

An Ounce of Prevention

Complimentary

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5 Surefire Ways to Find Peace of Mind

If you're distracted by all that's going on in your life and yearn for a little respite, some peace of mind that you can bathe in, there's one thing you can do, that each person can do: get outside yourself. It's not as easy as it sounds. How do you get outside yourself, put some distance between you and your ever-present concerns? Here are five tips that may prove helpful:

1. Schedule some time for yourself that doesn't involve work.

With so many people multi-tasking today, it's a wonder there aren't more accidents, missed appointments, botched assignments and burnt meals. The human mind cannot adequately focus on two things at once. This goes as much for driving and texting as it does anything else. Yet, far too many people think they're more capable than the next guy, that they can do it all simultaneously.

Multi-tasking, besides being potentially hazardous to your health and the health of others around you, fills your head with too much information, leading to overload, stress, fatigue and a distinct sense of overwhelm.

The quick remedy is to pencil in some personal time to do what you want to do, if it doesn't involve work. It doesn't matter what you wind up doing, only that it is some activity that makes you feel good, removes you from all the responsibilities and tasks you've been overwhelmed by, and gives you the time you need to recharge and rejuvenate.

2. Learn to say no.

The word no is one of the most powerful in human language. Saying no frees you up to do other things, more meaningful things, tending to what's on your agenda, not someone else's. This is vitally important, since taking on too much at the request of others or imposing more work on yourself is guaranteed to backfire. For one thing, there are only so many hours in the day. Secondly, there's a limit to how much you can do nonstop, both physically and mentally, not to mention emotionally.

By saying no, you'll be establishing self-control and some necessary boundaries. If you desire peace of mind, get some backbone and find the courage to say no.

3. Don't wait until the end of the day to do what needs to be done.

You know the feeling of rushing to cram tasks in as the day nears a close. Whether at work, home, school or elsewhere, when you put something off until the end of the day, you're setting yourself up for disappointment, not to mention a sour look from the boss, loved one, teacher, family member or friend. Relieving some of the pressure you put on yourself must begin with tending to business in a timely manner. Whether it's a work or school project or duties in the home, even social obligations you've accepted, putting off until later is not recommended. Get an early start on what you need to do. That way you won't feel pressured and rushed. You'll also be more inclined to feel good about taking some time for yourself after your work is done.

4. Put yourself in someone else's shoes.

When you try to see life as someone else does, things look quite a bit different. You may come away from this exercise with a better appreciation of what you have in your own life to be grateful for. If you can provide some assistance to a person who needs it without being asked, this act of selflessness and generosity will add to your peace of mind.

5. Establish a network of faithful friends.

When you take the time to be with people you enjoy spending time with, life seems better. How simple a solution, yet it's also too easy to say you don't have the time for such interaction. Consider the benefits of being with good friends, as opposed to acquaintances. It's less tumultuous, stressful and obligatory and more fun, genuine and restorative. What better way to find peace of mind than to establish a network of faithful friends — and then do things with them?

~ by Suzanne Kane

<https://psychcentral.com/blog/archives/2017/09/26/5-surefire-ways-to-find-peace-of-mind/>

What is Motor-Mouth Syndrome?

"Motor-Mouth Syndrome" is when you or someone involved in a "supposed" conversation cannot stop talking to the point that the other person has great difficulty getting any words into the conversation. The conversation is one sided, as a result.

Motor-Mouths come in many versions but all do the same (incessantly talk and Hi-jack the conversation). Some are:

1. The Kind "Motor-Mouth"

You bump into this person, he or she asks, "How are you?," appearing like they are really interested in you. Once you give your short answer they immediately take the "ball" from you and never ever give it back to you. They incessantly talk about themselves and their interests.

2. The Extreme Narcissist "Motor-Mouth"

This kind comes to you to get their supply of admiration from you as they give themselves endless praise and edit out any flaws from their image. Once they leave, you think, "What a self-absorbed, egotistical, selfish %\$&^!"

3. The Professor "Motor-Mouth"

When this type of "Motor-Mouth" finds a listener that might look interested, he dumps on them their semi-truckload of knowledge. He is in love with his knowledge and has little awareness that he already lost his listener. As a matter of fact, he wore out his listener. It is unfair and insensitive towards the listener. They were not expecting a long lecture on something that could have been answered with two or three sentences. Quoting obscure sources and erudite phrases, this "Motor-Mouth" overwhelms others.

