

FALL 2005



## **understanding**

### **Mood disorders in simple terms**

A basic description of the types of mood disorders.

### **Test your mood**

### **Ask the pharmacists**

Medication questions about mood disorders.

### **Ask Ron Ellis**

Ron answers questions submitted by our readers.

### **What do they want?**

The elderly and their children—adjusting to living together.

### **Preventing postpartum depression (PPD)**

A review of some of the effective strategies, developed through research, to prevent and treat postpartum depression.

### **CBT workshop series—Part III**

How to deal with negative thinking.

### **Spare the children—Part II**

Remedies for high conflict separation and divorce.

### **The most common complication of cancer...depression**

Dr. Gary Rodin discusses cancer and how depression may diminish the motivation of patients to comply with treatment.

### **Women over 40**

Feeling good about your body at an age when many changes are taking place.

### **Helping those with BPD**

How to help your loved one when they suffer from BPD.

### **Myths about grief**

Clarifying common myths about grief.

## **healthy living**

### **The feeling good diet**

A one-day menu of foods to assist with good mood/health.

### **Caffeine**

Important information you may not know about caffeine.

### **Being healthy and wise**

Dr. Fligg discusses the importance of a balanced lifestyle.

### **Stand up for mental health**

Stand up comedy by people with mental illness—a way to build confidence and self-esteem while eliminating stigma.

## **teen talk**

### **Decreasing back-to-school anxiety**

How to reduce student anxiety when returning to school.

## **your stories**

### **Singer-songwriter, Amy Sky, putting things into perspective**

Amy Sky talks about her postpartum depression.

### **A fallen angel**

Debbi Coates' struggle with depression and BPD.

## **research**

### **Genes, eating disorders and S.A.D.**

The connection between genes and various illnesses.

### **Electroconvulsive therapy today**

How electroconvulsive therapy has changed over the years.

## **workplace wellness**

### **The physical face of depression**

Managing cardiovascular disease.

### **Back in the school zone**

Reducing stress for parents caused by back-to-school.

## **peer talk - A day in the life of a person with bipolar disorder**

## **resources - Classified ads and upcoming events**

## **bookshelf - The editor's/readers' choice of books**