

MOODS

Serving People with Unipolar and Bi-polar Illness, Their Families and Friends, since 1981

November 2019

Tricks of the Trade

By Li Faustino, Ph.D.

At MDSG, we know that having a place where you can speak openly about struggling with a mood disorder can be very relieving and curative. In support groups people get support, community, and companionship. They gain information about their illnesses, doctors, therapists, and treatment options. Very often, the very existence of the group provides much needed structure so that people get out and interact with others. Whether it is the only thing someone does in their week or if they have a very busy life, coming to groups can combat feelings of isolation that often accompany mood disorders.

One of the unique features of support groups is they offer knowledge that only others with the illness possess. Mental health professionals and other supportive entities may learn them, but they are borne out of trial and error, suffering, and learning from the ups and downs of life with a mood disorder. Additionally, because the support groups are peer-run the information can be delivered in a way that only a fellow sufferer can impart.

These bits of learned information may be seen as “tricks of the trade.” They are helpful and insightful tips that are like an insider’s guide to managing life with a mood disorder. Here are a few that circulate our groups:

1. If you are starting a new medication, do it Friday evening or Saturday morning so if there are new side effects, you can deal with it over the weekend before you go to work on Monday.
2. Set multiple alarm clocks to get up and put

SPECIAL HOLIDAY SCHEDULE

There will be two changes to our Wednesday groups: December 25th groups will meet two days earlier, on Monday, December 23rd. January 1st groups will meet two days earlier, on Monday, December 30th. These groups will run, as usual, from 7:30 PM to 9:05 PM.

- at least one of them far from your bed.
3. Sleep in exercise clothes so that it is easier to get up in the morning to do it.
4. Buy yourself Trader Joe’s \$3.99 flowers once in awhile.
5. Learn how to do deep breathing exercises. It turns out it is impossible to deep breath and ruminate at the same time.
6. Tell a close friend to text you at the time you want to get up so you can start interacting to help get you up.

From the Friends and Family group:

1. If you suspect your loved one is not forthcoming with their doctor and the doctor does not have consent to talk to you, leave the doctor a voicemail in the middle of the night with information you want them to have. So then they get the information without you speaking to each other.
2. When shopping around for a psychiatrist, there are often long waits for appointments. Make an initial appointment with three recommended doctors. Then you can go to the first and if you like them you can cancel the

(Continued on page 2)

Items of Interest

HealthyPlace.com: To Get Out of Bed with Depression Use This Checklist. <https://www.healthyplace.com/other-info/mental-health-newsletter/to-get-out-of-bed-with-depression-use-this-checklist#bed>

Psych Central Newsletter: 10 Helpful Tips To Cope with Anything. https://blogs.psychcentral.com/weightless/2019/10/10-helpful-tips-to-cope-with-anything/?utm_source=Psych+Central+Weekly+Newsletter&utm_campaign=a0af39a662-GEN_EMAIL_CAMPAIGN_COPY_01&utm_medium=email&utm_term=0_c648d0eafd-a0af39a662-30398969

Brain & Behavior Research Foundation: Multi-Year Benefits of Deep Brain Stimulation in Depression. <https://us3.campaign-archive.com/?u=c6e89b4de3dfd70e795490632&id=4d9cfa9959&e=d038832d9b>

Healthy Place.com: Can Mental Illness Be Diagnosed with Online Psychological Tests? <https://www.healthyplace.com/psychological-tests>

Brain & Behavior Research Foundation: Fatty Acid levels in the Brain Are Found To Correlate with Serotonin Transport and Depression Severity. <https://us3.campaign-archive.com/?u=c6e89b4de3dfd70e795490632&id=2cb1d8a173&e=d038832d9b>

The HealthyPlace.com Daily: New Evidence Healthy Diet Actively Improves Depression Symptoms. <https://newatlas.com/health-wellbeing/evidence-healthy-diet-improves-depression-symptoms/>

Tricks of the Trade

(Continued from page 1)

other two appointments. If you do not like the first doctor, then you do not have to wait as long for the next appointment since you already made it before.. If you do not like the second one, you have the third one lined up soon, too.

After the secrets are out, they can be helpful to even more people. New tricks always come up since life changes and the world changes. Insiders' knowledge will always be relevant.

Li Faustino is Chair of the MDSG Board.

Ask the Doctor

MDSG's two medical advisors—David Hellerstein, M.D. and David Brody, M.D.—along with MDSG's Board Chair, Li Faustino, PhD., will answer your questions. Please send questions to MDSG's post office box or email them to newsletter@mdsg.org.

Mood Disorders Support Group
New York

MOODS

Copyright © 2019 by the Mood Disorders Support Group, Inc.

All rights reserved.

MDSG is affiliated with the national DBSA.

NEW ADDRESS

P.O. Box 2359, New York, NY
10163

Phone: (212) 533-MDSG

E-mail address: info@mdsg.org

Website: www.mdsg.org

All information in the newsletter is intended for general knowledge only and is not a substitute for medical advice or treatment for a specific medical condition.