

DANCE IS THERAPEUTIC?

Dance has been present in human society since antiquity. It was used to express feelings and intentions in worship and healing acts, and even as a conjugate mean of expelling evil spirits. We still can find this practice in timorese culture, mostly see in interior districts (poor areas or mountain). It was and it is also used, till today, as artistic and cultural expression.

But is dance also beneficial as a psychological therapy?

Several studies prove that it's truth. Dance has been used, since the 60's, as a therapy in psychotic patients cases, insensory and motor deficient children (blind, deaf, autistic, with behavioural disorders, etc.), in terminal ill patients, improving their life quality, and in prevention (risk behaviours, dysfunctional families, etc.).

Dance promotes mental health and offers big benefits. But how?

It reduces the isolation and stimulates relationships between people, helping to create new friendships and to accept and value the differences. Couples that usually dance together, improve their closeness to each other. Dance increases self-esteem (the positive thought about ourselves - "I can do it!") and decreases anxiety and depression.

It's proven that when we dance our brain produces endorphins, the "happiness hormone". Serotonin is also produced - a substance that acts on the brain and regulates humour, sleep, heart rate, movements, intellectual functions, etc. These substances will contribute to relax and decrease stress, improving the physical and psychological condition.

Dance still increases and improves personal awareness and autonomy, enables connexion with the body memory, unlocking oppressed feelings and thoughts (releases tensions and unloads negativity), improve communication, helps us to know ourselves better emotionally and to discover potentialities, develops cognitive abilities, motivation, concentration and memory.

Dance promotes a general well-being. Some scholars think that dance can fortify the immune system and help to prevent diseases.

Dance can be practiced by anyone who wants to improve life quality and also by those suffering from pathologies such as anxiety, emotional and relationship disorders, behaviour problems, development delays, low self-esteem, dementias and others.

It doesn't have age. It can be practiced by children, teenagers, young people, adults and old ones.

Like all good practice it should be carried out regularly to produce effect.

Take care of your health!

Increase your well-being and prevent psychological and physical illness.

Dance, at least, once a week! And on this Christmas time dance as much as you can!

Merry Christmas!

Sources:
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HEALTH

Smoking, diabetes increase heart attack risk more in women Women who smoke, have diabetes or high blood pressure increase their risk of a heart attack more than men faced with the same risks, a large study of UK adults has found. The researchers, writing in the BMJ, said women should receive the same treatments as men and be offered support to stop smoking. Doctors should also be better at spotting female patients at risk. Men are still three times more likely than women to have a heart attack. The study, led by Oxford University researchers, tracked nearly 500,000 people aged 40-69 enrolled in the UK Biobank database. Over seven years, 5,081 people had their first heart attack and one in three of them were women. Although the risk of having a heart attack is lower in women than in men of all ages, certain risk factors appeared to have a greater impact on women. Women who smoked were three times more likely to have a heart attack than women who did not smoke - but in men, smoking only doubled their risk. High blood pressure increased a woman's risk by an extra 83% relative to its effect in a man. Type 1 and type 2 diabetes both had a greater impact on the heart attack risk of women compared to men, the study found. The researchers say they do not know why these factors are sex-specific, and no firm conclusions can be drawn about cause and effect, but they do have some theories. Biological factors may be a reason. For example, type 2 diabetes, which is usually linked to poor diet and lifestyle factors, may have a different impact on the female heart to the male one. But the study says women often don't realise they are at risk of heart disease and they may also be on the receiving end of poorer care and treatment from doctors. In an accompanying editorial, the researchers say men may be more prone to heart attacks, but heart disease is the biggest killer of women in the UK.

