

Mental health & wellbeing

If you or someone you know is struggling with mental health and wellbeing, there is help. You're not alone. Below you can find information on how to get help.

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David Baud

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[Interface Frictions](#) Neta Alexander,2025-07-18 Neta Alexander explores how ubiquitous design features in digital platforms such as playback speed autoplay and night mode reshape condition and break our bodies [Streaming Mental Health and Illness](#) Emily Katseanes,2023-01-04 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

[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 [HowExpert Guide to Obstacle Course Racing](#)

[HowExpert](#),Christopher Covello,2022-07-06 If you want to learn how to train compete and succeed in obstacle course races and mud runs then check out HowExpert Guide to Obstacle Course Racing HowExpert Guide to Obstacle Course Racing includes 101 of the best tips to prepare train compete and succeed in obstacle course races and mud runs Unlike regular road races obstacle courses require a well rounded approach that includes cardio strength agility dexterity and mental fortitude to overcome the myriad of obstacles you will be faced with on the course Obstacle course racing expert Christopher Covello breaks it down with tips and techniques to help you get signed up get ready and get going on your personal obstacle course related goals that will not only assist in helping you conquer the course on race day but translate into everyday life applications as well Covello shares his personal tips for success in the OCR field along with heartfelt stories of his personal triumphs and tribulations that taught him the advice he imparts in this book With this book you ll learn how to focus your training and create an actionable plan to implement on race day as well as what to expect what to wear what to eat and what to do when the finish line is crossed No stone is left unturned and no question is left unanswered So take the plunge into the obstacle course racing world using this as your guide and find out what adventures await you Check out HowExpert Guide to Obstacle Course Racing to learn how to train compete and succeed in obstacle course races and mud runs About the Author Christopher Covello began his obstacle course racing journey in 2015 when he needed direction and motivation to finally lose

weight and get into the best shape of his life From the first Spartan Race he was hooked completing his first trifecta within the year and moving on to complete many more thereafter Due to his passion for obstacle course racing Christopher took the reins of his physical fitness mental health and diet and prioritized healthy living for improved athletic OCR performance and a healthy happy life Christopher has competed in countless OCR events including two world championships and has had his fair share of personal victories and disappointments over the past seven years He continues to run races and regularly runs lifts and rock climbs HowExpert publishes how to guides on all topics from A to Z by everyday experts [Coronavirus Disease \(COVID-19\): Psychological Reactions to the Pandemic](#) Joanna Sokolowska,Peter Ayton,Eduard

Brandstätter,2021-10-14 [International Documentary](#) ,2004 **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 [All Are Welcome: How to Build a Real Workplace Culture of Inclusion that Delivers Results](#) Cynthia Owyong,2022-01-25 Seize the competitive edge and increase innovation while doing right by people with a strong culture of diversity equity inclusion and belonging Studies prove that companies with more diversity in their ranks are more innovative expand their markets and perform better financially Why then has so little progress been made especially when it comes to corporate leadership Because most companies have yet to develop and implement effective diversity equity inclusion and belonging DEIB initiatives And the ones that have too often focus mainly on hiring a diversity of staff or rolling out unconscious bias training without improving results DEIB expert Cynthia Owyong has spent more than two decades working in this space She s seen it all and she knows what works and what doesn t In All Are Welcome Owyong explains what DEIB is and why it matters and she delivers the information and insights you need to make DEIB a key element of your company culture You ll learn how to Break old habits that keep DEIB efforts from moving forward Retain talent from underrepresented groups Conduct an audit of the state of DEIB at your company today Engage and excite leaders and managers around DEIB efforts Weave DEIB into all your talent pool management methods Uplevel employee resource groups to effectively support business goals Measure your progress with qualitative and quantitative data Connect your DEIB efforts to driving better business results DEIB begins but doesn t end with hiring When you deeply understand all the nuances of diversity equity inclusiveness and belonging you ll be able to put them all together for a better more productive and happier workplace With All Are Welcome you have everything you need to build a workforce and a company designed to compete in the twenty first century while doing your part to make the world a better place to live and work [Research & Creative Activity](#) ,2008 **The Times Index** ,2013 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Time educational supplement Scotland

