
Jayne Tubb



ON THE BORDER

Info & insights from the interface between energy healing & science

December 2016



Welcome to the December Christmas 2016 edition of 'On the Border'.

Christmas! Do you love it or dread it?

Are you one of those people who relishes in the chaos of having family and friends over in a non-stop eating, drinking and tidying up marathon; or do you want to just pull the duvet over your head and wake up when it is all over?

To help you make some sense of all the varied and complex emotions that this time of year brings I've delved into some science. And there are some practical suggestions and implications to help make this festive season brighter and more meaningful.

For those of you who are looking ahead to the New Year and want embark on a new adventure, perhaps the new **Heal! En jezelf ook course 2017** is right up your street. The spread-over-four-Sundays-training starts on 15th January. See further down the newsletter for more details.

For those of you new to 'On the Border', this is Jayne's monthly Ezine newsletter about the latest information and insights into energy fields, healing and science. Each month I share with you some of the latest research and how it applies to healing, energy work & (daily) life. There is also a 'Freebie' section where you get something for nothing, gratis.

Christmas Cheer – or Christmas Crisis?

This season brings varied and complex emotions: joy and nostalgia, love and loneliness. New research helps to explain how these feelings affect us—with some practical implications for making the season brighter and more meaningful.



Embrace the Nostalgia:The bittersweet emotion increases feelings of vitality

On holidays, it's natural to feel a longing for times gone by—a childhood spent singing carols or meals spent with now departed loved ones. Recently scientists have explored the bitter-sweet feeling of nostalgia, finding that it serves a positive function, improving mood and possibly mental health.

A new paper illuminates why it works, finding that this loningly sentimental feeling does not cement us in the past but actually raises our spirit and vitality.

In several experiments conducted online and in the laboratory, when subjects were induced to experience wistful reverie via sentimental song lyrics or memories, they reported greater self-continuity, as measured by a validated index that asks participants how much they agree with statements such as *"I feel connected with my past"* and *"important aspects of my personality remain the same over time."* Constantine Sedikides, a psychologist at the University of Southampton (England) and the main author of the paper, which was recently published in *Emotion*, had shown this effect in a 2015 paper. But here they found that nostalgia boosted self-continuity by increasing a sense of social connectedness. Sentimental recollections often include loved ones, which can remind us of a social web that extends across people—and across time.



The researchers found this pattern in American, British and Chinese participants. They also went a step further and observed, via questionnaires about other concurrent feelings, that self-continuity brings a feeling of vitality—of “energy and spirit.”

Tim Wildschut, one of Sedikides's Southampton collaborators on the paper, notes there are many ways people elicit nostalgia—looking at photographs, cooking certain meals, sharing stories or playing music. He calls the feeling, which we naturally experience several times a week, “a psychological immune response that is triggered when you experience little bumps in the road.” So if you are feeling a bit undone over the holidays, pull out a photo album and spend some time revisiting your past.

The Christmastime Suicide Myth: Rates are low before, on and after Christmas, but New Year's Day sees a spike

It seems logical that for a depressed person, the holidays might be especially tough—extra stress, loneliness and sad reminders of lost loved ones—so perhaps the popular belief that suicides spike around Christmastime is no surprise. Yet the data tell a different story. Recent studies from several countries show that rates in December and on Christmas in particular tend to be the lowest of the year, but other major holidays do see spikes, especially New Year's Day.

In one such study, suicide rates in England consistently dipped on Christmas and spiked on New Year's Day during the 15-year study period, according to the paper published in June in the *Journal of Affective Disorders*. The researchers reported an overall peak in springtime, and the highest daily rates were observed on Mondays. An older study reported a similar Christmas Day decline in the U.S., with rates up to 15 percent lower than average on that day.

Findings reported in 2015 in the *European Journal of Public Health* concur, showing about 25 percent fewer suicides around Christmas-time in Austria. Rates there were particularly low on Christmas Eve and remained so until January 1, when the most suicides of any day of the year occurred. The authors also observed higher rates on Mondays and Tuesdays, as well as during the week after Easter.



There are exceptions to this trend. Australia and Mexico do see slightly elevated rates on both Christmas Day and New Year's Day (as well as on Mother's Day and Mexican Independence Day). But most nations follow the myth-busting pattern: suicide rates are lower than average around Christmas.

