

# An Ounce of Prevention

Complimentary

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## Do You Have Any of These 3 Relationship Problems?

1. **Do your relationships seem to fade away after a while?**
2. **Do you feel like you're friendly and outgoing, but it's still hard to connect with people?**
3. **Do you generally try to avoid people, but sometimes secretly wish you had more people in your life?**

If you said yes to any of these questions, it may be that the world is telling you something. It's sending you a message that something is just not right.

You may feel that you are trying your hardest, and that others are distancing from you or rejecting you. But now, I ask you to consider the possibility that the truth may be the opposite. That other people aren't rejecting you; and that instead you are, unconsciously, not letting them in.

I have noticed that many who feel they are being shut out actually are emotionally walled off. They just don't know it.

Now let's talk about each of these problems, and take a look at what is actually, probably, going wrong for you.

### 1. Your relationships tend to peter out after a while.

There is a secret to keeping relationships alive. People who know this secret don't know that they know it. *They just know.* The secret is that relationships have to be fed, if they are to survive. How do you feed a relationship? You supply it with plenty of emotion. Emotion, as I have said before, is the fuel that relationships run on. If one or both members of a friendship or relationship hides or represses his true feelings, that relationship is, sadly, doomed. The members will drift apart, get bored, begin to feel distant. Eventually, it may stop altogether.

Emotions drive people. Feeling connects people. If you grew up in a household where your feelings were not responded to *enough*, (Childhood Emotional Neglect, or CEN) you may have walled off your feelings, to get them "out of the way." Now, as an adult, you are missing them when you need them the most: in your relationships with others.

Don't get worried, there are answers. Keep reading!

### 2. You are friendly and outgoing, but it's still hard to connect.

We already know from reading the last paragraphs that feelings are the binder and the driver of relationships. If you behave in a friendly and outgoing way, people may be drawn to you briefly. But if they don't receive something genuine and rich from you in the way of *feeling*, they may not be able to feel connected with you enough to bind them to you. They may not feel driven enough to seek you out again.

So if your genuine emotions are not readily available to you and others, and if you did not learn emotion skills in your childhood, (likely a result of Childhood Emotional Neglect, or CEN) then you may be missing a vital ingredient that others automatically have. It's only natural that you may be left feeling disappointed and confused.

Do not fear. Keep reading!

### 3. You generally avoid people, but sometimes wish you had more.

If this is you, you may think it's no big deal that you sometimes wish you had more people in your life. You may

treat it as a fleeting wish, and nothing more. But in reality, this wish is a reflection of your deepest, most alive self. And you should listen to it.

Of the 3 struggles we are talking about today, this one is the marker for the most ubiquitous Emotional Neglect in childhood, or CEN.

If your emotions were discouraged or ignored *enough* in childhood, you may be so far out of touch with them by now that they are not able to drive you toward their greatest need: relationships. Your emotions are a fountain inside of you, and even though your fountain may seem dulled, it is still flowing full force, I assure you. But the fountain is flowing behind the wall you built in order to cope in your childhood home.

You have the feelings, you only need to learn how to accept them, understand and use them. I have walked many, many people through this process, so I know firsthand how very possible it is.

### What to Do!

When you are struggling with the effects of Childhood Emotional Neglect, but are not aware, you are at its mercy. You puzzle and try, and puzzle again and try some more. Somehow, you probably end up feeling that others are rejecting you.

What you don't know is what you can't remember: that you were not allowed enough of the right kind of emotional connection as a child, and you were not taught the cascade of emotional skills that are required to form, and maintain, deep, rich, energizing connections with people.

But once you understand that there's an explanation for your problem, that it's not your fault that you have it, and that you can learn the skills, it changes everything. You realize that you haven't been rejected, you've only been, unbeknownst to you, walled off.

You realize that there is a way to break down your wall, welcome your True Self to the table, and begin to share in the richness that others have been enjoying all along.

And then you realize that *you are you*, that *you are good enough*, and that *you do, indeed, have what it takes* to be connected.

~ by Jonice Webb PhD

<https://blogs.psychcentral.com/childhood-neglect/2017/11/do-you-have-any-of-these-3-relationship-problems/>

## Daydreaming May Be Sign of Intelligence

New research suggests that daydreaming, or being off in your own little world, may not be an example of inattentiveness or disrespect, rather a sign of enhanced intellectual capacity.

Investigators from the Georgia Institute of Technology believe daydreaming during meetings isn't necessarily a bad thing. It might be a sign that you're really smart and creative.

"People with efficient brains may have too much brain capacity to stop their minds from wandering," said Dr. Eric Schumacher, the Georgia Tech associate psychology professor who co-authored the study.

Lead co-author Christine Godwin, Schumacher, and their research team measured the brain patterns of more than 100 people while they lay in an MRI machine. Participants

were instructed to focus on a stationary fixation point for five minutes.

