

# DR. QUIET

**“As turning the logs will make a dull fire burn, so  
change of studies a dull brain”**

LONGFELLOW, 1857

Scientific studies show that humans are capable of concentrating for about 18 minutes before performance deteriorates. Yet many of us push ourselves all day without a break: “Just get this call”, “Just see this one extra”, “Must write this letter”. Without turning the logs. Make yourself stop, or get your receptionist to make you stop....Even for 30 minutes. See how much better you feel at the end of the day, how much more able you are to get through the day. Ask your family if they’ve noticed a difference when you get home.

**“Study sickness while you are well”** Thomas Fuller 1732

These “Circuit Breakers” may help.....

*BUNNINGS* You can’t tell me you don’t love a trip to Bunnings! A short walk from the Division or from Dandenong Hospital, wonderful place for an amble about AND they have coffee in a garden café. Be wise with your choice of goodies! Choose the oaty ones with the low Glycaemic Index. Then again, if you do choose the white chocolate chip cookie, at least you’ve walked it off!

*KEYSBOROUGH ANIMAL PROTECTION SOCIETY* Off Lower Dandenong Rd. are always in need of Volunteer Dog Walkers. Friendly people, you only need to call 97988415 to register

*MOBILE MASSAGE* “Eyebright Therapeutic Massage” will come to you with fairly short notice (you may need to book a day ahead). Very facilitating people, they charge \$60/hr to come to you 97963646

*WALK TO A PARK* and take a book to sit and read. I can highly recommend “Tuesdays with Morrie” by Mitch Albom to get you thinking

*STRETCHES* The Sunday Sun has a section called “Heart and Soul” which often includes some good office stretches and activities eg: triceps dips on your chair- put the brake on first!!

*CALL THE DIVISION* and arrange to meet us at Bunnings!! Or for a picnic. We would be delighted to talk about our programs with you in a Docs 4 Docs environment.

*A LEISURELY HAND WASH* Take the time to leave the consulting room and have a thorough hand wash, face wash with pleasant refreshing soap and a soft towel. Makes you feel better, smell better and reduces the risk of infection. So simple, so effective!

**“While it is true that periods of weariness help the spirit to grow, the prolonged ongoing state of fatigue to which our world seems to be adapting is ultimately soul destroying as well as earth destroying”**

Michael Leunig