

Social Phobia A Guide

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Social Phobia A Guide

Almost half of Americans feel uneasy about returning to their social lives, whether they've received the COVID vaccine or not. This speaks to the challenges of readjusting to "normalcy" after a time ...

The Summer of Social Anxiety

People who have social anxiety might experience increased distress due to mask-wearing during and even after the coronavirus pandemic according to the findings ...

Study suggests mask-wearing might lead to increased anxiety

No, it isn't just you: getting back to "normal" life isn't the purely joyful, seamless transition we might have hoped for. Yes, it's great that pubs are back; that ...

The Recess Guide To Re-Entering Society

My first real job out of college was as a social services outreach worker to older residents ... and treatment of depression and anxiety. The chapter also discusses the case of Mabel Brown, briefly ...

Assessment and Treatment of Older Adults: A Guide for Mental Health Professionals

According to the American Psychiatric Association's Mental Health Facts for African Americans guide ... Youngdahl Professor of Social Development, said anxiety impacts everyday life and is ...

Commentary: Anxiety, depression, Naomi Osaka and Me

Researchers can roughly project what autistic children's lives will look like years down the road. But how good is their crystal ball — and what are its benefits?

Mapping the futures of autistic children

If you or someone you care about is struggling with mental health and needs support, please contact: Lifeline 13 11 14 Suicide Call Back Service 1300 659 467 MensLine Australia 1300 78 99 78 Beyond ...

Mentally Healthy Change Group releases 'Return to Workplace Guide'

An ebook, The Return to Workplace Guide for ... levels of anxiety. 25% admitted to high levels of stress, with 47% citing medium levels. Respondents from agencies indicated greater levels of stress ...

Dealing with anxiety as Australia's advertising industry returns to the office

Smartphones have become essential, but fixation with all they have to offer -- apps for social media, streaming, games and more -- can be a slippery slope. Mainly because of insufficient research, ...

Phone and social media 'addiction': 12 ways to address it

The American Psychological Association defines "eco-anxiety" as a "chronic fear of environmental doom." Lots of people are feeling it.

Is climate anxiety bad for the planet?

As a parent, we get to see our children go through many phases in their lives. The happiness of getting a new toy, the tears from falling off the bike ...

Aggression or Anxiety: The real reason behind your child's behaviour

With many juggling their need for a well-earned holiday and anxiety about travelling in a post-COVID era, this new app solves that problem.

New App Combats Post-COVID Travel Anxiety

I still had that "nervous" feeling before my first therapy session. But once I started talking and opening up to my therapist about why I sought out therapy, I felt a little more calm.

My journey to therapy: Something I should have done years ago

After COVID, students are returning to campuses with a variety of pandemic experiences—here's how to address their well-being and needs.

6 ways to guide students through the new normal

Parents wanting to get their kids into college may end up paying a lot for tutors, sports and music lessons, but there are shortcuts ...

How much does it cost to get your kid into college? It could be a whole lot

Even though there is no evidence that there will be a 3rd wave affecting only children, we should prepare for the worst until this pandemic is over -- which will be declared by WHO and no one else.

Parenting Guide: Is the pandemic's third wave going to affect children?

The Federal Capital Territory, Abuja, Lagos and Benue states' landscapes are said to be dotted with over 10,850 uncompleted or abandoned buildings, most ...

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Anxiety As FCT, Lagos, Benue Identify 10,631 Uncompleted Buildings As Security Threat

We don't need more people to worry about climate change; we need them to see the crisis as surmountable. The American Psychological Association defines "eco-anxiety" as a "chronic fear of ...

Comment: How do we turn climate anxiety into climate action?

The American Psychological Association defines "eco-anxiety" as a "chronic fear of environmental doom." Lots of people are feeling it.

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