



Positive Thinking

According to psychologists, if you are not a natural optimist, you can learn to be one. Eventually, you might find yourself becoming an optimist just by acting like one. Begin this way; When you are reacting to an event in a negative way, stop for a minute and consider whether there is another point of view, then try to reframe your thought. Keep a happy diary, start with ten things both big or small, for which you are grateful e.g. my partner is in good health or my boiler didn't crash today. Keep adding more blessings as they occur to you, and on the day when you are feeling low, curl up with your diary and a hot drink. See the things around you with a child's eye, butterflies, changing seasons and even high-tech film effects. Listen to happy up beat music, dance to it if you can. Look in the mirror and smile at yourself for few minutes. Stop being unhappy and act as if you are happy that will tend to make you happy. Becoming a **volunteer** could even add years to your life. Studies shows that people who have religious beliefs and practice it live an average of eight years longer than those who never do. Believing in higher power may make it easier to deal with life's difficulties and help to relieve stress. Studies show that caring for a pet– a creature totally dependent on you produce better health in as little as a month.

When the attitude is positive we have pleasant feelings and constructive images and see in our mind 's eye what we really want to happen. This brings brightness to eyes, more energy, happiness and success. Even our health is affected in a beneficial way. We walk tall and the voice is more powerful. Our body language shows the way we feel inside.

If you tend to have a negative outlook, don't expect to become an optimist overnight. But eventually your self-talk will automatically contain less self-criticism and more self-acceptance.

Practicing positive self-talk will improve your outlook. When your state of mind is generally optimistic, you're able to handle everyday stress in a realistic and constructive way. That ability may contribute to the widely observed health benefits of being an optimist (source: 'Looking after your body', Reader's Digest 2006).

Negative Self-talk

I have never done it before

It is too complicated

I don't have the resources

There is not enough time.

There is no way it will work.

I don't have the expertise.

It is good enough.

No one bothers to communicate with me.

I am not going to get any better at this

I am never going to learn how to manage my stress.

Positive Spin

It's an opportunity to learn something new

Lets look at it from a different angle/breakdown in small stages

Necessity is the mother of invention.

Let's re-evaluate some priorities.

I can make it work.

I will find people who can help me.

There is always room for improvement.

I'll see if I can open channels of communication.

I will give it one more try.

I am going to try to learn how to manage my stress.

I can go on a stress management course.

Summer Evenings

Summer calm, peaceful
The warm summer breezes



gently brushes past your cheek and shoulder
Wrapping you in its summer magic
All your friends are there
You smile, since it has been so long
As you fall onto the cool grass you make a grass angel
Laughing, Screaming, Smiling
The realization of true happiness enters your head as you enjoy the company of summer and good friends

Shani Bogamuwa

(if you would like your poetry to be published in the newsletter please send it to us in advance)

EREC Advice and

Information Sophie Khan, Advice & information coordinator at EREC will be coming to our drop-in to provide us with information on racial discrimination, harassment in employment or when accessing goods, facilities and services. Her talk will also cover victims of racial harassment or racial crime. If you think you have been discriminated against on racial grounds then please make every effort to attend on the day - date to be confirmed.

Get ready for the Summer Outing at Longleat Safari Park!!

For a lovely day out visit the Safari Park with us on the 27th July. You will have the opportunity to explore King Arthur's Mirror Maze and the Adventure Castle.

Adults & Children £12

Senior Citizen £10

Non members £15

Please contact the office for Neera/Sabah/Rubina or Hasu on 020 8373 6220/6218

Saheli`s AGM 2007

Our Annual General meeting will be held on Monday 30th July 2007. We have Dr. Pushpindar Chowdhry, executive director of "Tongues On Fire", coming as a speaker. She has her doctorate in psychotherapy. The meeting will be chaired by Chandra Bhatia, Director of Enfield Racial Equality Council.

Regular Events

Monday Yoga 10:30 - 11:30am

Start the summer season with a new hobby – join us for yoga classes to relax, stretch and meditate.

New classes have started from 25th June. Please contact the staff at the office for further details.

Friday Drop-in 10:00 - 3:30 pm

Come and join us for some gentle exercise, arts & crafts and make new friends !

Dates for your diary!

Friday 13th July 2007(1:30pm-3:30pm)

Talk on Diabetes

Friday 31st August 2007(1.30 - 3.30 pm)

Talk on Alzheimer's Disease

Friday 28th September 2007(1.00 - 3.30 pm)

Talk on the services provided by Enfield Muslim Women's Aid

The above events will be held at community house in Room 8 on the first floor.

Enfield Saheli would like to offer thanks to our service users, supporters, friends, the Enfield Primary Care Trust, The London Borough of Enfield and the London Probation Service for their on-going support.

Pictures of drop-in Activities



Chase Farm Mental Health Unit

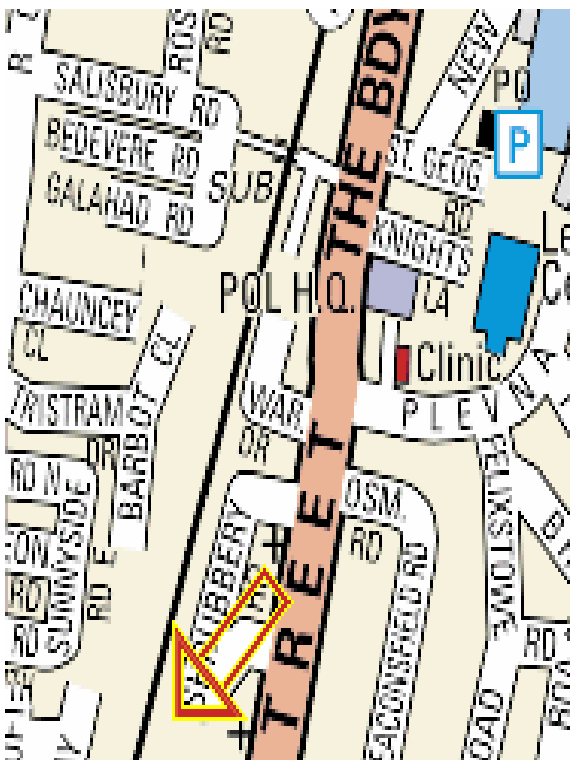
Ward visits

The fortnightly ward visits are being continued by our mental health officer Rubina Khan. Since 22nd May 2007, she has visited the Suffolk ward, Dorset ward and Sussex ward at the Mental Health Unit at Chase Farm Hospital. We are still working on the types of activities that we can provide to the Asian women patients in these wards. Rubina has also had discussions on these activities with the ward managers and staff nurses. On one of her ward visits, she requested the ward managers to invite the Asian women patients to a ward where she showed them a Hindi movie on DVD, which the patients enjoyed very much.



New Project Coordinator!

Our previous coordinator Saira Razaq left Saheli in late April this year. Her post has been filled by Neera Lakhmana who until recently worked for the Homerton Hospital in Hackney as a Research Consultant. Neera has previously worked as a Pan-London Capacity Builder which included advising 40 non-profits. She hopes to use her past expertise and knowledge to tackle the challenges Saheli is currently facing as a charity.



Enfield Saheli

Community House

311 Fore Street

Edmonton

N9 0PZ

Project Coordinator 020 8373 6218

Mental Health 020 8373 6220

Fax No 020 8373 6219

Email: info@enfieldsaheli.org.uk

www.EnfieldSaheli.org

Reg. charity no.1045236

Buses to Fore Street 102, 144, 149, 259, 279, 491

Buses to Edmonton Green W6, W8, 191