

Mental Health Minute



Front Range Psychological Associates



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We hope you have had a fantastic summer! Can you believe it is almost back-to-school time?

We have had a wonderfully busy summer at FRPA filled with fun groups and community events. We are looking forward to fall though - maybe we'll get some relief from this heat!

Be sure to check out the serious PARENT ALERT in this edition of Mental Health Minute. We've also included an article that will (hopefully) give you a good laugh!

Drs. Bridget Engel & Stephanie Smith



Have you been to our website recently? We have added a blog! We post about current events, issues in the media, and topics in mental health. Check it out:

<http://www.coloradohometownnews.com>

[/erie-review/health-story.asp?ID=2884](http://erie-review/health-story.asp?ID=2884)

Communication with your teen

Join Dr. Bridget Engel on September 22 at 7pm for a workshop on talking to your teenager.

Westminster College Hill Library
Email

drengel@fronrangepsychology.com

for more information

Strawberry Quick - PARENT ALERT!



Sports Psychology

With the Olympics just around the corner, sports psychology is a hot topic. Did you know many many sports psychologists will

The good news is that the manufacturing and distribution of methamphetamine has been reduced for the second year and the number of first-time methamphetamine users has steadily declined as well. However, the Drug Enforcement Administration has noted a concerning trend of colored crystallized methamphetamine being circulated in some areas. One new form of methamphetamine has been called "**Strawberry Quick**" because it looks like the Pop Rock candy that sizzles in your mouth, and it is dark pink in color. False rumors have indicated that the drug actually smells like strawberry and is being distributed directly to children in hopes of luring in young drug users. In fact, the brightly hued appearance is likely due to manufacturing errors, or from attempts at creating superficial brand distinctions among drug dealers, rather than actual attempts to entice young users. Regardless, know that there are indeed colored versions of methamphetamine available that could resemble candy to young unsuspecting children.

travel to Beijing with athletes from various sports to help coach and support them in their performances? Sports psychologists work with professional and amateur athletes to improve their confidence, stress management skills, and overall performance.

Dr. Smith was recently interviewed for an article about sports psychology in the Erie Review:

<http://www.coloradohometownnews.com/erie-review/health-story.asp?ID=2884>

MARITAL SATISFACTION SURVEY



Marital Rating Scale

Copyright 1939; George W. Crane, PhD, MD Here are a selection of areas in which husbands were supposed to rank their wives. Once their points were tallied, marital satisfaction was thought to be quantified.

DEMERITS

1. Slow in coming to bed-delays till husband is almost asleep
2. Doesn't like children
3. Fails to sew on buttons or darn socks regularly
4. Wears soiled or ragged dresses and aprons around the house
5. Wears red nail polish

6. Often late for appointments
7. Seams in hose often crooked
8. Goes to bed with curlers in her hair or much face cream
9. Puts her cold feet on husband at night to warm them
10. Is a back seat driver
11. Flirts with other men at parties or in restaurants
12. Is suspicious and jealous

MERITS

1. A good hostess - even to unexpected guests
2. Has meals on time
3. Can carry on an interesting conversation
4. Can play a musical instrument
5. Dresses for breakfast
6. Neat housekeeper - tidy and clean
7. Personally puts children to bed
8. Never goes to bed angry, always makes up first
9. Asks husband's opinions regarding important decisions and purchases
10. Good sense of humor - jolly and gay
11. Religious - sends children to church or Sunday School and goes herself
12. Lets husband sleep late on Sundays and holidays

How did you (or your partner) do? Have things changed since 1939? Go to www.frontrangepychology.com/blog to post your thoughts.

