

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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Anuradha Tibile

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The Times Index, January -December 2012, 2012

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 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

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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 UNTALKED - Mental Health issues faced by GENZ-Z Anuradha Tibile,2025-06-15 If you ve ever felt like your brain is constantly on the verge of a meltdown thanks to the pressure to be okay all the time and the existential dread that comes with just existing right now then UNTALKED is the emergency broadcast you ve been waiting for Anuradha Tibile dives headfirst into the Gen Z mental health crisis exposing the soul sucking FOMO the burnout that s become our new normal and the loneliness lurking beneath the hyper connected surface But this isn t just a book of complaints It s a call to action to fight back and reclaim your mental well being Navigate body image battles in the age of filters cancel culture s impact the functioning struggle with depression and the minefield of family expectations Learn to forge real connections amidst the drama and build a stronger mental framework to survive If you prick us do we not bleed If you tickle us do we not laugh If you poison us do we not die And if you wrong us shall we not revenge William Shakespeare If you feel the same maybe there s something for you to read in this book **Talking to Children**

About Mental Health Lily-Jo,2023-01-19 A practical guide to help adults understand the unique mental health challenges facing our children teenagers and students today From the rise of AI personal technology to the ability to connect to your loved ones wherever you are you d think that we re advancing as a society But for our young people s mental health such progress has come at a cost The book examines the key mental health problems impacting young people today such as depression loneliness and anxiety and explains how the lifestyle culture and world they are living in has a significant mental health impact Suitable for parents grandparents teachers youth workers and anyone in a position of care or interested in the future of mental health this book offers tools exercises and resources to support the next generation **She'll Be Right:**

The Big Book about Tackling the Blues the Aussie Way , Overview She ll Be Right Tackling the Blues the Aussie Way is a down to earth guide to mental health written in the laid back cheeky style of a down to earth Aussie This self help book combines humour with practical advice providing readers with relatable insights into navigating life s challenges while maintaining a positive outlook Set against the backdrop of Aussie culture the book offers a series of engaging chapters that cover essential mental health topics such as embracing vulnerability finding balance and celebrating individuality With each chapter readers are encouraged to take small but meaningful steps towards improving their mental well being Key Themes Authenticity Emphasizing the importance of being true to oneself and embracing uniqueness Resilience Encouraging readers to face life s challenges with a sense of humour and an open mind Connection Highlighting the value of friendships and support networks in maintaining mental health Self Care Providing practical tips on relaxation mindfulness and taking breaks to recharge Who It s For This book is for anyone seeking a relatable down to earth approach to mental health especially those who appreciate humour and the Aussie way of life Whether you re facing stress anxiety or just the everyday challenges of life She ll Be Right offers encouragement practical strategies and a reminder that you re not alone in your journey

Conclusion With its light hearted tone and genuine advice She ll Be Right Tackling the Blues the Aussie Way is more than just a self help book it s a companion for navigating life s ups and downs with a smile So grab a cold drink kick back and let me guide you toward a brighter more fulfilling life because in the end we re all just trying to enjoy the ride ***A Beginner's Guide to Losing Your Mind*** Emily Reynolds,2017-02-23 A really clear funny useful guide to mental health Keith Stuart author of A Boy Made of Blocks Warm welcoming and wise Red magazine This is a funny brutal kind sobering remarkably brave and clear eyed book Compelling and necessary Warren Ellis author of Normal Gun Machine and Transmetropolitan Emily Reynolds is a brilliant writer on an important subject And hilarious too Adam Rutherford This book isn t just brilliantly written and welcoming in its tone it s honest practical and important It is going to help so many people including friends and family who desperately want to help a loved one but don t know how Emma Gannon author of Ctrl Alt Delete Emily Reynolds is mad After years of trying and failing to cope with her symptoms she was finally diagnosed as bipolar in her early twenties Since then Emily has been on a mission to find the best way to live with her illness and now she wants to share that knowledge with you Living with mental illness is isolating infuriating and painful but also very boring and sometimes kind of gross A Beginner s Guide to Losing Your Mind is a companion to make the journey feel a little less lonely A Beginner s Guide to Losing Your Mind gives you tips on How to deal with exam pressure at school and university How to date when you are mentally ill and what to expect when you re on the other side Navigating the internet and the online mental health community Handling self harm and suicidal thoughts Diagnosis treatment and maintaining your mental health A blackly funny deeply compassionate and extremely practical book A Beginner s Guide to Losing Your Mind is a candid exploration of mental illness that is both a personal account of what it s like to live with mental illness and a guide to dealing with and understanding it ***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 ***52 Weeks of Wellbeing*** Ryan Hopkins,2024-01-03 There s one thing that s more important than productivity and promotion your wellbeing Discover how you can lead a fulfilling work life with 52 inspiring insights one for every week Too often a busy and competitive work life can distract us from focusing on our wellbeing and mental health 52 Weeks of Wellbeing is packed full of practical and accessible tips that you can incorporate into your everyday life leaving you healthier and more fulfilled Ryan Hopkins has vast experience of offering ground breaking wellbeing insights and tips to individuals and organizations across the world This book distils his insights which are backed by psychological research and inspiring stories of success From

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