

around



SAY WHAT?

Some famous quotes:

“When people are laughing they’re generally not killing each other.”

Alan Alda



“Laughter is the sun that drives winter from the human face.”

Victor Hugo

“A laugh is a smile that bursts.”

Mary H Waldrup

“Seven days without laughter makes one weak.”

Mort Walker

“A good laugh and a long sleep are the best cures in the doctor’s book.”

Irish proverb

FURTHER INFORMATION

For information on Laughter Yoga Ireland, log on their website at www.laughteryogaireland.org. A TG4 documentary featuring Dr Kataria’s visit to Ireland with Mary Mitchell can be watched on YouTube.

They can come from all walks of life, she says. “Community organisations often send two or three people along to be trained and then go back and do the laughter yoga in their own organisations. We get a lot of nurses and therapists as well as ordinary people who want more laughter in their life.”

Mary was the first person to bring laughter yoga to Ireland – as far as she knows. A website check also shows that there are many people in Ireland now offering laughter workshops.

FAKE IT TILL YOU MAKE IT

Dr Madan Kataria (below), who trained Mary, points out that even “fake” laughter can be beneficial for the body.

“It starts off as forced laughter but if you are in a group



and you have good eye contact, it becomes real. The body doesn’t know the difference between forced laughing and spontaneous laughing. We have a slogan: ‘Fake it, fake it until you make it!’”

The feeling of health and energy from laughter yoga is often compared to the ‘runner’s high’, he believes.

“Emotional balance is an important benefit. Laughter yoga makes it easier to cope with life and its challenges. It can also have a cathartic effect by diffusing painful emotions. It can also prevent or stop conflict.”

Laughter Yoga has also been shown to be beneficial to people who are struggling with anxiety or depression and who may have poor social skills.

Therapists find that they tend to get involved in the group session in spite of themselves. **CL**

up to €473 for a family of two adults (40-49 years) and two children under the age of 17.

Customers renewing their One+ Plan in April will automatically receive free Dental Starter cover for the year. This Dental Starter cover will include:

- up to 70% cover for investigative and preventative treatment;
- up to 50% cover for basic treatment such as fillings, tooth extractions and emergency treatment;
- up to 40% cover for a major treat-

ment such as root canal treatment, plus bespoke children’s benefits for examinations and sealants.

“Our Dental Starter was introduced last year in response to changes to the PRSI Dental Treatment Benefits Scheme,” says Declan Moran of VHI. “It offers very broad basic dental cover from as little as €10 a month.”

Last year VHI paid out over €3 million in dental treatments with 95% of payments paid into members’ bank accounts within 10 working days.

FIONA HOBAN

www.fionahoban.ie



There’s none so blind as those who will not see ...

Westport counsellor and lecturer Fiona Hoban joins the *Country Living* team.

Hello Readers, Fiona Hoban here. Some of you may remember me from the *Women & Agriculture* conference in 2009 – and what a great day that was!

Time flies by and as we head into the second quarter of 2011, I think it’s fair to say that times are still tough for many of us. Now, more than ever, we need to take good care of our mental and emotional health and I will be addressing various well-being issues each week. I’m delighted to be on board with *Country Living*, so if you have any concerns or need a little bit of advice or reassurance, I’d be more than happy to respond as best I can. My contact details are at the bottom of the page.

MIND YOUR OCEAN

If you hold up a grain of sand close to your eye, it can block out your view of the entire ocean. I think it’s fair to say that there’s been an increase in the amount of doom and gloom doing the rounds in recent times.

In this difficult economic climate, no-one is denying that things are really tough for many people. But when I get overly caught up in the doom and gloom, I miss the bigger picture. I block out the view of my ocean.

We all need to make sense of what happens to us. The way we do this has considerable bearing on our well-being. In that sense, the event is far less important than how we react to the event.

Psychologists have found that we tend to interpret events according to various “attributional” styles. I call them the three Ps:

- personal – how personally we take events that happen;
- pervasive – how much of our lives we assume the event will affect;

- permanent – how long we assume the event will last.

If I use the example of someone losing their job, a person’s attributional style may be that they react by taking it very personally; they assume that this means their entire life is ruined, and that the situation will never end or improve for them. It’s obvious how such an interpretation or perspective will affect their well-being.

A healthier attributional style would be to understand that the job loss is not a personal reflection of them, and while it may affect some areas of their life, it won’t affect all areas of their life and that, in time, the situation will improve.

So, if things are pretty tough for you at the moment, I’d encourage you to realise it’s probably nothing personal; it need not impact on all areas of your life (don’t block out your ocean!) and it won’t last forever.

As the saying goes: “This too shall pass.” Or, as a student of mine says: “It’ll come, it’ll go, it’ll be fine.”

I read a story recently told by Anthony De Mello about a monk who suffered from depression before he experienced enlightenment. When asked what happened to the depression after his enlightenment, the monk said that the depression was still there, only now it didn’t bother him.

On the off chance that any of you think that I’m writing this from a place of enlightenment, think again!

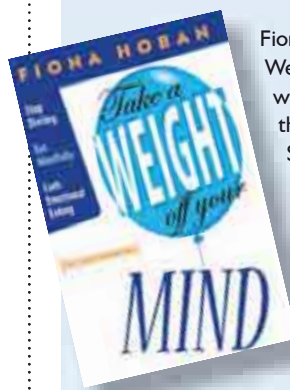
I’m not quite in the head-space where I can say “this recession with all its uncertainty really doesn’t bother me anymore”!

How and ever, each day I endeavour to put aside anything that blocks the view of my ocean. Because just as the grain of sand will always be there, so too will the ocean – it’s up to me to choose to see it. **CL**

GET IN TOUCH

Fiona Hoban works as a counsellor in Westport, Co Mayo and also lectures with the National Counselling and Psychotherapy Institute of Ireland (NCPII). She delivers well-being and motivational talks at various conferences and workshops throughout Ireland. For more details go to www.fionahoban.ie

If you would like to get Fiona’s advice or insight on a particular subject please email info@fionahoban.ie or write to Fiona Hoban, Irish Country Living, Irish Farm Centre, Bluebell, Dublin 12.



WORDS OF LIFE

God commendeth his love towards us in that, while we were yet sinners, Christ died for us.

Romans ch.5 v 8.