

Tips For Taking Care Of Your MENTAL HEALTH



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Take Care Of Your Physical Health



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Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

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along with a stronger focus on patient outcomes and as such having access to the latest research findings and progressions is of paramount importance Digital Therapies in Psychosocial Rehabilitation and Mental Health introduces the latest digital innovations in the mental health field and points out new ways it can be used in patient care while also delving into some of the limits of its application It presents a comprehensive state of the art approach to digital mental health technologies and practices within the broad confines of psychosocial and mental health practices and also provides a canvas to discuss emerging digital mental health solutions propelled by the ubiquitous availability of personalized devices and affordable wearable sensors and innovative technologies such as virtual and augmented reality mobile apps robots and intelligent platforms It is ideal for medical professors and students researchers practitioners of healthcare companies managers and other professionals where digital health technologies can be used

Computers and Games for Mental Health and Well-Being Yasser Khazaal, Jérôme Favrod, Anna Sort, François Borgeat, Stéphane Bouchard, 2018-07-12 Recent years have seen important developments in the computer and game industry including the emergence of the concept of serious games It is hypothesized that tools such as games virtual reality or applications for smartphones may foster learning enhance motivation promote behavioral change support psychotherapy favor empowerment and improve some cognitive functions Computers and games may create supports for training or help people with cognitive emotional or behavioral change Games take various formats from board games to informatics to games with interactive rules of play Similarly computer tools may vary widely in format from self help or assisted computerized training to virtual reality or applications for smartphones Some tools that may be helpful for mental health were specifically designed for that goal whereas others were not Gamification of computer related products and games with a numeric format tend to reduce the gap between games and computers tools and increase the conceptual synergy in such fields Games and computer design share an opportunity for creativity and innovation to help create specifically design and assess preventive or therapeutic tools Computers and games share a design conception that allows innovative approaches to overcome barriers of the real world by creating their own rules Yet despite the potential interest in such tools to improve treatment of mental disorders and to help prevent them the field remains understudied and information is under disseminated in clinical practice Some studies have shown however that there is potential interest and acceptability of tools that support various vehicles rationales objectives and formats These tools include traditional games e g chess games popular electronic games board games computer based interventions specifically designed for psychotherapy or cognitive training virtual reality apps for smartphones and so forth Computers and games may offer a true opportunity to develop assess and disseminate new prevention and treatment tools for mental health and well being Currently there is a strong need for state of the art information to answer questions such as the following Why develop such tools for mental health and well being What are the potential additions to traditional treatments What are the best strategies or formats to improve the possible impact of these tools Are such tools useful as a first treatment step What is the potential of a hybrid

model of care that combines traditional approaches with games and or computers as tools What games and applications have already been designed and studied What is the evidence from previous studies How can such tools be successfully designed for mental health and well being What is rewarding or attractive for patients in using such treatments What are the worldwide developments in the field Are some protocols under development What are the barriers and challenges related to such developments How can these tools be assessed and how can the way that they work and for whom be measured Are the potential benefits of such products specific or can these additions be attributed to nonspecific factors What are the users views on such tools What are the possible links between such tools and social networks Is there a gap between evidence based results and market development Are there any quality challenges What future developments and studies are needed in the field

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