

The value of emotions

“Kelsey, you’re waaaay too emotional,” a male friend told radio host Kelsey Collins a few years ago. “Yes,” she answered with a hearty laugh, “I’m a girl.”

Although there are still a few folks who contend that females are the only ones who are “emotional,” we’re learning that emotions are generated from a physical source — the limbic system and its various neurotransmitters, which both men and women have, or we wouldn’t be in a human body.

Every single one of us has emotions, as defined as “a natural instinctive state of mind deriving from one’s circumstances, mood, or relationships with others, and an instinctive or intuitive feeling as distinguished from reasoning and knowledge.”

“Perhaps that’s where my male friend rationalized his accusation that I was too emotional; he thought it would have been better had I used my capacity to reason, rather than express my fear. Maybe he was right,” Collins says.

Researchers have been trying to understand where

our emotions really come from for centuries, and the answer is still somewhat debatable, if not downright elusive.

According to a study done by the Hockenbury’s in 2007, “An emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioral or expressive response.”

That’s another way of saying this: Emotions are, on one end of the spectrum: fear, and its multiple disguises, like anger, hatred, despair, helplessness and shame, to the other end that includes love, compassion, and peace.

Do emotions lie? Are they consciously created, or do they exist solely as a reaction to stimuli? Are some emotions good, while others are bad? These questions, and more, will be discussed on next Saturday’s Kelsey Collins Show with Collins’ special guest, Mark McFeely, on KZSO, 94.9 at 9 a.m. Listeners can livestream the show at kzso.com or can catch the podcast later at kelseycollins.com.

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Of a certain age...

By Diane Goble
Columnist

It started one Friday afternoon while sitting at my computer... just a little tickle in the back of my throat. By 10 o’clock, I could no longer form a coherent thought. My head felt like it expanded to the size of a watermelon. My throat was raw. Couldn’t stop coughing. Couldn’t breathe. Couldn’t eat. Just wanted to sleep. All weekend.

By Monday I felt better. I actually got some writing done in the morning. I picked up my granddaughter after school, but this time she read to me instead of me reading to her because by the time my daughter got here after work to pick her up, I was sinking back into oblivion all because a tiny bug I couldn’t even see had returned to suck the life out of me.

I’m feeling better — and reminded to pay attention to the practice of healthy living.

Sick or well, we should all be drinking enough water to keep from getting dehydrated, which puts a strain on our body’s systems. You’ve probably heard you should drink eight eight-ounce glasses of

water every day, but when you think about it we are all different people with different body shapes, sizes and needs. We have different levels of physical activities and sweat our own unique amounts.

So drink water when you are thirsty or when you are hungry, which is often a sign of mild dehydration. Drink water before anything else. Cut back on coffee, a diuretic, which makes you urinate more frequently and can lead to dehydration. If you drink coffee throughout the day, drink a large glass of water for every cup of coffee you drink and gradually cut back to two cups of coffee a day.

Eat more fresh fruits and veggies. Whether it’s adding a banana to your usual breakfast or choosing a salad at lunch, we could all do better. If you tend to nod off mid-afternoon, have an apple or some celery sticks with peanut butter. Once you start cutting out sugary, salty foods, your body will start to crave them less and you avoid sugar highs and lows.

If you consume meat on a regular basis, try making the portion of veggies even bigger. Eating too much meat can make our bodies acidic, while

supplementing with fresh fruits and vegetables can help counteract that.

If you have a desk job or home office, sitting at a computer all day affects the muscles in your neck, shoulders and back. Studies show that sitting and slouching too much can lead not only to back and spine problems, but also gastrointestinal pains, headaches, bad circulation, and a whole host of other physical issues that show themselves as we age.

Set a timer to get up every 30 minutes and do 10 jumping jacks, or go for a short walk.

Above all, don’t forget to breathe. The proper way to breathe is to take deep slow breaths, expanding your abdomen; hold for a few seconds and then slowly release, contracting the abdomen. As we get older we may become more stressed, which actually changes the way we breathe. Stress causes our bodies to go into “fight or flight” mode, whether the threat is real or imagined. Learn to meditate, slow down your breathing, focus on one word or image, and imagine the toxins flowing out of your system each time you exhale.

Partners in Care

Choice is personal. Just think about the number of personal choices you make every day. You choose what to eat for breakfast, what to wear, the mood you’ll be in, even who you might smile at on the way to work or at the grocery store.

In Oregon, we have many personal choices to make in healthcare. What insurance option should you choose? Which provider or medical specialist should you choose? What are your treatment choices? And finally, what choices do you have if your medical condition is not expected to get better?

At Partners In Care, we know that one of the most important personal choices you’ll make for your healthcare today is who you will ask speak for you if you are unable to speak for yourself. This choice or person is called a Health Care Representative. According to the Key Conversations Planning Guide in the Oregon Health Decisions Pamphlet (available online at www.oregonhealthdecisions.org), this is a person who will have the legal power to make decisions regarding your healthcare — but only when you are incapable of making those decisions yourself. This could be because you are unconscious, in a coma, in the advanced stages of Alzheimer’s disease or are otherwise unable to make your own decisions.

It is important to make this choice now, while you can still make your own decisions, and share them with your Health Care Representative. This person would then serve as your voice in deciding on medical options that you have discussed with them or written down in advance, should you be unable to speak for yourself.

To learn more about this process visit www.partnersbend.org or contact us at 541-382-5882.



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