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Depression 101 Powerful Ways To

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Depression is wretched, even traumatic for some. However, with practice, we can accelerate our rate of healing from a depressive episode and even transform its darkness into meaningful change if we ...

Grant: Depression Is Wretched

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How to Promote Employee Wellbeing at Workplace

"If I had learned about my mental health earlier on -- been taught about my condition in school the way I was taught about other subjects -- my journey could have looked very different." ...

Selena Gomez Launches New 'Mental Health 101' Campaign She Wished She'd Had in School

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Selena Gomez took to Instagram on Thursday to open up about her experiences with mental health while promoting a new campaign she is working on with her beauty company, Rare Beauty. "I know first hand ...

Selena Gomez Opens Up About the "Scary and Lonely" Feeling of Facing Anxiety and Depression

Selena Gomez launched a new Mental Health 101 educational campaign with her beauty brand Rare Beauty on Thursday (April 29).

Selena Gomez Launches 'Mental Health 101' With Rare Beauty

Home sensors to monitor cancer patients' pain. A smartphone app to manage breast cancer patients' anxiety and depression. And \$12 million in new grant funding to pay for even more health care advances ...

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Researchers to apply smartphone apps to manage anxiety, depression in breast cancer patients

You are what you eat so it's not surprising a doctor will advise a proper diet to address everything from heart disease to obesity. The same concept applies to mental health, with nutritional ...

10 brain foods to help fight depression and insomnia, boost libido and more

Selena Gomez wants people to know that mental health matters. The "Baila Conmigo" singer announced on Thursday that she launched Mental Health 101, a new campaign for Rare Impact by Rare Beauty, ...

Selena Gomez Touches on 'