

Masters and The Mullaney Center



Winter 2019-2020

Index

- [Message from the Master](#)
- [Tournament Winners](#)
- [Student of the Month](#)
- [Christmas Specials](#)
- [When Cell Phones Cause Trouble](#)
- [Shoveling to Help Back Pain](#)
- [Holiday Season](#)
- [Does eating Contribute to your Psychological Well-being](#)
- [Local Artist](#)

Its November 17 and stepping outside at 6:30 am. I was met with a brisk invigorating 16 degree, as 7:30 rolls around, I'm looking at a piercing blue sky. So brilliant, it made the sun look as if it was a chariot of fire stretching through the sky lighting up the clouds like golden steps. This glorious morning was the beginning of a righteous day of great competition and comradery at the tournament in Londonderry, New Hampshire.



You can feel the excitement, the vibe, the nervousness, I remember multiple events as I was going up through the ranks down the Cape, Boston College, Boston University and a multitude of forums from Maine, Maryland and Florida. I recalled sparring when I was a

blue belt after winning four matches. I was winded, my stamina didn't keep up and I vowed to myself that it would never happen again. After 30 years later it never has.

Of everyone who competed, of course my students especially. But just not them, everyone seeing people compete and doing their best is always a great experience. Seeing kids win their first trophy, so excited, really does the heart good!!

Tournament Winners

- *Lynne Cupples- 1st Forms, 1st Weapons Forms*
- *Jett Mullaney- 1st Sparring*
- *Scott Cupples-2nd Weapons Forms, 2nd Sparring, 3rd Forms*
- *Glenn Krammer-4th Forms*
- *Aiden Marler-4th Sparring*
- *Jacqueline Mitchell- 2nd Forms, 3rd Sparring*
- *Madeleine Mitchell-2nd Sparring, 4th Self-Defense*



Student of the Month:

November: Lynne Cupples

CHRISTMAS SPECIALS

- Massage-Buy 3 get 1 free
- New Students get free Gi
- Stocking Stuffers
 - Patches
 - Keychains
 - T-shirts
 - Sweatshirts
 - Candles
 - Pins



From Masters and The Mullaney Center we had ages from 5 to 61 compete. But in the building the age bracket was from 4 to 71, that's something else. It was glorious!! How many sports have that type of range? The tournament was small but perfect for a family environment. It was well run, timely and friendly. It was nice seeing all the old faces and new ones, as well.

When Cell Phones Cause Trouble

Phubbing-a term that is being used when you are on your phone all the time. It's phone and snubbing put together. It can also be referred to as technology interference.

Cell phones were meant to make life easier and it has, but for many it has become a vice. Really, a virtual reality life of its own when some people can't live without their phone for just a few short hours in one day. The time we spend on our phone is time wasted you are not having communication with family at **home** and with **friends**. It's alienating and altering social behavior. You see it in society with our teenagers more and more. They are communicating less with each other. They can only communicate through their phones, which is altering their personalities.

Use a cell phone for the right reasons and shut it off during others. For example:

1. Shut off during live social events
2. Ask others to put their phone away, when you are out to dinner or even visiting. When you have a phone on the table, while you are eating, you are telling whoever you are with that they are less important.
3. Don't sleep with it
4. Turn notifications off, stop being distracted by your phone every time an alert goes off
5. Use it for the Apps. Weight loss are very helpful

Cell phones are addicting and numbing. Kids are looking for approval more from their peers than their own parents. Deep meaning relationships and friendships don't develop, friendships are shallow. Kids feel they can be tossed aside by their friends if something better comes up.

According to Steve Jobs, he even limits his kids on screen time. He states:

1. Limit the amount of screen time up to the 8th grade.
2. Makes us less happy
3. Makes kids less social

You can choose not to look down and become more interactive with people like, friends, family and colleagues. Just look up and all of life will be looking up.

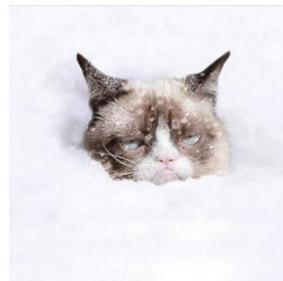
When you don't have your cell phone you enjoy the World more. Find a balance between real life and technology.

Sources: Harvard University; Simon Sinek, www.startwithwhy.com; Christ Bruno, TEDx Talks

Shoveling to Help Back Pain

It's about that time of year when the snow starts to fly, and we all have to shovel again. To avoid hurting yourself here are some reminders to stay free of back pain. Make sure you dress warm, so you are not demanding hard physical labor from cold muscles. Take breaks!