4. The Projectile Barfer "Motor-Mouth"

These come to you because they have a gripe or problem they are complaining about and they have to ventilate and dump it on some innocent listener. You feel they just assaulted you without your permission. They feel so easily empowered to verbally vomit their stuff on you. Then they wipe their mouths, and leave. They leave you with all that toxic waste on you and never even say "Thanks." How selfish!

5. The Educated "Motor-Mouth"

This person can, with eloquence, intelligently discuss any issue with you but is only interested in listening to hearing themselves. Trying to give a counter argument side is exhausting simply for the fact that you are trying to get a word in but cannot. When you walk away, you feel you were not listened to and/or that the other person did not care to really understand your side of the argument.

6. The Comedic "Motor-Mouth"

Comedic "Motor-Mouths" get a laugh from those around him but do not know when to stop. If someone says something in the conversation, it is an excuse to continue and spit out another joke. It goes on and on until folks get worn out and the humor is gone. He does not know when to stop.

7. The OCD "Motor-Mouth"

These types tell you something, then they repeat themselves saying the same thing over and over like you did not get it the first time. They annoy the daylights out of you because they cannot stop telling you what they just told you already... and they continue to do it.

8. The Activist "Motor-Mouth"

Activist "Motor-Mouths" can range from folks ranting about what they are angry about to those that assume you are as interested in their causes as you are. It can be political, religious, academic, shop-talk, etc. If you ask them one question about their area of concern, they deliver the equivalent of the "Gettysburg Address" to you.

9. The Deluded "Motor-Mouth"

This version erroneously thinks they are good listeners. In reality, they overwhelmingly control and dominate the conversation without really stopping to get feedback from the listener. They really are not interested in considering diverse views. They internally discount those views automatically and assume they have the only perspective that is valid.

10. The "I'm Right and You're Wrong Motor-Mouth"

This person has great difficulty in believing the best of others and cannot accept a meeting point in the middle. You are put into the category of an enemy of their position as prideful, archaic, being a Neanderthal, or given an infinitude of labels used to degrade you in their minds. Putting a label on you helps them justify their superior arrogant righteousness.

11. The Emotional "Motor-Mouth"

This "Motor-Mouth" is unique because they end up dominating the whole discussion due to their intensity of emotion whether it is with anger, yelling, or crying, etc. The emotional outburst ends up monopolizing and detouring any possibility of engaging with reason. This is not saying that this person's hurts and wounds don't matter, but once the emotional outburst happens, it totally takes over the discussion and nothing else matters any more. It kills any

opportunity for diverse thinking. The listener cannot respond for fear of being called “insensitive and uncaring.” The emotionally affected person cannot hear anything said from that point on, even if the other person is finally able to get a word in.

What is going on underneath the life of a “Motor-Mouth”?

1. The person is emotionally stuck in adolescence or childhood.

These ages are developmental periods where a person learns from their parents on how to share with others, not be selfish, and develop the ability to look outside of themselves to the needs of those around them. They are not able to be inter-dependent with others. One can say that “Motor-Mouths” are immature and selfish person. They have socially arrested development. Possibly, there was a parental failure to train them to be unselfish. Maybe the parents were selfish “Motor-mouths” themselves.

2. Motor-Mouths cannot put themselves in other people’s shoes. This makes them insensitive and therefore they miss many cues of what is going on with others. This contributes to them living in a deluded and blind selfish bubble.

3. As mentioned earlier, **they typically cannot believe the best of others** since they are already on a track of self-centeredness and elevating their worldview as the only one that is right. Is there hope for a “Motor-Mouth”?

The issue is how hungry is the “Motor-Mouth” to change?

The greater the selfishness then the greater the difficulty in changing.

