing your ability to say “no” to new commitments. You can’t do it all, and feeling guilty about setting healthy limits doesn’t make sense. Do yourself a favor, and learn the art of saying “no”. You’ll notice it helps reduce stress levels and gives you time for what’s really important.

Here's How:

1. Just say, “I’m sorry; I’m not able to do this right now.” Use a sympathetic, but firm tone. If pressured as to why, reply that it doesn’t fit with your schedule and change the subject. Most reasonable people will accept this as an answer, so if someone keeps pressuring you, they’re being rude, and it’s okay to just repeat, “I’m sorry, but this just doesn’t fit with my schedule,” and change the subject, or even walk away if you have to.
2. If you’re uncomfortable being so firm, or are dealing with very pushy people, it’s okay to say, “Let me think about it and get back to you.” This gives you a chance to review your schedule, as well as your feelings about saying ‘yes’ to another commitment, do a cost-benefit analysis, and then get back to them with a yes or no. Most importantly, this tactic helps you avoid letting yourself be pressured into over scheduling your life and taking on too much stress.
3. If you would really like to do what they’re requesting, but don’t have the time (or are having trouble accepting that you don’t), it’s okay to say, “I can’t do this, but I *can*..” and mention a lesser commitment that you can make. This way you’ll still be partially involved, but it will be on your own terms.

Tips:

1. Be firm (not defensive or overly apologetic) and polite. This gives the signal that you are sympathetic, but will not easily change your mind if pressured.
2. If you decide to tell the person you’ll get back to them, sound very matter-of-fact, a not too promising. If you lead people to believe you’ll likely say ‘yes’ later, they’ll be more disappointed with a later ‘no’.
3. If asked for an explanation, remember that you really don’t owe anyone one. “It doesn’t fit with my schedule,” is perfectly acceptable.
4. Remember that there are only so many hours in the day. This means that whatever you choose to take on, limits your ability to do other things. So even if you somehow

can fit a new commitment into your schedule, if it's not more important than the thing you would have to give up to do it (including time for relaxation and self care), you really *don't* have the time in your schedule!

Recognizing and Helping a Suicidal Friend

By Dr. Martha Martin



Recently, a young woman in our area took her life. Her friends and family were devastated, and struggle to understand the reason such a young and talented person would choose to die. Many questions were asked, such as "Could I have helped her?", or "Was there something I could have done to stop her?", and the one I hear the most "How can people know that someone is thinking about doing this?".

These and other questions hang in the air, and those who are left must grieve the loss of someone for a reason that does not make sense. There is a quote that I use to help with grief that describes how a suicidal person is feeling: "It's like I want to be dead, but not forever." These folks are in emotional pain that is only for this moment. If the next moment offers hope and change, their suicidal impulses can be reduced.

Who are these people that feel suicidal? Basically there are two types. They are either extremely depressed (mostly men), or they have a high need for control (mostly women). The extremely depressed are interested in death (life is too painful) whereas those with a high need for control want attention and are afraid of abandonment. They are usually the people with strong negative backgrounds, either genetically or environmentally.

What are some clues to possible suicidal plans? Here are some signs to look for:

- 1) The person talks about suicide.
- 2) The person makes final plans. (gives away prized possessions)
- 3) The person's behavior pattern changes in disturbing ways.
- 4) The person behaves in ways that are self-injurious or seem to invite danger or harm.
- 5) The person has experienced significant losses in a short period of time.
- 6) The person suffers from a chronic illness.
- 7) The person has suffered extreme social humiliation.
- 8) The person abuses mind-altering substances and has access to firearms or other instruments of self-destruction.

9) The person has tried it before.

10) Suicide seems to run in the family.

In any of these situations, don't overreact or under-react, take the middle ground and dialog with this person to see what's really going on with him or her in a very calm, and nonjudgmental way. Keep in mind, no one ever decided to take their life because someone talked to them about it. You cannot make someone kill themselves by talking about suicide. You can offer them resources, such as a crisis number or local counselor. If the person tells you directly "I am going to kill myself", this is the time to call 911. Don't feel silly if it turns you are wrong. More often, you will be right, and help will be in the right place at the right time.

With the loss of someone close from suicide comes the opportunity to learn about how to prevent this in the future. Never be afraid to speak out if you are concerned, let the person know that you are concerned, and then let others know. Your concern can be the tool to help someone make a different choice, and maybe change this one moment for life.

Contact Dr. Martin for counseling appointments at:

(360) 835-1070

- Appointments are scheduled Wednesday through Saturday.
- Available times are: weekdays 9am to 7pm; weekends 9am to 6pm.
- New clients are always being accepted.
- Evening appointments are available.
- All major credit cards and checks accepted.
- Ask about getting reimbursed from your insurance company when seeing an out-of-network provider. You may be able to get a portion of your session covered by your current insurance when you submit a paid invoice. Your privacy will be protected in this process. No access to records occurs with this process. Contact your insurance company regarding their reimbursement policy.
- The Counseling process is short-term, brief, and solution focused. Let me help you move forward quickly!

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See my website for more details about services offered.

Keep balanced and enjoy each moment!



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