Heart attack symptoms

- chest pain - a sensation of pressure, tightness or squeezing in the centre of your chest
- pain in other parts of the body - it can feel as if the pain is travelling from your chest to your arms (usually the left arm is affected, but it can affect both arms), jaw, neck, back and abdomen
- feeling lightheaded or dizzy
- sweating
- shortness of breath
- feeling or being sick
- overwhelming sense of anxiety (similar to having a panic attack)
- coughing or wheezing

Although the chest pain is often severe, some people may feel only minor pain, similar to indigestion. In some cases, there may not be any chest pain at all, especially in women, the elderly and people with diabetes. Dr Elizabeth Millett, lead study author and an epidemiologist at the George Institute for Global Health, University of Oxford, said: "Heart disease also affects women and this needs to be recognised. "Women need to be aware they're at risk, but despite lots of campaigns, it's still under the radar of most women. "It's a complicated, long-term thing to work out, probably caused by a combination of factors - both biological and social," she said. She said, in the future, with an ageing population, women could start to have a similar overall rate of heart attacks to men. *BBC*

CROSSWORD

Across: 7. Grettel 8. Undone 10. Immoral 11. Lager 12. Sang/Sung 13. Usual 17. Cedar 18. Brie 22. Caper 23. Damages 24. Latent 25. Keener **Down:** 1. Against 2. Germane 3. Heart 4. Unclear 5. Forge 6. Merry 9. Glissando 14. Bearing 15. Brigand 16. Berserk 19. Scald 20. Spate 21. Amber

SUDOKU

1	9	3	5	2	6	7	8	4
6	8	5	4	7	9	3	1	2
2	7	4	8	1	3	6	5	9
8	1	6	9	5	7	2	4	3
9	3	7	2	4	8	1	6	5
4	5	2	6	3	1	9	7	8
3	2	1	7	8	4	5	9	6
5	4	9	1	6	2	8	3	7
7	6	8	3	9	5	4	2	1

KAKURO

8	2	9	4	5	2	5	1			
9	6	5	6	1	3	9	8	6	4	
3	7	6	9	8	1	3	2	9	4	2
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5	9	4	2	2	6	1	1	2		
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7	5	6	3	2	1	1	5	4	2	
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1	3	5	4	2	8	7	1	2		
2	1	3	5	3	1	2				
4	9	7	4	1	3	8	2	3	7	1
1	8	3	9	4	1	6	2	3	1	2
7	1	8	2	1	3	9	5			

The Da Vinci Book Quizzes:
 A. 25 years old

The Rock Pop Trivia Book Quiz:

36. Aretha Franklin (though she did record it after Dusty's version had charted)
37. Diet Cola (by the Bob Crewe Generation)
38. Alice In Wonderland by Lewis Carroll
39. Dummy (Portishead)
40. Kopyright Liberation Fund
41. 'He's So Fine' (Harrison was sued for copyright infringement for his number 1 hit due to it's strong similarity to the 1963 hit 'He's So Fine'. He was ordered to pay \$587,000 in composer's royalties. To capitalise on the publicity of the lawsuit, The Chiffons recorded their own version of 'My Sweet Lord' in 1975)
42. Kenny Jones (formerly of The Faces)
43. Crazy Horse

CODE CRACKERS

S	C	E	P	T	R	E	H	O	B	B	Y		
S	O	A	O	R	N	U	C						
W	O	M	A	N	U	N	E	Q	U	A	L	L	Y
I	F	T	G	V	S	K	A						
F	O	O	D	W	H	E	A	T	H	Y	M	N	I
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U	T	I	L	I	T	Y							
S	K	C	Q	L	D	T	P	H	Y	B	E	A	
F	W	I	O	R	M	G	U	X	N	V	J	Z	

SUPER SUDOKU

9	8	2	1	3	6	7	4	5
1	4	6	5	7	8	3	9	2
5	7	3	9	2	4	1	8	6
2	6	4	7	1	3	9	5	8
7	5	9	4	8	2	6	1	3
3	1	8	6	9	5	4	2	7
6	9	7	8	5	1	2	3	4
8	2	1	3	4	7	5	6	9
4	3	5	2	6	9	8	7	1

POCKET PUZZLER

Intensive / vivid, Roomy / spacious, Clap / applaud, Closet / wardrobe, Tolerate / bear, Dense / thick. **Mystery Word:** Light

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