“Motor-Mouths” must want to change badly and need to start shutting up and asking more questions in conversations. They need to practice listening to themselves as they talk. They need to measure their talking and work to shorten their statements. They need to say things concisely and precisely. A recovering “Motor-Mouth” needs to get input from others who are safe that will give them honest feedback. They need to recruit people to help them and coach them. After a conversation they can ask the other person, “Did I monopolize the conversation?” or “Did you feel like I listened and understood you?” “Motor-Mouths” should consider giving their friends permission to give them a hand signal when they are dominating the conversation or when the other person needs to insert their comments and views. Another way for “Motor-Mouths” to overcome their continuous talking is to imagine they are playing a game of verbal tennis. Like hitting the ball back and forth at regular short intervals, the “Motor-Mouth needs to stop talking and let the other person respond intermittently. This is a healthy way of participating in a mutually enjoyable interchange. As can be seen, there is hope for a “Motor-Mouth.”

~By Samuel López De Victoria, Ph.D.

<https://psychcentral.com/blog/archives/2017/09/23/the-motor-mouth-syndrome/>

7 Benefits to Doodling You May Not Know

Do you doodle? I sure do. Just the other day, I found myself drawing out hexagons on the edge of a notebook. It happened during a meeting that I had trouble tuning into.

Should I feel guilty? Not really. It turns out that doodling is more than a mental distraction. According to research conducted by psychologist Robert Burns, doodles are a form of art therapy (Jaret, 1991).

What are doodles?

At their core, doodles are non-verbal messages that surface from the unconscious mind. Typically, they symbolize feelings, thoughts, and perceptions in visual form.

Burns discovered that guys typically draw geometric shapes, like squares and circles – whereas women sketch out faces. I like to think of this activity as a window into a person’s internal landscape.

While this activity often gets a bad rap, there are real benefits linked to creativity, better learning and performance.

Here’s seven that might surprise you.

1. Outlet for creativity

You probably already knew this one but it needs to be mentioned. Doodling offers your mind an opportunity to express itself in a creative way.

Every line drawn or sketched should be thought of as an extension of your artistic side.

2. Great for concentration

In a study published in 2009, investigators discovered that doodling while listening to someone on the phone may have benefits.

The research revealed that participants were able to recall 29% more material afterward compared to those who just took notes (Andrade, 2009).

3. Promotes catharsis

One of the major main benefits of art therapy as a wellness vehicle is its unique ability to promote catharsis.

When you doodle, you help your mind tap into deeply held emotions and bring them to the surface. Over time, this promotes

psychological homeostasis, much in the same way that dream therapy does.

4. Encourages humor

We all need a good laugh from time to time. This is particularly true when we’re feeling blue. That’s where doodling comes into play.

When you draw (particularly faces), you allow your mind’s humorous side to become activated. Have you ever noticed the exaggerated features you sketch out of a boss, family member or friend are kind of funny?

That’s because you’re tapping into your brain’s right frontal lobe; the mind’s “funny bone” (ABC News, 2016).

5. Useful for anxiety

One of the amazing benefits of doodling is its ability keep you focused on the here and now. When you draw out mental imagery from the unconscious, you are engaging in a useful activity for anxiety.

That’s why it’s OK to doodle just before a test or job interview. Ask yourself which is healthier: Stressing about the outcome or drawing something random?

6. Helps solve problems

For reasons that we still don’t fully understand, doodling (an extension of art therapy) helps to generate fresh ideas.

Because this activity distracts folks from focusing on a given problem, it allows the unconscious mind to kick it around and inspire solutions.

If you are a doodler and have ever experienced a spontaneous “ah ha” moment, doodling may be part of the reason why it happened.

7. Encourages self-discovery

When you draw out random faces, lines, and shapes, you allow an opportunity for self-discovery. By assessing some of what you sketch through mindful reflection, you learn more about the inner you.

Rather than judge your doodles for quality, it’s better to examine them for meaning. Often, you’ll find they symbolize abandoned parts of the self.

Conclusion

Doodling is more than a pastime. It’s a form of art therapy that helps to channel your essence.

The next time someone suggests doodling is a waste of time, remember the seven benefits shared here.

Thanks for stopping by. Feel free to follow me on [Facebook](#).

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Andrade, J. (2009). What does doodling do? *Applied Cognitive Psychology*.

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~By John D. Moore, PhD

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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

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

Self- Help Corner:

Alcoholics Anonymous: 780-424-5900
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/>