

**FF** Depression on a global level is the leading cause of disability.

forms of psychotherapy, which can be used with or without the use of medication. Such as cognitive behavioural therapy, which helps the individual to become aware of the way they think and act and recognise how this makes them feel. By removing negative or unbeneficial thought patterns and replacing them with a positive and realistic approach their life becomes a far more pleasant experience.

'Mindfulness Meditation' or Mindfulness-based cognitive therapy (MBCT) is being prescribed more and more by GP's in Australia when it comes to effective treatment for depression.

It is a simple practice, which brings you into your awareness by noticing whatever feeling you're experiencing, whether pleasant or unpleasant, allowing yourself to experience it without trying to change it.

This technique is said to stop your mind from wandering off into the past or future. Which will then allow you to be in the now, and enjoy yourself!

Lifestyle factors play a very important role too when it comes to looking after your body and your mind. A healthy diet and adequate exercise can have drastic effects on your mood and general well-being.

Animals can help too, in particular dogs as they provide us with company, which helps with feelings of isolation and loneliness. Dogs have evolved to become attuned to humans and our behaviour and emotions. Therefore are receptive to our moods.

Recent studies show evidence that in just a few minutes of patting a dog a cocktail of "feel good" hormones are released, in particular serotonin which helps to regulate the mood, social behaviour, appetite and digestion, sleep, memory and sexual desire. Other hormones include oxytocin and prolactin.

If we consider the benefits of taking your dog for a walk, the results are outstanding. A 30-minute walk, three times a week with your canine companion can reduce blood pressure, increase energy, improve mood and your sense of well-being and facilitate weight loss.

Depression is not a dead end road, there are a number of treatment options and lifestyle choices to aid in your recovery. Although we don't yet have a sure cure we have information so that we can educate ourselves to better understand the disease that affects around 1 million Australian adults. ■

For further information or support you can visit:  
[www.beyondblue.org.au](http://www.beyondblue.org.au)  
[www.lifeline.org.au](http://www.lifeline.org.au)  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

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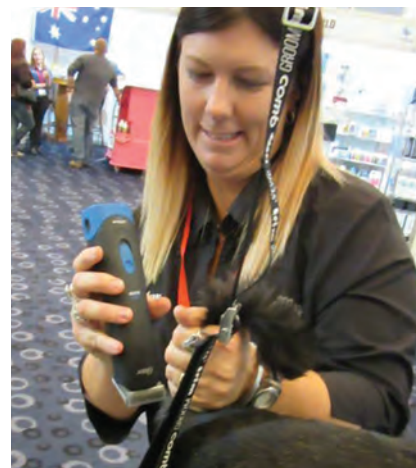
**TESTIMONIAL...**

*"As a groomer of over 2 decades, I've certainly used various corded and cordless clippers over the years. I like the freedom of cordless clippers, but need to have the same power that the corded clippers produce. I have found in the past other brands of cordless clippers have lacked the stamina. I am so impressed with the power of the new Oster Pro3000i that I have now put away my corded clippers as I find the motor in these great cordless clippers is now all I need. The clipper itself is very easy to handle and the performance speaks for itself. The clipper feels very comfortable in the hand, and what really impresses me is the run time. The fact that the clipper does not lose power when the battery is low, rather it simply shuts itself off is a plus also. Quick enough to charge, and easy to handle. The new Oster Pro3000i are the perfect piece of equipment for every groomer's toolbox. Love my Oster Pro3000i they are my new "Go to" clippers."*

The **Oster Pro3000i** is a powerful heavy duty cordless clipper designed for continuous use. The clipper features a high speed quiet and powerful motor with a clipping speed of 3,000 strokes per minute. Lightweight with an ergonomic design and features a lithium-ion technology battery, which provides two hours clipping time from single charge.

**KEY FEATURES:**

- Designed for all day, heavy duty use.
- Power and balance yet a light weight ergonomic design.
- Compatible with all A5 style detachable blades.



Lithium Ion Technology



3000 Revs per minute



Heavy Duty

**Vanessa Parsons**  
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