

Quiet times help overall well-being

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Dr. Robert Rowland, clinical psychologist and Mental Health Program Director, resigned this position effective July 30th to accept a similar position in Haines, Alaska.

We wish to thank Dr. Rowland for the concern he has shown the residents of the North Slope, and for the energy he expended to help build the Mental Health Program. We also wish him the very best in his new position.

Dr. Rowland will be replaced by Dr. David Brister, clinical psychologist. Dr. Brister, his wife Phyllis and their five month old daughter are currently living in Huntsville, Alabama. Dr. Brister is expected to arrive in Barrow and begin work in early October.

In the last newsletter, Dr. Rowland wrote about stress. Much of the stress people feel today is caused by their lifestyles. Always in a hurry. Time and activities seem to be dictated by others rather than by oneself. At work it seems like everything was due "yesterday." Change in all aspects of life happening so fast that there doesn't seem to be time to get used to one way before it changes again.

In nature, everything as it moves, makes stops. The birds as they fly stop to make their nests, and at other times to rest in their flight. The whales in their never-ending migra-

tions stop to give birth, and to rest in their summering and wintering areas.

Perhaps man has forgotten that he is part of nature. Perhaps he has learned to ignore the restoring stops that nature instills in all its creations. Perhaps man needs to get in touch once again with nature — to make stops.

But how to do this. How to get back into making stops, to relaxing. Since man learned how *not to*, so must he now learn *how to*. It took *time* to learn how not to stop, not to relax; so it will take *time* to learn how to make stops, to relax again.

Each person must find his or her own way to do this, but there are some ways to begin.

Many people spend time scheduling this and that, so why not schedule a time that is just for you? Time to be alone with you, or time to do the things that relax you, make you feel good about you. Go for a walk, beach-comb, hunt, carve, draw, sew, play with your children — whatever activity that relaxes you, gives you energy back.

Haven't got the time or re-

sources? If you have 15-20 minutes and your imagination, you can try another way.

Make a quiet time. Perhaps it will be when you first go to bed.

Think of a specific calm place — a place where you have been so it will be easier for you to refresh your memory. Perhaps your favorite camping site, where you can hear the campfire crackling, smell fresh coffee brewing, and watch the flight of birds over the tundra. Perhaps your calm place is a cozy room with you curled up on the sofa listening to your favorite music while you watch the snow falling outside.

Try to use all your senses when you imagine your calm place. What do you see, what do you hear, what do you smell, what do you feel?

Your calm place should not include any people you know because there may be times when thinking about these people will upset you and disrupt your calm place.

Use your imagination only.

It is normal if you don't reach a high level of relaxation the first couple of times you try. The more you practice at imagining your calm place, the



**JUST TRY
TO RELAX**

better you will become and the greater the relaxation you will feel.

After you have chosen your calm place, stay with it. It is important to have one calm place that you have learned to relax with. It will then be easier for you during times of stress to think about your calm place and feel the relaxation it gives you.