and the Times higher education supplement *The Stress Paradox* Sharon Horesh Bergquist,2025-03-25 A paradigm shifting approach to wellness that reveals how the right levels of stress are actually good for you and how stress can help you unlock the body's natural ability to stave off aging prevent disease and improve metabolic health What if we've gotten stress wrong There's a breakthrough happening in the study of wellness and longevity We know that excessive stress can be toxic but emerging new research reveals that too little stress is just as bad for you as too much Dr Sharon Bergquist a pioneering physician and leading stress researcher is at the forefront of this movement In *The Stress Paradox* she explains that our bodies are designed to heal and repair themselves but we need the right amount and type of stress to rejuvenate at a cellular level Many modern comforts have inadvertently increased our risk of mental and physical illness by causing us to underutilize our inherited response to challenges Our need for stress is so deeply embedded in our genes that you can't achieve good health without it Dr Bergquist reveals how to optimize five key stressors to maximize mental emotional and physical resilience and reap a host of health benefits from staving off dementia to increasing the years of your life These simple lifestyle changes can keep your mind sharp improve your mood increase energy and metabolism support a healthy gut maintain a healthy weight and decrease your risk of serious diseases like cancer heart disease type 2 diabetes and Alzheimer's Eating more plant toxins in foods like vegetables dark chocolate and spices Exercising with intermittent bursts of intense movement Engaging in heat and cold therapy to awaken your body's ancient healing pathways Fasting most effectively for your circadian biology Challenging yourself mentally and emotionally while managing unhealthy stress levels Rooted in cutting edge science and complete with customizable protocols workouts and recipe templates *The Stress Paradox* is an accessible life changing roadmap to dramatically increase health happiness and longevity **Self** ,2004 **The New York Times Index** ,2007 **Newsweek** ,2004 *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* **Real Simple Mental Well-Being** *Real Simple*,2020-11-13 Learning

how and taking time to nurture yourself isn't selfish in fact it's a crucial part of your overall health This special edition from Real Simple shares tips tricks and practices to help nurture the inner you Divided into three sections emotional wellness a joyful life and mind and body Mental Well Being provides the framework to help you feel at peace in uncertain times eat and work out for great moods do things in the moment to feel less anxious and accept that it's perfectly okay to not be okay all the time Practicing self compassion provides you with the tools to take on small challenges with authority and to cope when things seem hard and out of control

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 health Choose best practices to minimize risks And much more This incredible resource book is packed with statistics definitions risks and practical advice that you can apply to your life immediately Arm yourself with the awareness to keep your mind and spirit healthy despite the addictive quality of various apps and sites Discover The latest research on social media and mental health Dangers posed by excessive or imbalanced use of social media 12 negative consequences to public health and wellbeing 20 questions to self assess whether social media is problematic for you 7 signs to check your mental health 7 tips for a technology detox 9 strategies for healthy use of social media Key Features Trustworthy Filled with up to date research this solid resource provides the most recent case studies on social media use Easy to Read Packed with summaries checklists and bullet lists it's never been easier to digest practical and informative research Practical Includes tips to make social media work for you rather than work against you Easy to Carry Compact lightweight and easily fits in your hand purse and bag

Chaotic Simplicity Danica O'Neal, 2023-02-24 Chaotic Simplicity embraces hope hope that there can be simple solutions to your everyday mental health struggles hope that through all the chaos of life you have a Savior who loves you and is supporting you Addressing topics from the occasional meltdown to self esteem self awareness and the eternal perspective this direct down to earth book gives insight on everyday coping mechanisms that can be implemented to attain peace With a little humor Chaotic Simplicity shows that as we combine specific mental health practices with principles exemplified by the Savior we can take back control of our minds and live a life of little chaos

The Mental Reset Elke Geraerts, 2022-01-11 Every crisis is also an opportunity We know what we need to do to make our lives and work more brain friendly but somehow we are still not putting that knowledge into practice Covid 19 has forced us into one of the biggest experiments in resilience of all time What if we see this crisis as an opportunity for a genuine transformation A chance to adopt new habits that will make us stronger than ever and help us face a volatile future In her groundbreaking new book

Elke Geraerts shows us how we can all be ready for the many challenges awaiting us in a post covid 19 world Her approach takes the brain as the starting point and inspires you to make brain aware choices in work and in life She shows how hybrid work can both increase your productivity and reduce stress how you can chase your dreams even in times of crisis and why in an increasingly digital world focus is the new IQ The old normal will never return but perhaps that is not such a bad thing Radical change is possible these challenging times have proved it Suddenly we were able to transform our work and our lives completely These past months have taught us so much about how we live and work What if we were to put those lessons to good use and make a genuine mental leap forward I hope that this crisis will help individuals families and organizations to take ownership of their lives What have the past months taught you How would you like to live your life What needs to change and what will you do to achieve your goals Maybe the pandemic has opened up possibilities to talk about hybrid work with your manager Or maybe you have discovered new ways to incorporate focus and reduce stress in your weekly schedule These might seem like minor changes but they can have a major impact on your quality of life Finally I want to remind you that taking ownership of your life is not just about the decisions you take today it is a lifelong project A reset is not a one off event but something you do repeatedly Let the cover image encourage you to embrace change with an open authentic attitude [Accelerated Wellness Blueprint](#) Vikas Setia,2022-08-12 WISDOM TO ACHIEVE A PERFECT AND RADIANT HEALTH This amazing story shows us how to live a life of abundant health joy harmony and peace The astonishing narrative of Harry a regular student and human being facing the crisis of his awful declining health is told in this beautifully written fable On his journey to better health he learns practical strong and wise lessons that teach us how to Create positive thinking Keep healthy routine and habits Manage stress and healthy nutrition Value health as our most valuable asset Cultivate self discipline and act consistently Nourish our peace and harmony and take one step at a time

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