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DR. ELAYNE TANNER
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Q: I can't really describe what's wrong. I feel cloudy and dull and always angry. But I'm not crying or sad so it isn't depression. What can this be?

A: Although some people experience crying and sadness and hopelessness, more people experience subtle symptoms of depression.

- You cannot focus or pay attention. Your head is cloudy. Books, TV, games all have lost their appeal. You are forgetful and often lose things. You do not feel sharp.
- You fall asleep fine, but wake up an hour or two later and cannot fall back to sleep. During the day all you can do is sleep. You are too tired to be effective at work. Your brain feels tired.
- Your mind won't turn off. You worry a great deal and keep obsessing. You replay the events and conversations of the day, over-analyzing everything.
- Your weight goes way up...or way down. You eat mindlessly and do not enjoy what you are eating. You have no interest in food and even though you have no appetite, you most likely over eat.
- You are numb or angry much of the time. You do not feel pleasure and you don't feel connected to others. You might feel restless but have no interest in doing anything.
- Without interest or feeling connected you tend to avoid friends and social activities. Your affect is so flat and you are so disinterested, people are uncomfortable around you.
- You may feel physical problems and pains that seem to not have a cause. This does not mean it is not real but the brain finds a way to fit your body with your depressed state and justify your mood and lack of engagement. Headaches, stomachaches, neck, back, and irregular heartbeat, can all be the results of depression.

Depression can be treated. I use a combination of talk, CBT, meditation, hypnosis and mindfulness. These are all techniques proven to bring about positive results. There is no need to suffer. Call today.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



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Zachary Fiddes
B.ENG., O.L.S. President

Q: I'm selling my house and the purchaser says I need a survey. Why? What do I do?

A: The purpose of a survey is to provide the prospective owners with information about the property including the size and shape and any improvements made within the limits paying particular attention to improvements built near the boundary such as fences, sheds, and easements that may affect the use of the land.

A new survey is the only way to guarantee the status and existing conditions of a property and, therefore, is the only way purchasers can know what they're buying. Old surveys are sometimes used but beware as they may not include building additions, new road widenings, severances, and any other changes that may have occurred on the property.

If you're planning on selling your property later this year, get ahead of yourself and have your property surveyed now! Depending on the size and age of the property, new surveys can take a few weeks so it's best to have it done early so that closing dates aren't missed.

As a licensed Ontario Land Surveyor I will be happy to discuss your particular situation with you and help you determine if a survey of your property is recommended for your needs.



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