It's ok to take a few breaks while shoveling the driveway, and it's good to stay hydrated while doing hard physical activity. I will spray my shovel with cooking spray, so the snow slides off the end easily which is something living by the great lakes has taught me after growing up with heavy wet snow. I will spray my shovel with cooking spray, so the snow slides off the end easily which is something living by the great lakes has taught me after growing up with heavy wet snow. Making sure you have good form while shoveling (or doing any for that matter) is crucial to staying injury free, keep your back straight with your core muscles activated, bend at your hips and use the larger muscle groups in your legs to do all the hard work, and stay facing the shovel. Try your best to avoid throwing the snow off the shovel while twisting your back, which I tend to find myself doing this when I get tired and need a quick break. Switching between your right and left hand is another great way to avoid a repetitive motion injury. When you are done make sure you have left 5-10 minutes to stretch so your muscles don't get too tight. **If that doesn't work, come on in for a massage!**



Kids can't cope with stress, so they turn to their device instead of a person. This initiates the addiction and it lowers their self-esteem and can't seem to have a love of life and never find deep fulfillment.

Welcome to the holiday season!

This time of year is sure to bring feelings of love and cheer to most, but did you know that [38%](#) of people report increased stress levels during the holidays? It's a busy time of year, which makes it easy for us to forget to take care of ourselves.

[WebMD](#) identifies fatigue, unrealistic expectations, over-commercialization, financial burdens, and the inability to be with loved ones as typical sources of holiday stress. But we have you covered with **Healthy UNH's Top 10 Tips for Surviving the Holidays**:

1. [Identify your stressors](#). What stresses you out the most? Why? Identifying your stressors and their causes can be helpful in creating a game plan for a successful holiday season.
2. [Prioritize yourself](#). Practice self-care. Tune in to your emotions. Monitor your stress.
3. [Exercise](#). Regular exercise can act as a natural stress-reducer. It releases endorphins, helps to induce a meditative state, and can boost your mood. Make time for exercise each day and feel your stress melt away.
4. [Set realistic eating goals](#). With all of the tempting treats the holiday season has to offer, it can be hard to eat healthy during this time. Splurge on the things you really like and skip the others. Be conscious of portion sizes. Don't skip meals. And try to make healthy choices when you can.
5. [Sleep](#). It is really easy to skimp on sleep when you are out late at parties and your shopping list is growing by the hour. Aim for 7-8 hours of sleep per night.
6. [Define what the holidays mean to you](#). Take some time to decide what the holidays mean to you. Are they about traditions? Spending time with family? Shopping 'till you drop? Whatever you decide, don't lose sight of it.
7. [Say no](#). Over-committing yourself is a sure-fire way to cause stress. Slow down. Decide what you want to do and say no to the rest.
8. [Create a budget and stick to it](#). The cost of gifts can really add up, but it doesn't have to be that way. Some of the best gifts can cost very little money.
9. [Diffuse family tensions](#). Does Great Aunt Margaret make your blood boil when she shares her differing political views? Do the same family grudges get brought up year after year? Agree to set sensitive topics off-limits, keep a sense of humor, and make family members feel included by asking for help.
10. [Set an attainable New Year's Resolution](#). Successful New Year's resolutions are measurable. Instead of vowing to "exercise every day," be specific. Resolve to get up earlier four days per week and exercise for 30 minutes. Set up an action plan that helps you keep track of your progress. Anticipate obstacles and remember to reward yourself for your hard work.

~~~~~

## Does What You Eat Contribute to Your Psychological Well-Being?

According to a recent study done by [The Loma Linda University Adventist Health Sciences Center](#) in California, adults who tend to consume food considered unhealthy were also more likely to show signs of psychological distress than those who eat healthy.

For this study, there were over 240,000 phone surveys conducted across various parts of California. The surveys took place between the years 2005 and 2015. This was done through the California Health Interview Survey (CHIS).



After years of studying, and researching, the results showed that roughly 17% of adults in regions around California are possible to experience mental illnesses. Within the 17%, the study also showed that 13.2% had moderate psychological stress while 3.7% had severe psychological distress. Another result found in this study was how an increased intake of sugar can be connected to bipolar disorder and eating a high amount of foods that are fried, have high amounts of sugar and processed grains can link to depression.

correlation between mental illnesses and healthy diets are. Although the research done along with this study at Loma Linda University is relatively small, it is still revealing that there could be an underlying connection between these two things. All of this information allows scientists to further study this information and make more conclusions from it.

While it can sometimes be hard to get valuable, honest data, scientists studying this research took many different variables into consideration. They also factored in how not everyone with a poor diet has a mental illness and not everyone with a mental illness has a poor diet.

~~~~~

Here at the Mullaney Center we are advertising a local artist and selling her work, which includes:

Photos and greeting cards by [Caroline Cupples](#)

Contact: Inscupples@yahoo.com



Masters and The Mullaney Center: Improving your quality of living for over 30 years

Located at: 54 North Mast Street, Goffstown NH 603-497-3924 www.mullaneycenter.com *Also on Facebook*