linguistic phrases, such as “have to” can be very odd and feel quite strange. Nevertheless, it is an excellent exercise to replace “have to” with “choose to.” It is much more truthful and it empowers a person to make such self-affirming statements. For example, “I gotta go to work” is transformed to “I choose to go to work.” I have to go to the meeting tonight” is changed to “I choose to go to the meeting tonight.” Any person who makes this simple linguistic change will feel differently. They will feel more confident and more self-assured. They will feel less resistance, more energy and greater sense of meaning and purpose in their life. They will feel more liberated, and more responsible. Everyone has freedom to make choices. No matter how restrained, how confined and how limited our circumstances may appear, everyone has the freedom to make a choice if even to have a negative or positive outlook on their current situation.

The Second Cardinal Sin of Thinking: The Over General

By Kenneth Fields, MA, NCC, LMHC

“I’m never going to be promoted.” “I’m always going to be left out of the group.” “I’m never going to have a lasting relationship.” “I’m always going to be the one who gets the short end of the stick.” Sound familiar? Have you ever heard anyone, or even yourself, use the words “always” and “never” in a sentence like these? If so, you are among the hundreds of millions of people who over generalize and use these very unrealistic, absolute terms. Wendell Johnson, the American semanti, psychologist, and author of People in Quandaries: The Semantics of Personal Adjustment is quoted as having said, in a somewhat paradoxical and humorous manner “Always and never are two words you should always remember never to use.”

“So, what’s wrong with using “never” and “always”?’ Basically, it’s so often untrue, unrealistic and irrational. These two words may be the most common culprit to purely cognitive based depression. Cognitive based depression is brought about because our thinking is depressing. If we tell ourselves that we will never get a good job, we will get depressed, and with good reason. And if we tell ourselves that we will never get a good job, we would get depressed? But, it’s not true. It may not be probable that we get a good job soon, but it is possible that a good job will come at some time. By using “never” we cement the idea of never, ever, at all. A negative or positive outlook on their current situation.

“Because we have been intensely conditioned by our culture and our language, changing common
An increased blood supply means increased oxygen and energy supply, and that equals better performance.

In the same study, a group of rats learned to run through an obstacle course. Because that was more a learning task than a physical task, these rats developed more connections between the neurons in their brains.

Although these types of studies are only now beginning in humans, the theory is that because sports combine learning and exercise, they may both increase blood supply and enhance brain connections.

Some evidence in humans suggests that being physically fit helps people maintain their cognitive abilities as they age. Many studies have found that physically active elderly people perform better than sedentary elderly people on cognitive tasks such as reasoning, vocabulary, memory, and reaction time. Some studies have found similar differences between physically active and sedentary young people, but results varied from study to study.

Researchers caution that exercise and conditioning have a limited window of effect, we lose that effect quickly if we stop exercising.


### Parenting Corner

**Helping Children Cope with Trauma**

http://www.aftertheinjury.org/

A web site designed for parents whose child has experienced a Pediatric injury.

**Search:** Brain & Relationships: Helping Children Heal

### Benefits of EMDR

A series of video stores about the value and benefits of EMDR can be found by googling “scoopit” then “EMDR”

### ***Net News***

**Search:**

http://www.yesmagazine.org/issues/good-health/gabor-mate-how-to-build-a-culture-of-good-health-20151116

Gabor Mateé: How to Build a Culture of Good Health

**Physical well-being depends on more than keeping our bodies fit. Emotions and the people who come into our lives matter just as much.**

### Self-Help Corner:

City of Edmonton Community Resources: 211 Support Network / Distress Line: 780-482-HELP

Kids Help Line: 1-800-668-6686