

YOUR wellbeing



All the latest news and tips to keep your body and mind in top shape plus your health questions answered every week...

Tackling depression

This year's likely to be a toughie for us, with economic doom and gloom predicted. But it's important not to let the country's situation lead us into depression.

Losing one's job is especially damaging, as it can feel personal, and effect one's self-esteem.

Dublin-based psychologist Ian Birthistle, author of *Tackling Depression: A Practical Guide To Everyday Coping*, says that keeping occupied is key.

"With a job loss, the ensuing spare time can be dangerous," he says. "We should occupy our time appropriately by playing with the kids, exercising and doing all those things that we wished we could do instead of going to work.

"Investigating new potentials for earning a wage is a positive use of our spare time and a necessary exercise for many of us. Although we may mourn the loss of a career and the community and status that it brought, it is important to move towards letting go of the past and to focus on what needs to be done in the future."

It's also important to stay away from negative

DOWN TIME

Many of us feel depressed due to the recession — the key is to keep yourself occupied

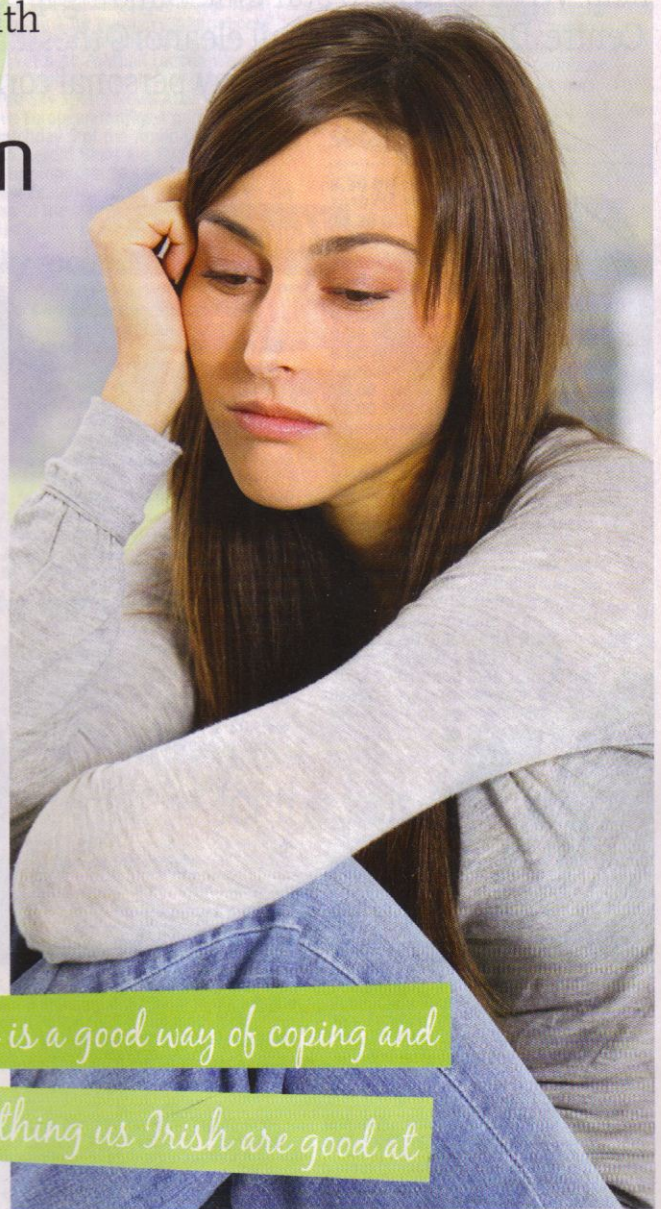
thinking and negative conversations, which only take us further on a downward spiral.

Explains Ian: "We can dwell on anything from the colossal mess that the banks created to the person who parks in the space for disabled drivers, but positive thinking is vital in a recession.

"A previous client of mine noted to me how he was struggling through the recession like everyone else, but he was enjoying the little things more. I believe his focus on the positive smaller things in life to be a significant coping skill that we can all use for ourselves."

It should be easier for us to shift our attitude to losing our job because of one attribute we're particularly blessed with: humour. Being light-hearted about even the darkest of situations is an enviable ability.

"Laughter is one of the most effective of coping



Humour is a good way of coping and it's something us Irish are good at

skills," says Ian. "Making people laugh is something the Irish are good at. We need to

make this effort." *Tackling Depression is available from bookstores for €15*

CHIC HEALTH NEWS

THE LATEST FINDINGS AND PRODUCTS

- A new study shows that cholesterol medication reduces the risk of heart attacks and strokes in people with chronic kidney disease — the first major study to show a benefit from intervention.
- Irish baby products company

Clevamama has developed a single scoop infant formula dispenser (pictured) that does away with the need for counting multiple scoops. Tests showed mums can alter measurements by up to one scoop in five. Available from Tesco and other retailers for €12.99.

- Docs are warning that persistent coughs might be more than a winter illness. Coughs that won't clear up could be a symptom of an underlying ailment like chronic obstructive pulmonary disease, or in rarer cases, lung cancer. Get long-lasting coughs checked out by a professional.

