

HAPPe - News

The Huntington's Asymptomatic Positive People newsheet July 2001

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Website: <http://home.iprimus.com.au/insomnimac/happenews.html>



Hello to all...

Issue 4 is here already and the great news is I have finally finished my Masters degree. For those who don't know, it was a CD ROM Support Package for gene-positive Huntington's people and the state Australian Huntington Disease Associations will have a copy by the end of July. Details about the CD are on the website.

Also news this month is the first information about the National Huntington's Conference which is being held in Fremantle, Western Australia from 18-19th April 2002. The theme is "Collaboration: Making the Difference". For more information contact the Australian Huntington's Disease Association WA Inc on (08) 9388 3200.

Be well and happy til the next issue and don't forget to say something nice to at least one person a day! It will make both of you feel good...

About this newsheet...

This publication is directed first and foremost at gene-positive people in the Huntington's community. However, it is distributed free of charge by email or by mail on a monthly basis so, if you would like to receive your own copy, please contact Tracey at

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**PLEASE NOTE
NEW CONTACT DETAILS**

Website to Check out...

Neuroscience for Kids

<http://faculty.washington.edu/chudler/neurok.html>

A amazing site and not just for kids. Neuroscience for kids contains information, resources, links and a free newsletter. The content within each section is comprehensive and easy to understand even for the complete novice.

Activities make the site useful and the Brain Games section is fantastic. With



drawing, colouring-in, online questions and answers as well as shockwave interactive games, this site has something for everyone.

This might not be HD specific but it certainly is a great place to start your own or your children's research into the brain, the mind and the field of neuroscience.
DON'T MISS IT!

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SEND US YOUR
RECOMMENDATIONS AND
IDEAS!

A thought...

*When asked if my cup
is half-full or half-empty
my only response
is that I am thankful
I have a cup.*

Sam Lefkowitz

What's new in Research?

Italian discovery may suggest a new approach for developing therapies

The discovery of one of the normal huntingtin protein's exact functions within the brain was reported by a research team based at the University of Milan. The find suggests novel therapeutic strategies to help fight Huntington Disease.

http://www.hdac.org/news/italian_discovery.html



Good Ideas...

Introduction to Stress Management

<http://www.mindtools.com/smpage.html>

This site has great information and techniques for managing short and long-term stress which can be incorporated by almost anyone. The following is an excerpt from the site which should give you an idea of the type of information and ideas which it contains.

Understanding Stress

What is stress, and what can cause it?

For the purposes of these articles we consider stress to be anything that stimulates you and increases your level of alertness.

Life without stimulus would be incredibly dull and boring. Life with too much stimulus becomes unpleasant and tiring, and may ultimately damage your health or well-being. Too much stress can seriously interfere with your ability to perform effectively.

The art of stress management is to keep yourself at a level of stimulation that is healthy and enjoyable. This series of articles will help you to monitor and control stress so that you can find and operate at a level that is most comfortable for you. It will discuss strategies to reduce or eliminate sources of unpleasant stress. It will also explain what can happen when you do not control stress properly.

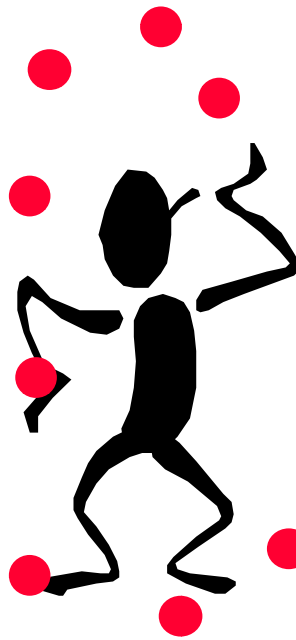
Most people realise that aspects of their work and lifestyle can cause stress. While this is true, it is also important to note that it can be caused by your environment and by the food and drink you consume. There are several major sources of stress:

* **Survival Stress:** this may occur in cases where your survival or health is threatened, where you are put under pressure, or where you experience some unpleasant or challenging event. Here adrenaline is released in your body and you experience all the symptoms of your body preparing for 'fight or flight'.

* **Internally generated stress:** this can come from anxious worrying about events beyond your control, from a tense, hurried approach to life, or from relationship problems caused by your own behaviour. It can also come from an 'addiction' to and enjoyment of stress

* **Environmental and Job stress:** here your living or working environment causes the stress. It may come from noise, crowding, pollution, untidiness, dirt or other distractions. Alternatively stress can come from events at work.

* **Fatigue and overwork:** here stress builds up over a long period. This can occur where



you try to achieve too much in too little time, or where you are not using effective time management strategies.

Summary

This series of articles has shown the following key points:

* That the stress you experience is something that is largely under your control

* Stress can come from a range of different sources

* Short term stress occurs where you find yourself under pressure in a particular situation

* A certain level of short term stress is needed to feel alert and alive

* Too much is unpleasant and can seriously damage performance

* Short term stress is best handled using mental or physical stress management techniques

* Long term stress comes from a build up of stress over a long period

* Sustained high levels can lead to serious physical and mental illness if not controlled

* Long term stress is best managed by changes to lifestyle, attitude and environment

* By using a stress diary you can monitor and understand the causes of stress in your life. The diary can help you to evaluate your performance under stress.

* Once you understand what is causing you stress, you can make an action plan for stress management. This gives you positive goals to work towards.

