

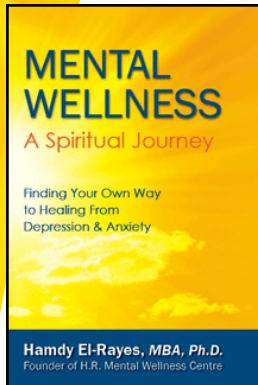
Mental Wellness

A life-long process of making choices that lead to personal growth and will help you reach your potential and live your life to its fullest.

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H.R. Mental Wellness Centre



Dr. Hamdy El-Rayes is the author of Mental Wellness: A Spiritual Journey

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Letter from Dr. Hamdy El-Rayes

I am very pleased to introduce our first issue of the "Magazine of Mental Wellness." Our goal is to inform you of new developments intended not only to help you to recover from depression, anxiety, and addiction, but also to support you as you strive to become the best you. With your interest and participation in this magazine, we will make life much better for all of us.

I intended to present this magazine a long time ago, but because of the lack of interested volunteers and my limited time, I could

not get it started. However, with the help and enthusiasm of Eva Deli, we have managed to make it a reality. We are interested in your participation with ideas, relevant articles, feedback, research, and donations if you can.

You know the saying: everything will fall into place in time. The newsletter became available at the same time I completed my first book on the subject of mental wellness titled "Mental Wellness – A Spiritual Journey" which goes well with the theme of this magazine and the name of

the Centre. The book presents a step-by-step process to help you heal. It explores the outcome of existing scientific research on the topic of healing as well as from my own personal experience.

Depression and anxiety are the most difficult problems you will ever face in your life. Overcoming depression and anxiety prepares you to face any difficulty you may come across in your life's journey.

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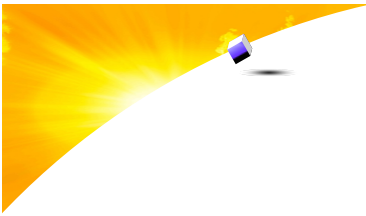
How to Improve Your Sleep

A good night's sleep has many benefits for us all. Here are a few simple steps you can take to ensure a better night's sleep:

- Keep a regular sleep cycle by going to bed around the same time each night;
- Create a comfortable sleeping environment;

- Reduce light and noise in your sleeping environment at and before bed time;
- Reduce caffeine intake in the afternoon and limit food intake before going to sleep;
- Avoid alcohol and nicotine-these can reduce the quality of

- your sleep;
- Minimize sleep disruptions by turning off your mobile phone, TV and music; and
- Clear your mind, meditate and unwind before you go to bed. Your bed is for sleeping-not worrying!



The human mind is complex

Is This a Marvel or Flaw of the Human Mind?

Sometimes, people see things so differently from others and they wonder why. Our mind is capable of making us see things the way "it should be" and ignores what it really is. This is shown in the following example. Please read the following QUICKLY.

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istlef, but the wrod as a wlohe. Amzanighuh?

You can see that your brain recognized the words although most of them were not correctly typed. It did not read them as they are but as they should be. That explains why when you ask two people to describe the same scene or an event, they have two different stories. That is the nature of our human mind.

De-Stress with Exercise

Exercise is one of the best stress-busting strategies, as it is a great way of relieving tension and getting you out of a bad mood! Aerobic exercise is the most effective, because it increases oxygen circulation and produces endorphins -- chemicals that make you feel happy. To get the maximum benefit, aim for 30 minutes of aerobic exercise three to four times a week. Your 30 minutes of aerobic activity can be made up of a few different activities to keep it varied and exciting. Try walking or jogging, stair climbing, skipping, or dancing.

No End to Chasing Material Wealth

More than four out of ten American millionaires say they do not feel rich. Indeed, many would need to have at least \$7.5 million in order to feel they were truly rich, according to a Fidelity investments survey. Some 42% of the more than 1000 millionaires surveyed said they did not feel wealthy. Respondents had at least \$1 million in investable assets, excluding any real estate or retirement accounts. Michael Durbin, president of Fidelity Institutional Wealth Services, said that the millionaires tended to compare their assets to the ones held by richer peers. The respondents are also thinking ahead for their retirement, and how much cash they'll need to continue funding that lifestyle even after they stop working.

Food for Stress Management

Ever thought whether food can have an impact on stress levels? While there are many ways to cope with stress, eating stress-fighting foods can help too. Foods can fight stress in several ways. Here are some practical foods to eat with stress-fighting benefits:

Oatmeal

Boosts levels of Serotonin, a calming brain chemical;

Oranges

Vitamin C can reduce levels of stress hormones while strengthening the immune system. Load up on Vitamin C before a stressful event;

Spinach

Magnesium found in spinach helps regulate cortisol levels which tends to get depleted when we're under pressure. Too little Magnesium may trigger headaches and fatigue, compounding the effects of stress. Alternatives to spinach are cooked soy beans or a fillet of salmon; and

Avocados

Provides high levels of Potassium which helps reduce high blood pressure.

"Oatmeal boosts levels of Serotonin, a calming brain chemical"



Spinach is high in Magnesium

Perfectionism – Friend or Foe?

Is there such a thing as being *too* perfect? Or is striving for excellence more beneficial than not?

