

Mental health & wellbeing

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Netflix Mental Health Tips

Anna Borges

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The Leader's Guide to Wellbeing Audrey Tang,2023-08-11 Your practical toolkit to banish burnout create a culture of psychological safety and inclusion to keep high performance teams feeling valued motivated and energised

Superintendent Case Studies Wafa Hozien,2019-05-13 Reflecting everyday experiences at schools around the country this book presents a series of situations to be analyzed compared contrasted studied and discussed by those who want to be part of this new approach to education and school leadership The book aims to encourage and contribute to the reflection on the situations that school administrators along with their teams must confront and resolve in their roles as pedagogical leaders Therefore it is intended for future educational leaders to take charge in transforming their schools into institutions of educational excellence

Mindmasters Sandra Matz,2025-01-07 A fascinating exploration of how algorithms penetrate the most intimate aspects of our psychology from the pioneering expert on psychological targeting There are more pieces of digital data than there are stars in the universe This data helps us monitor our planet decipher our genetic code and take a deep dive into our psychology As algorithms become increasingly adept at accessing the human mind they also become more and more powerful at controlling it enticing us to buy a certain product or vote for a certain political candidate Some of us say this technological trend is no big deal Others consider it one of the greatest threats to humanity But what if the truth is more nuanced and mind bending than that In Mindmasters Columbia Business School professor Sandra Matz reveals in fascinating detail how big data offers insights into the most intimate aspects of our psyches and how these insights empower an external influence over the choices we make This can be creepy manipulative and downright harmful with scandals like that of British consulting firm Cambridge Analytica being merely the tip of the iceberg Yet big data also holds enormous potential to help us live healthier happier lives for example by improving our mental health encouraging better financial decisions or enabling us to break out of our echo chambers With passion and clear eyed precision Matz shows us how to manage psychological targeting and redesign the data game Mindmasters is a riveting look at what our digital footprints reveal about us how they're being used for good and for ill and how we can gain power over the data that defines us

Feel Good Club: A guide to feeling good and being okay with it when you're not Kiera Lawlor-Skillen,Aimie Lawlor-Skillen,2022-08-18 A must have for your happiness toolkit STEVEN BARTLETT From the creators of the inspirational Instagram account wearefeelgoodclub comes a guide to helping you navigate your way through life's positive and challenging situations

After Suicide Chris Alar, MIC,Jason Lewis, MIC,2019-09-23 Addressing the hard issue of suicide simply and pastorally Fr Chris Alar MIC and Jason Lewis MIC draw from the teaching of the Church the message of Divine Mercy and their own experience of losing a loved one to offer readers two key forms of hope hope for the salvation of those who've died by their own hand and hope for the healing of those left behind This book is a must read for all those trying to make sense out of such a difficult subject Remarkably the spiritual principles of healing and redemption apply not only to a loss from

suicide but by any means of death from Marian Press *Be Your Best Self* Rebekah Ballagh,2023-02-14 Practical strategies to help you transform the way you see yourself and create lifelong change It's time to embrace your full potential Covering everything from your inner critic to perfectionism self sabotage and procrastination soothing your nervous system to limiting beliefs to inner child work to boundaries and self love Be Your Best Self is here to guide you Discover your barriers to growth and contentment and most importantly explore ways to become your best self [Connectable: How Leaders Can Move](#)

[Teams From Isolated to All In](#) Ryan Jenkins,Steven Van Cohen,2022-03-01 WALL STREET JOURNAL BESTSELLER

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Essentials of Nursing Informatics, 5th Edition Virginia Saba,Kathleen McCormick,2011-07-21 The classic text on how nurses can use technology to improve patient care and every aspect of their job performance education and career Written by leaders in nursing informatics this comprehensive up to date text explores the ever growing role technology plays in the field of nursing Offering theoretical background to help you understand how informatics serves many aspects of the profession Essential of Nursing Informatics also gives you practical help in unlocking computing's benefits both now and into the future Numerous case studies and examples add real world relevance to the material An internationally recognized contributor team provides information and insights not found in any other text on essential topics such as the application of

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The "More or Less" Definitive Guide to Self-Care Anna Borges,2019-11-01 Taking care of yourself is not meant to be stressful This book gives practical tips for implementing self care in our busy lives Allure Some days you need a pick me up some days you need a life preserver As Anna Borges explains for most of us self care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with You may already practice some form of self care whether it's taking an extra long shower after a stressful day splurging on a fancy dinner or choosing Netflix over that friend of a friend's birthday party But when life gets so overwhelming that you want to stay in bed some more radical care is crucial to maintain your sanity The More or Less Definitive Guide to Self Care is here to help you exist in the world Borges gathers over 200 tips activities and stories from experts and everyday people alike into an A to Z list from asking for help to catching some Zzz's Make any day a little more OK with new skills in your self care toolkit and energy to show up for yourself A Foreword INDIES Gold Winner This self help guide made me feel seen Real Simple A compendium about how to move through the world with a little more kindness for yourself Bustle Give this to your Type A friend who runs herself ragged Los Angeles Times *Streaming Mental Health and Illness* Emily Katseanes,2023-01-13 From mindfulness in schools to meditation apps mental health is bursting out of the psychiatrist's chair and into our everyday conversations As awareness of mental health increases so does its predominance in popular culture which makes for a particularly interesting investigation into the representation of these concerns on our most ubiquitous streaming service Netflix These eight essays explore how the service's original content jumps into those conversations creating helpful or harmful messaging about the inner workings of our minds From toxic masculinity to PTSD adolescence to motherhood mental health touches our lives in myriad ways This interdisciplinary collection explores these intersections examining how representations of mental health on our screens shape our understanding of it in our lives

Social Media and Depression Gregory L. Jantz Ph.D.,2021-08-03 Proven practical steps definitions causes and solutions to manage the risks and make the technology work for you not the other way around Growing research shows that we as a society have a social media dilemma social media use has a dark side including elevated risk of depression and anxiety But avoiding negative outcomes is not the only reason to educate ourselves about the pitfalls and learn to avoid them Preserving the benefits of responsible social media engagement is also payoff worth pursuing Learn to Assess your own vulnerabilities to social media use Learn to recognize when apps begin to take a toll on your mental

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