

5 TIPS FOR Taking Care of Your Mental Health

Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.



Max Streaming Mental Health Tips 2025

Dr. Thomas Doherty



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A Short History of the Gaza Strip Anne Irfan, 2025-10-28 From a leading scholar of Palestine Israel a brief essential history of the besieged strip of land revealing the long term roots of Israel's destruction of Gaza Since October 2023 Israel has carried out one of the most brutal military onslaughts in modern history on the Gaza Strip in response to the Hamas led attacks of October 7 But Gaza had long been in crisis even prior to the current violence now widely recognized as genocidal For seventy seven years the Palestinian people have endured displacement occupation collective punishment and ethnic cleansing with those in Gaza often bearing the brunt of it With remarkable clarity and compassion historian Anne Irfan tells the story of the Gaza Strip through six pivotal moments in its modern history beginning with Israel's expulsion of the Palestinian people upon its establishment in 1948 when Gaza absorbed more Palestinian refugees per head than anywhere else a demographic shift that became central to its identity As Irfan takes us through Israel's occupations of Gaza the Palestinian national struggle and formation of the PLO the first intifada the creation of the Palestinian Authority and the rise of Hamas she tackles widespread historical ignorance and untangles contradicting narratives Drawing on a decade of research Irfan weaves in the voices of everyday Palestinians from farmers who became refugees in Gaza to poets and activists who grew up in the Strip Featuring a foreword from Gazan writer and analyst Muhammad Shehadea *A Short History of the Gaza Strip* is an indispensable read for anyone seeking to understand Palestine and its impact on the world

Surviving Climate Anxiety Dr. Thomas Doherty, 2025-10-07 Learn how to cope with and heal from climate anxiety in this groundbreaking guide by the most prominent American advocate of ecopsychology New York Times With climate disasters mounting and solutions feeling ever more elusive eco anxiety is rapidly becoming one of the biggest mental health threats of our time *Surviving Climate Anxiety* is the essential guide to coping with the psychological impacts of persistent environmental crisis In it the world's leading climate anxiety expert Dr Thomas Doherty shares his pioneering evidence based methods to help you Reclaim your nervous system manage your thoughts and feelings and stress about climate change Understand your environmental identity your history values and connection to the natural world Prioritize eco wellness Utilize arts creativity and spirituality as tools for flourishing Liberate yourself from living as a climate hostage overcome fear of climate disasters and tend to eco depression and grief Broaden your horizons of hope cultivate optimism through stewardship and action Packed with practical research backed tips and dozens of stories from the geologist haunted by images of melting glaciers to the young couple agonizing over whether to bring a child into a world on fire to a twenty something wondering what it was like back when people believed in a future *Surviving Climate Anxiety* provides the tools to cope heal and flourish even in these times

Persisting Pandemics Powel H. Kazanjian, 2024-11-15 *Persisting Pandemics* explores the history of syphilis and AIDS to provide insights into the limits of biomedicine and our experience with epidemics today Novel therapies developed for syphilis and AIDS became renowned in the medical field and the broader public sphere

as exemplars of biomedical innovations Public health campaigns based on these spectacular biomedical advances however have repeatedly fallen short of their goals to eliminate syphilis and AIDS in the population The diseases epitomize the power of innovative biomedical therapies for the individual while unveiling limitations of scientific medicine in the domain of public health The need for a public health approach to address mistrust in science government indifference and racial inequalities is relevant for strategies to eliminate COVID 19 today Persisting Pandemics argues that campaigns to eliminate these diseases have not succeeded because they have not adequately addressed how diseases like AIDS syphilis and COVID spread unevenly in populations according to race ethnicity and geographic location Despite the expectation of public health officials that medical advances would render epidemics obsolete new diseases continue to emerge and spread regardless of efforts to eliminate them Medical doctor and historian Powel H Kazanjian concludes that narratives of syphilis AIDS and COVID unlike smallpox do not contain a discrete ending at least not within the timelines specified by their elimination campaigns Instead they will be a continued part of our existence New Society ,1970 **Journal of the Senate** Minnesota. Legislature. Senate,1971 Includes extra and special sessions Congressional Record United States. Congress,2004

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