

# LOSE YOUR BLUES - JUST RELAX

Submitted by: Raspberry Ripple

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PRESS RELEASE

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Lose the Blues this Winter...Just Relax

This time of year can be an uphill struggle; not only the to-do lists and battling along the High Street, but the fact that up to half\* the UK population may suffer from mild Seasonal Affective Disorder (SAD). One practitioner says there is a simple solution – learn to relax and happiness will follow.

Relaxation workshops at The Space Between (Scotland) help eliminate SAD, depression and PMT, get things back into perspective and set a positive course for life. Young professionals are particularly keen to learn how to chill out at these sessions.

The 1-day courses use a variety of techniques to focus on relaxation and positivity. The 2005 series begins in Edinburgh on January 22, and the first London date on February 5.

Cassandra Struthers, a psychotherapist in London for 20 years and founder of The Space Between (Scotland), offers workshops to individuals, community organisations and to businesses.

"I could see that, although people become very good at talking about their problems, they often seem unable to change their behaviour. That is what our workshops help people to do," explains Cassandra Struthers.

"Illnesses like SAD are related to underlying depression which is always linked to childhood.

"Once you learn to relax and breathe then the layers come away and the natural happiness and strength can come through."

Mark\*\* is 43 and lives in Edinburgh. For most of his life he was a merchant seaman which took him to warmer climes during the winter. On leaving the Merchant Navy five years ago, he started spending winter back in Scotland and the problems with SAD began.

"I get a depression, a lethargy that comes on at the end of October and I can't bear to be with people, not even family or close friends, until the end of December," explains Mark.

"I tried anti-depressants but the side-effects were appalling and just about killed me. Cassandra was recommended to me by a medical specialist and she helped me face up to things that had happened in my life - a big step for me.

"The breathing and relaxation techniques were the key...just taking the time to relax, making you step back from the hurly-burly. It allows you to reflect that things aren't as bad as you think, and see you've been making mountains out of molehills."

Further details - [www.thespacebetweenscotland.com](http://www.thespacebetweenscotland.com)

GIFT IDEAS:

Relaxation help also available on CD and cassette at £5 each. Vouchers available towards workshop costs.

ENDS

#### NOTES FOR EDITORS

Journalists are welcome to sample The Space Between (Scotland) approach first-hand at a workshop.  
Edinburgh – January 22 35 Royal Terrace, Edinburgh EH7 5AH 10-5pm  
London – February 5 Holy Trinity Church, Prince Consort Road, London SW7 2BA Nearest Tube: South Kensington/Gloucester Road 10-5pm  
Please contact us in advance to arrange.

Picture of Cassandra Struthers is available.

The Space Between (Scotland) was launched in 2003 when Cassandra Struthers returned to Scotland after 20 years practising as a psychotherapist in London. As well as individuals, workshops can be tailored to corporate and community health requirements.

\*UK mental health charity Mind believes many more people suffer from mild forms of SAD than realise it - almost half the population may be affected in some way. The worst months for symptoms are December and January. MIND website

\*\* An alias

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