

January
2018

Happy New Year!

A Slice of PIE

PIE is all about relationships....A Psychologically Informed Environment is a place or service that has been purposefully designed to support the mental, emotional, relational, learning and social needs of both service users and staff.

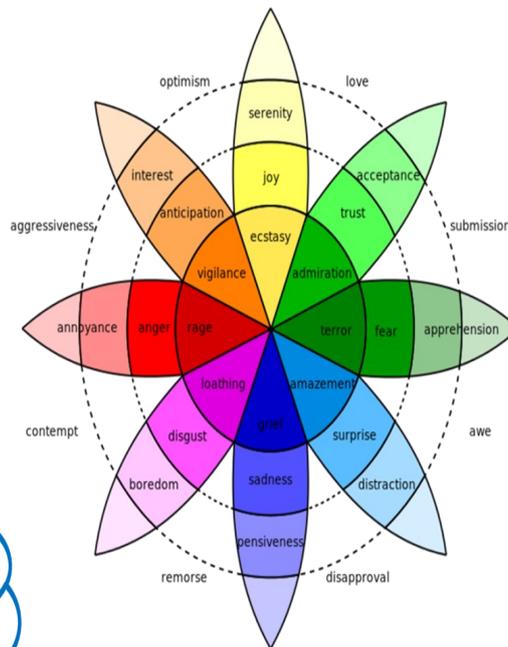


Understanding emotions

This is the first in what I hope to be a series of short pieces on understanding a whole range of emotions. One theory about emotions is that we are born 'hard wired' to experience some basic emotions such as anger, disgust, fear, happiness, sadness and surprise. The range of emotions we feel are thought to be a mixture of our basic emotions and thoughts and related to the language we use to describe how we feel.

The point of emotions is to help us understand ourselves & one another so we can get on in the world.

In 1980 Robert Plutchik constructed a wheel-like diagram of emotions visualising eight basic opposite emotions joy-sadness, anger-fear, trust-distrust and surprise-anticipation, plus eight derivative emotions each



When you feel a strong emotion, whatever it is, joy, sadness, anticipation, anger, love - I invite you to ask yourself 'What happened to make me feel this way?' 'Why am I feeling this now?'

At a certain time of year I start to notice that I do not feel as settled as I usually do, I start to feel sad and see my friends or family less often. I am

not laughing as much as usual. I get on with things, but 'I don't feel right'. After some days I have now learnt to ask myself - What's happened? Why now?

And then I remember. It's coming up to the anniversary of a friend's death, someone close who died unexpectedly a very long time ago. And I think to myself, *that's* why I feel sad.

I am supposed to feel sad because I miss my friend and I have missed not growing up with him and being part of the life I imagine he would have had. He wasn't an angel, but he was my friend. So I remember him, grieve a little more and smile for the good times we had.

I am still amazed at how my body seems to keep count of the days between anniversaries when I am not aware of my mind doing this.

*What happened?
Why now?*

By asking yourself why do I feel as I do, you might be able to:

- **help yourself feel more of the same if it is positive**
- **accept that's how I am supposed to feel right now**
- **work out what needs to happen and who might help you if what causes the negative feeling needs to change.**

The staff you work with, friends, family, colleagues, can help you work this out.

Now - I like feeling good. And one thing that is guaranteed to make me feel good is dance. So, if I want to feel good,

the music goes on  and I **dance, dance, dance** and then **dance** some more J.
Happy New Year!

Dr Ché Rosebert
Clinical Psychologist



We are always looking for feedback, comments, suggestions, articles and photos for the Bulletin.

Please email Jaydee Anciro, Specialist Services Team Manager with your contributions at: janciro@prha.net



In my Eden

By Kevin Fitzgerald – *Grounded Ecotherapy*

The soils now nurse the newly born
as greens weave into the lawn.

Waters dive to greet the root,
to cut the ways that pump the fruit.

And insects kick at their shells
and sleeping seeds turn in the dark.

Winters white sorrows hang in shreds
like the sheets of lovers beds.

For spring is pulsing deep in the gears,
To drive the drive the tips of tender spears.

The sun sheds and peels,
Soft winds seek out skin to feel.

The coming triumph of the flowers,
the stretching muscle of the wood.

Alcohol dependence, a biological imbalance, foods to encourage in helping to promote the recovery process



Strong evidence suggests that alcohol dependence can lead to nutritional deficiencies.

People with alcohol dependency are often deficient in vitamins A, B1, B3, C, D, E and K. They also tend to be lacking in the minerals calcium, magnesium, iron and zinc. Therefore thinking about the right foods which promote the recovery of the deficiencies has a logical basis.