Perfectionism can be healthy depending on how it affects your life. Researchers have found that perfectionism can encompass some positive qualities for those with healthy habits. ‘Healthy perfectionists’ may demonstrate an inclination to plan and organize, focus on excellence, and a willingness to strive and succeed. They also create realistic goals for themselves while focusing and leveraging on their strengths. Joachim Stoeber, a psychologist at the University of Kent says “A lot of good craftsmen, mechanics, and surgeons probably would be considered perfectionistic. If you’re happy and functional, there’s no reason

to worry about it.”

However, unhealthy perfectionism can be destructive. It leads individuals to set unrealistic goals, becoming discouraged when failing as they measure their own worth entirely in terms of productivity and achievement. Due to their need for exactness, unhealthy perfectionists can be inefficient, overload themselves with work and deter themselves from new challenges because each task presents an exaggerated, mammoth effort. Unhealthy perfectionism is associated with depression, social anxiety, anorexia, writer’s block and obsessive-compulsive disorder because perfectionists direct their strictness to these areas in their life.

Unhealthy perfectionism can also hurt relationships as it leads those perfectionists to worry about not being good

enough or to inflict their unrealistic expectations onto others, or both. It is important to tame our perfectionist attitudes. Here are several key points to emphasize:

1. Deliberately make small mistakes like not completing a task that would normally bug you if left undone. Ask yourself, was the outcome so bad? Take your blunders in stride;
2. Set specific goals for change. For example, ask questions you may not normally ask for fear of sounding ‘stupid’ without getting upset over it or the outcome; and
3. Coach yourself more compassionately and review your perceptions. Instead of insisting that you should always feel sociable and be engaging to others, accept that others will not judge you on one interaction where you are not.



Are you a perfectionist?

“Unhealthy perfectionism is associated with depression, anorexia, writer’s block and obsessive compulsive disorder...”

What Does Spirituality Mean?

Spirituality is an important dimension of the human experience. We are all spiritual beings driven to ask fundamental questions about the meaning of our lives, the reasons for our existence, and what makes our lives worthwhile.

Spirituality engages you in a personal quest for meaning and purpose that goes far beyond individual concerns. It demands a lifelong commitment and requires our attention, devotion, and self-awareness. Lack of spirituality creates an unhealthy imbalance

that affects our well-being. It takes us to a level beyond our logical minds and egos to embrace the world and understand that we are an integral part of the Universe.

Spirituality is available to all of us, whether we are atheists, religious, or non-religious. On the one hand, a person who does not practice an organized religion or attend synagogue, church, mosque, or temple can still be highly spiritual. On the other hand, someone can attend services and consider him or herself religious, yet lack the depth

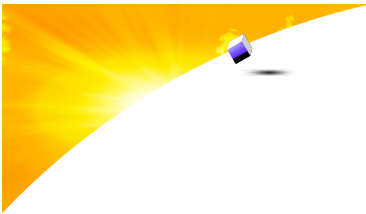
and understanding of the essence of spirituality in his or her own religion. Spirituality is personal and private in nature; it means different things to different people.

Its expression is individual and unique because it reflects our higher nature, and is founded on values, understanding, and openness to a diversity of experiences. Aligning our actions with these values, results in a more satisfying life. You need to define it in your own way and



Spirituality has different meanings to different people

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H.R. Mental Wellness Centre

Finding your own way to healing from depression, anxiety and addictions.



Dr. Hamdy El-Rayes

The H.R. Mental Wellness Centre was established by the El-Rayes Foundation to help you heal from depression, anxiety, and addiction, enjoy your life to the fullest, become more successful in your career and personal relationships, and share your gifts with the world. The Centre promotes a holistic approach to healing that addresses the whole person: body, mind, and spirit. The program uses an integrated approach including mindfulness, principles of Cognitive Behavior Therapy (BCT), Logotherapy, and spirituality. Membership at the Centre is free of charge.

Phone: 604-630-6865
E-mail: info@mentalwellnessbc.ca

We're on the web!
www.mentalwellnessbc.ca

Newsletter contributors:
Dr. Hamdy El-Rayes and
Eva Deli.

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You are privileged with more intelligence, talents, and gifts than most of the population. After you heal, you will be capable of sharing your gifts with the world and making a difference not only in your life but the lives of others as well.

We will always offer you innovative ideas that will help you in managing your career and personal life. The magazine will take a holistic approach that addresses body,

mind, and spirit. We will present you with many relevant topics relating to nutrition, exercise, sleep, work, life style and entertainment. We will keep you up-to-date with various aspects of daily life that help you become the best you. We will provide you with new evidence-supported practices using simple language along with a pragmatic approach to help you apply them to your daily life.

Enjoy our first issue.

Laughter Heals

A sales representative, an administrative clerk, and a manager are walking to lunch when they find an antique oil lamp. They rub it and a genie comes out.

The genie says, "I'll give each of you just one wish."

"Me first! Me first!" says the administrative clerk, "I want to be in the Bahamas, driving a speedboat, without a care in the world." Poof! She's gone.

"Me next! Me next!" says the sales rep., "I want to be in Hawaii, relaxing on the beach with my personal masseuse, the love of my life and an endless supply of Pina Coladas." Poof! He's gone.

"Okay, you're up," the genie says to the manager.

The manager says, "I want those two back in the office after lunch."

Continued from Page 3... What Does Spirituality Mean?

for your own purpose. A study was undertaken to define spirituality. Researchers analyzed 27 definitions of spirituality and found that there was little agreement. However, spirituality may include: recovering your authentic self and being true to yourself, self knowledge and self-discovery, and living a meaningful life with purpose.