

JULY NEWSLETTER

Two Beers and a Puppy



A writer named Ross MacCammon developed a basic thought experiment that is now known as the 'Two Beers and a Puppy Test' from his book *Works Well with Others*. Based on asking yourself two questions this supposedly can help you determine how you actually feel about someone.

Please note that this is not a psychological assessment and is not evidence based. This is for interest only.

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First you need to pick a person in your life, it can be anyone. Then ask yourself, “Would I have two beers with this person?” And: “Would I allow this person to look after my puppy over a weekend?”

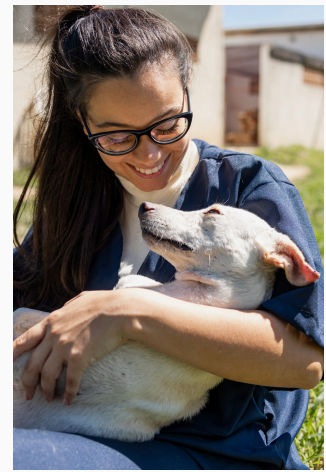
Some people are beer people, some people are puppy people. A sacred few are both. Unfortunately, some people are neither.

According to MacCammon if you have someone who is neither a beer or a puppy person they are to be avoided at all costs. This person is not someone you would willing spend time with and is probably not responsible or trustworthy enough for you to leave your puppy with them.



People who are beer people but not puppy people are to be cautiously trusted. These people are fun, you can have a great time with them. But, at the end of the day you may find yourself questioning if they have your back and if needed are they going to come through for you. This relationship may need more time to develop for you to gain trust, or maybe their someone you enjoy the company of and that's are far as that goes.

People who are puppy people but not beer people probably aren't any fun. However, they probably make the world a better place. We need these people in our lives. They are responsible, ethical and will most likely support you when needed. They will get the job done and are true to their word. You might not want to hangout with these people, but show appreciation for who they are and what they do.



Some rare people are both beer and puppy people. These are wonderful people. They are the mix of fun and responsible. You can enjoy their company and know that if you need them you can rely on them to help you out. Your life and work are better because of these people, don't let them go.

Did You Know:

Beer is one of the oldest beverages in the world, with evidence of brewing dating back to at least 5000 BC. The earliest brewers were women, and in some ancient cultures, like Sumeria, there was even a goddess of beer, Ninkasi.

24 Hour Cancellation Policy

As the weather gets nicer it is tempting to skip your appointment, but please be mindful of the 24 hour cancellation policy.

What is the Policy?

The policy states that if you cancel your appointment within 24 hours of the appointment **you will be charged 50% of the fee**. If you do not come to your appointment **you will be charged 100% of the fee**. This is stated in the client intake form that must be completed before your first session. Please note that waiving cancellation fees is done at the discretion of the clinician.

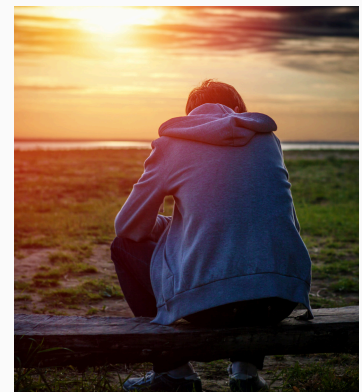
Why Have a Cancellation Policy?

The cancellation policy is in place to protect the clinic and clinicians. If you do not show up to your appointment or cancel within 24 hours we cannot fill your time slot. **The clinician does not get paid if they do not see a client**. Overtime this can greatly impact the clinician's salary.

Following the cancellation policy is greatly appreciated and is seen as a sign of respect for our clinic, our professions and our time!

Bummer of a Summer

Believe it or not seasonal affective disorder (SAD) is not just a winter thing! Many people attribute SAD to the lack of sunshine in the winter however it is important to know it also greatly impacts people in the summer. There are a number of attributing factors that can be linked to feeling summer time sadness. So what is SAD? What are the contributing factors? And more importantly, what can you do about it?



Seasonal affective disorder (SAD) is defined by the Mayo Clinic as “is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year”.

In most cases, SAD symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Symptoms can include ;

- Feeling sad, or down most days
- Losing interest in activities or hobbies
- Difficulty concentrating
- Feeling hopeless, worthless or guilty
- having low energy or feeling sluggish

More summer specific symptoms can include;

- Trouble sleeping (insomnia)
- Poor appetite
- Weight loss
- Agitation or anxiety
- Increased irritability

Contributing Factors

Environmental Stressors

Some of us love to bake in the sun, others not so much. Some of us love to smell the flowers, others are allergic.

The changes in our environment have huge impacts on our mental health, a study completed in 2019 found that increasing ambient temperature actually reduce emotional well-being in adults. Meaning that high temperature, in this study that was 21 degrees Celsius and up, decreased feelings of positivity and increased negative emotions such as stress and anger as well as increasing feelings of fatigue. This was particularly prevalent in older adults and people who worked labour jobs or outside for prolonged periods.