The Georgia Tech team then analyzed the data to identify which parts of the brain worked in unison. Their study is published in the journal *Neuropsychologia*.

“The correlated brain regions gave us insight about which areas of the brain work together during an awake, resting state,” said Godwin, a Georgia Tech psychology Ph.D. candidate.

“Interestingly, research has suggested that these same brain patterns measured during these states are related to different cognitive abilities.”

Once they figured out how the brain works together at rest, the team compared the data with tests the participants that measured their intellectual and creative ability. Participants also filled out a questionnaire about how much their mind wandered in daily life.

Those who reported more frequent daydreaming scored higher on intellectual and creative ability and had more efficient brain systems measured in the MRI machine.

“People tend to think of mind wandering as something that is bad. You try to pay attention and you can’t,” said Schumacher. “Our data are consistent with the idea that this isn’t always true. Some people have more efficient brains.”

Schumacher says higher efficiency means more capacity to think, and the brain may mind wander when performing easy tasks.

How can you tell if your brain is efficient? One clue is that you can zone in and out of conversations or tasks when appropriate, then naturally tune back in without missing important points or steps.

“Our findings remind me of the absent-minded professor — someone who’s brilliant, but off in his or her own world, sometimes oblivious to their own surroundings,” said Schumacher.

“Or schoolchildren who are too intellectually advanced for their classes. While it may take five minutes for their friends to learn something new, they figure it out in a minute, then check out and start daydreaming.”

Godwin and Schumacher think the findings open the door for follow-up research to further understand when mind wandering is harmful, and when it may actually be helpful.

“There are important individual differences to consider as well, such as a person’s motivation or intent to stay focused on a particular task,” said Godwin.

~By Rick Nauert PhD

[https://psychcentral.com/news/2017/10/25/daydreaming-may-be-sign-of-intelligence/127905.html?li\\_source=LI&li\\_medium=popular17](https://psychcentral.com/news/2017/10/25/daydreaming-may-be-sign-of-intelligence/127905.html?li_source=LI&li_medium=popular17)

## Hypersomnolence (Hypersomnia) Symptoms

Hypersomnolence is characterized by recurrent episodes of excessive daytime sleepiness or prolonged nighttime sleep. It has previously been referred to as “hypersomnia,” but this name does not capture both components of its definition.

Rather than feeling tired due to lack of or interrupted sleep at night, persons with hypersomnolence are compelled to nap repeatedly during the day, often at inappropriate times such as during work, during a meal, or in the middle of a conversation. These daytime naps usually provide no relief from symptoms.

Patients often have difficulty waking from a long sleep and may feel disoriented. Other symptoms include:

- anxiety
- increased irritation
- decreased energy
- restlessness

- slow thinking
- slow speech
- loss of appetite
- hallucinations
- memory difficulty

Some patients lose the ability to function in family, social, occupational, or other settings.

Some may have a genetic predisposition to hypersomnolence; in others, there is no known cause.

Hypersomnolence typically affects adolescents and young adults.

## Specific Diagnostic Criteria for Hypersomnolence

The predominant feature is excessive sleepiness for at least 1 month (in acute conditions) or at least 3 months (in persistent conditions) as evidenced by either prolonged sleep episodes or daytime sleep episodes that occur at least 3 times per week.

- The excessive sleepiness causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- The excessive sleepiness is not better accounted for by insomnia and does not occur exclusively during the course of another sleep disorder (e.g., narcolepsy, breathing-related sleep disorder, circadian rhythm sleep disorder, or a parasomnia)
- It cannot be accounted for by an inadequate amount of sleep.
- The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.

Hypersomnolence can co-occur with another mental or medical disorders, though this condition cannot adequately explain the predominant complaint of hypersomnolence. In other words, the hypersomnolence is significant enough to warrant its own clinical attention and treatment.

It can result from a physical problem, such as a tumor, head trauma, or injury to the central nervous system. Medical conditions including multiple sclerosis, depression, encephalitis, epilepsy, or obesity may also contribute to the disorder.

~By Johnna Medina, M.A.

<https://psychcentral.com/disorders/hypersomnia-symptoms/>

### Parenting Corner:

#### How to Raise Emotionally Healthy Children

<https://psychcentral.com/lib/how-to-raise-emotionally-healthy-children/>

#### The Whole Brain Child - Animated

[https://www.youtube.com/watch?v=3vBEI79\\_oQE](https://www.youtube.com/watch?v=3vBEI79_oQE)

\*\*Copies of *The Whole Brain Child* available in the office

### Self- Help Corner:

Alcoholics Anonymous: 780-424-5900  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

Al-Anon/Alateen: 780-433-1818

Support Network / Referral Line: 211

Distress Line: 780-482-4357

Cocaine Anonymous: 780-425-2715

### Informative Links:

#### The National Women’s Health Information Center:

<http://4woman.gov>

#### 75 Things You Can Control

<https://blogs.psychcentral.com/weightless/2017/09/75-things-you-can-control/>