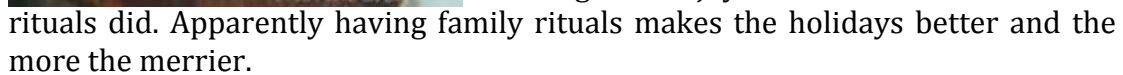
According to clinical psychologist Martin Plöderl, a co-author of the Austrian study, there is typically more social connection for many people around Christmas, which is an established protective factor for suicide. Psychiatric hospital admissions also decrease during this period.

So why the spike on New Year's? Researchers suggest "the broken promise effect" may explain it—along with the increases after Easter and weekends. Many of us are familiar with the feeling after holidays: 'Was that it? I expected more fun, more relaxation, and tomorrow I have to go back to everyday life....For depressed people, the broken promise of Christmas and the blank year lying ahead may increase hopelessness and thus suicide risk. The greater alcohol consumption that takes place on New Year's Eve and Day may also play a role in lowering inhibitions, and some people may postpone their planned suicide so that their families and friends can enjoy Christmas (yes, honestly!).

The More Rituals the Merrier: Family traditions of any type boost enjoyment of gatherings

Some people go home for the holidays hoping just to survive, burying their attention in their phones or football to avoid conflict with relatives. Yet research now suggests that is the wrong idea. Family rituals— of any form— can save a holiday, making it well worth the effort of getting everyone in the same room.

In a series of studies published in the *Journal of the Association for Consumer Research*, hundreds of online subjects described rituals they performed with



rituals did. Apparently having family rituals makes the holidays better and the more the merrier.

The study could measure only correlations between subjects' responses, leaving causality uncertain—Do rituals increase holiday pleasure, or do people who already enjoy the holidays choose to perform more rituals? Yet enjoyment ratings were higher when given after, versus before, describing rituals, suggesting that simply thinking about rituals can put a warm and fluffy filter on one's experience.

Whatever the ritual is, and however small it may seem, it does appear to help people get closer to one another. Some participants reported that with some rituals they didn't even know why they did them, but they still seemed to work.

So wherever you are at Christmas, and whoever you are spending it with, I hope that you have a wonderful and memorable time. May the coming year bring you health, fulfilment and happiness, and may your dreams keep on coming true.

See you back here again in January 2017!

[illegible]

Heal! En jezelf ook 2017, op zondag

Yes indeedy, this popular course is back for its yearly appearance!

The dates for you to note in your diaries (all on Sundays, and the course is in Dutch):

Sunday 15th January 2017

Sunday 29th January
Sunday 19th February
Sunday 5th March

Each Sunday class will take place between 10-16u in 'De Ruimte' (Weesperzijde 79A, Amsterdam) , and includes a fabulously lekkere lunch.

Price: €480 (incl. voor particulieren; excl btw voor business-to-business) and coffee/tea/lekkere dingen/lunch

For more information please see <http://www.jaynejubb.com/healcourse.htm>

[illegible]

December Freebie

In this section you get the chance to get something for nothing. Helemaal gratis. Always a pleasure!

Now that you have read the main article then you are ready for this video....
In Britain every year, the department store John Lewis make advertising films for their Christmas collection. Well German store Edeka took this a step further. This is a Freebie that will stay with you a long time after the two minutes are over, and will certainly make you think about a family Christmas in a new way. Enjoy!

German Edeka Christmas Advertisement

[illegible]

Contact Details

Email: jayne@jaynejubb.com

Website: www.jaynejubb.com

Telephone: 020-6206680, or from outside The Netherlands ++31 20 6206680.

Back Issues

If you have missed any of the previous issues, then the main articles and full newsletter pdf links can be found at www.jaynejubb.com/backissues.htm

Subscription Management

On The Border is a monthly Ezine/Newsletter published the second Tuesday of each month. This Email was sent to you because you are on my mailing list and/or have subscribed directly to it. If you no longer wish to receive this then please unsubscribe by clicking either clicking on the link at the end of the original Newsletter Email, or send me directly an Email – and I'll unsubscribe you immediately.

If you have received this Ezine Newsletter from a friend because you are not on my list, but would like to be, then please send me an Email and I can get you signed up immediately.

