



Improve your mental well-being with these tips from Mass General Brigham researchers

1

Talk to your doctor

Get help early on by communicating any mental health issues with your doctor. For major mental health problems, getting treatment earlier can result in better clinical outcomes.



Move your body

Regular exercise is critical for the brain and overall well-being. Set small goals for yourself – Any movement counts.

2

3

Try yoga or meditation

Practicing yoga or mindfulness meditation can reduce stress, promote emotional resilience, and improve attention. Research has shown that approximately one class of heated yoga per week could be a viable treatment option for patients with depression.



Mind your sleep

Getting sufficient hours of sleep is important to protect against depressive symptoms and poor metabolism. For women in midlife, we know that minimizing sleep interruption is also crucial.

4

5

Have compassion

Show yourself compassion in times of increased anxiety rather than beating yourself up. Remember that anxiety is a normal response and even patients responding to treatment will experience peaks in anxiety at times.



Mental health tips provided by the following investigators (in order, from top to bottom): 1. Amit Anand, MD (BWH), 2. Christian Webb, PhD (McLean), 3. Sara Lazar, PhD (MGH), 4. Maren Nyer, PhD (MGH), 4. Hadine Joffe, MD (BWH) and 5. Amanda Baker, PhD (MGH)

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Schizophrenia For Dummies Jerome Levine,Irene S. Levine,2008-10-27 Practical tools for leading a happy productive life Schizophrenia is a chronic severe and disabling mental disorder that afflicts one percent of the population an estimated 2 5 million people in America alone The firsthand advice in this reassuring guide will empower the families and caregivers of schizophrenia patients to take charge offering expert advice on identifying the warning signs choosing the right health professional understanding currently available drugs and those on the horizon as well as their side effects and evaluating traditional and alternative therapies

Principles and Advances in Population Neuroscience Tomáš Paus,Jeffrey R. Brook,Katherine Keyes,Zdenka Pausova,2024-11-23 Principles and Advances in Population Neuroscience is aimed at enhancing our understanding of forces that shape the human brain and as such contribute to inter individual variations in cognitive abilities behavior and mental health throughout the lifespan This book builds on a monograph Population Neuroscience published by Springer in 2013 ISBN 978 3 642 36450 1 a recent book on Digital Ethology Human Behavior in Geospatial Context published by MIT Press in 2024 ISBN 9780262548137 and the collaborative work carried in the CHARGE and ENIGMA Consortia Using collective expertise and knowledge with combining epidemiology genetics and neuroimaging the authors provide an overview of the basic principles and current advances in this field

Rural Social Work T. Laine Scales,Calvin L. Streeter,H. Stephen Cooper,2013-07-03 A thoughtful text integrating strengths assets and capacity building themes with contemporary issues in rural social work practice Now in its second edition Rural Social Work is a collection of contributed readings from social work scholars students and practitioners presenting a framework for resource building based on the strengths assets and capacities of people a tool essential for working with rural communities This guide considers methods for social workers to participate in the work of sustaining rural communities Each chapter features a reading integrating the themes of capacity building and rural social work discussion questions that facilitate critical thinking around the chapter and suggested activities and assignments Rural Social Work Second Edition explores Important practice issues in rural communities including the challenges of working with stigmatized populations such as gay lesbian bisexual and transgendered people the homeless and people living with HIV AIDS Practice models that hold special promise for rural social workers including evidence based practice and community partnership models Newer research tools such as asset mapping social network analysis concept mapping and Geographic Information Systems GIS Exploring how social workers can integrate the tremendous resources that exist in rural communities into their practice Rural Social Work Second Edition provides a solid introduction to the complex challenging and rewarding work of building and sustaining rural communities

Meaningful Work Wes Adams,Tamara Myles,2025-04-01 A timely clear and actionable book Adam Grant that makes the powerful case that meaning at work drives employee well being high performance and even profit We re in the middle of the most significant transformation in work in over a century Whether it s remote work the rise of burnout and quiet quitting or

the changing values and priorities of employees leading an organization has never been more complex But through all this a single factor remains the core driver of fulfilled high performing teams their belief that their work has meaning In Meaningful Work Wes Adams and Tamara Myles advisers to some of the world s most successful companies leverage the science of positive psychology to show leaders why and how to make meaning the cornerstone of leadership practice It is a practical playbook based on decades of research including their own groundbreaking multi year study of meaning at work and stories from leaders you already admire and others that will surprise and inspire you The book reveals that high engagement happiness productivity and financial performance from employees are all outcomes of helping them find meaning at work And that every job can be meaningful when leaders create a workplace culture that focuses on the three Cs Community Contribution and Challenge Whether you lead a team of call center workers care professionals cycling instructors or corporate executives this book will show you how to take small actions each day to inspire passion and performance in every employee

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A Labor of Love, Volume 2 Anna D. Arapakos,2024-10-18 You hold the second of two volumes of one giant love story This story is about Arapakos father and how she came to care for him when he was elderly There is no more popular Greek myth than the one of the hero Hercules and while you may not know her father or her by the time she superimposes her father s saga onto the labors of Hercules you will Arapakos overarching aim is for you and your parents to benefit from what she has to tell you Hercules and she had much in common they both wanted to help make things right despite the odds and both proved victorious In Volume 2 the roles reverse and you find Arapakos taking on the part of Hercules as she performs her adaptation of the twelve Herculean Labors to care for her father when Huntington s disease began making its mark on his life and person She retells each labor Hercules undertook before making parallels to what she did for her father She is confident the herculean myth and her father s story will move you The circle of love can continue through your actions and a better informed mind and heart set for your loved one in need

Social Casework ,1985 *Exceptional Child Education Resources* ,1982 **Health Promotion** **Throughout the Lifespan** Carole Edelman,Carol Lynn Mandle,2006 This comprehensive text provides the most current and accurate health promotion and disease prevention information available The book addresses health promotion for all ages and all population groups individuals families and communities It includes extensive coverage of growth and development throughout the life span with an emphasis on normal development as well as the specific problems and health promotion issues common to each stage A complete unit is devoted to health promotion interventions It also offers a unique assessment

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