Suffering from any addiction is a very individual personal experience, therefore it is impossible to approach this as a 'one size fits all', however when we see or feel positive change in our mood (feeling happy) we naturally incline toward, wanting retain that feel good factor.

Getting that feel good factor for someone with alcohol dependency has been seriously impaired because of the biological imbalance caused by the damages of alcohol dependency.

The elimination of key vitamin and minerals stops the brain and gut to produce natural neurotransmitters that are in charge of controlling our mood, concentration and ability to bounce back from life's downers.

Introducing the right foods helps assist the process of restoring the brains neurotransmitters back into balance is key to feeling happy, motivated and building your self-confidence.

Grains, wheat, potatoes all foods derived/used to make alcohol retains alcoholic feeling. In fact it can make the stomach more toxic/drunk because of the chemical makeup of the food with toxins from alcohol,

fermenting with the carbohydrates, turning into alcohol.

Neurotransmitters dopamine and serotonin (neurotransmitters for reward part of the brain) decrease with excessive alcohol use.



80-90% of the body's serotonin is produced in the digestive tract and close to half of the dopamine is also formed there. (*The Journal of Clinical Endocrinology & Metabolism vol 82, issue 11, 1st November 1997*).

Thus what we put into our digestive system has a profound effect on our mood.

Charles Gant a Washington, DC based Physician and author of *End Your Addiction Now* held firm the belief that the body's biological needs must be attended to first.

There is a chemistry imbalance fuelled by the deficiency in certain nutrients. Therefore a vital act then is to replenish those missing nutrients.

Eating a diet high in protein, 'brain healthy' fats, high fibre carbohydrates, and taking supplements that include vitamins and minerals can actually rewire the brain to reduce craving.

A high omega 3 and omega 6 diet (EPA and DHA) is a key component to

recovery. These good fats found in fish seeds and nuts (salmon, sardines, mackerel, pumpkin seeds, brazil nuts and more) help build the brain's ability to produce neurotransmitters (dopamine, serotonin).

I like to encourage those on a budget to buy tinned fish, the soft fish bones are edible and high in calcium and minerals.

A cost effective daily diet can help assist in the alcohol recovery process (individual needs obviously differ but general guide) :

*** Eggs – high in protein and amino acids, perhaps in the form of a vegetable/fish/chicken/mushroom omelette.**

***Fish, chicken paired with vegetables, with some nuts and beans.**

*** Avocados, olive oil and almonds and greens, tomatoes, apples.**

***Soups, caffeine free herbal teas that promote liver regeneration i.e. lemon and ginger tea, dandelion, ginseng, and much more. (Good for those who are finding hard to take down food).**

*** Protein and fats help prevent blood sugar fluctuation, increase energy, fuel the brain, and eliminate cravings.**

***Vitamin B, crucial for converting foods into usable energy.**

All the above foods contain the vitamins, minerals and the essential nutrients needed to assist in the alcohol recovery process .

Syeda Shahima

Cook n Eat volunteer

Useful Links



Pielink is a practice exchange network for homelessness/resettlement and others wishing to develop Psychologically Informed Environments –PIEs.

PieLink aims to develop a community of knowledge and a community of practice; to provide information, inspiration, and a forum for discussion and exchange.

Search <http://pielink.net/> to view and join.

More information can also be found on the G Drive under PRHA Referencing FolderG:\PRHA Reference.

The PIE strategy team can also be contacted for more information and advice:

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The TWIST Partnership

Funded under the work programme, Twist has had a great success helping people with chronic illnesses and disability to identify activities that had in the past given them great satisfaction and getting them to engage.

24 of its 25 staff are clients of the organisation.

They use unstructured conversation/approach in building a relationship with people. The approach enables people to do what they love to do but do not think possible anymore.

It enables people who are currently experiencing certain issues to address those issues.

For further information:

Twist Partnership
www.twist.org.uk
15 Holywell
Row
London EC2A 4JB
Tel: 020 7247 9797
Shankara.Angadi@twist.org.uk



Providence Row Housing Association

Join the PIE (Psychological Informed Environment) Working Group

EXPERT BY EXPERIENCE ROLE

We are seeking Service Users (current or ex) to offer feedback, consultation, advice as well as representing the views of PRHA Service users' perspective on various aspects of PIE within PRHA services.

JOIN OUR TEAM

The meetings take place the first Tuesdays of the month at PRHA Head Office on Bethnal Green Rd from 9.30am-11.00am.

- *We ask for a minimum of 6 months commitment to the role.
- *Appropriate training to perform your role effectively.
- *Reimbursement of travel expenses.

To register your interest and to find out more, contact Jaydee, Specialist Services Team on 020 7920 7328 or email at: janciro@prha.net