Allergies to the outdoors can also put people in a bad mood purely due to being uncomfortable for extended periods of time.



Sun Rise and Sun Set

In the winter people who experience SAD often talk about sleeping to much, almost like wanting to go into hibernation and feel lazy. In the summer we see the opposite, people sleep to little and become exhausted.

This has to do with our circadian rythme, or our sleep-wake cycle. Having the sun rise earlier and set later impacts our melatonin and cortisol production. Our bodies produces less melatonin making us less tired, and may increase our morning cortisol waking us up earlier. This often leads to having difficulty falling asleep and sleeping less making people tired. In some cases people develop summer insomnia.

Added Social Pressure

This is the toughest one. People sometimes feel the pressured during the summer to go out and enjoy it, even if it's not what they really want to do. This can manifest in anxiety around social events, feeling pressured to be outside all of the time, body image concerns, financial and time constraints as well as feeling the need to be constantly doing things.



With all of this pressure surrounding what they ‘should’ be doing, comparing themselves to others and watching social media we can feel as though we aren’t living up to our full potential. The biggest thing to do when you feel this creeping in is practice self compassion. Acknowledge what you are feeling, know that it’s okay to fee that way and the feeling will pass, even question the feeling. Where did it come from? Why is it here? Is it true or is this a thought that come from assumptions?

The next step is to ask yourself, what do I need right now? Whatever that is, do that. It might be saying no to an invitation, lying inside next to the air conditioning, taking a nap or having a snack. Whatever you answer is practice that and know that you are taking care of your own needs.

Quick Tip:

One of the quickest and most efficient ways to practice self compassion is to limit social media use. Social media is the highlight reel of other people’s lives, it is not their everyday or their hard moments. Therefore you can only compare yourself to what they have chosen to show you.

Managing Routine Disruption

As soon as the sun comes out and it gets a little bit warmer it's like we all go on vacation. We stay up later, we eat differently, the kids are out of school, our hobbies might shift, work hours might change. Ultimately we shift our routines to accomodate a more relaxed lifestyle, however this might actually become more stressful.

One of the best ways to manage routine disruption is to add structure to your day. This can be small things such as having a morning or before bed routine. A small and effective way to add structure is to have meals at around the same time everyday. Many people find that this helps breakup their day into parts such as morning, afternoon and evening.



Another effective way (but much more difficult) to manage your routine is to go to bed and wakeup at the same time everyday. The chances of this happening are much lower, so to make it more functional choose days that it works with your lifestyle such as going to bed and waking up at the same time on weekdays but not the weekend.

You can also make plans in advance. The trick to this is to keep them flexible, if there is something you want to do it doesn't need to be done at an exact time but maybe allocate a portion of your day to it. For example, washing the windows in the morning then lunch. When you do this you provide yourself with some structure, but no times as to when it needs to be started or completed. Planning you day like this can also help you feel accomplished by helping you tackle tasks as they come up.

Updates, This & That

Clinic Closure

Please note that the clinic will be closed closed Canada Day weekend. We will not be open July 28th, 29th, 30th and July 1st .

Sending Best Wishes

Madison will be off for an extended period after breaking her ankle. We are wishing her a speedy recovery and are certain she will be back in the clinic in no time. If you have not yet heard from Adrienne or Leah and have an upcoming appointment with Madison (within the next 6 weeks) please call the clinic and we will figure something out for you. Phone: 709-745-1908.

Away from the Clinic

Dr. Bri will be away from the clinic from July 25th to August 8th . She will not be seeing clients at this time.

Our Team Just Got Bigger!

Say Hi to Morgan!

Morgan is with us for the summer! She is currently in her second year of chiropractic school. She is a registered massage therapist who has experience working with athletes and prenatal massage. Morgan will be working evenings until August!



Give a big welcome to Kayla!

Kayla is a registered massage therapist coming from massage experts. Kayla is with us full time! She can treat a wide range of conditions using myofascial release, lymphatic drainage, cupping, gua sha, and more to relieve pain, reduce stress and improve overall wellness.



Now Offering Couples Therapy



You Asked, I Listened!

By using the gold standard method for couples counselling, The Gottman Method, we will work together to help you reach your goals as a couple, create a sense of respect, understanding and open communication while improving connection.

Each session creates the opportunity for each individual to share uninterrupted in a controlled setting while receiving guidance from a licensed couples therapist. Couples will receive at home exercises to continue learning and growing between sessions!

Couples therapy can help you build a healthy, lasting relationship and also addresses...

- Conflict Resolution
- Navigating Parenthood
- Communication Breakdown
- Amicable Separation
- Improving Intimacy
- Pre Marital Therapy
- Strengthening the Relationship
- Major Life Changes/Challenges
- Complex Family Dynamics
- Infidelity

Session Time/ Pricing

50 Minute Session - \$200, *HST Exempt*

90 Minute Session - \$360, *HST Exempt*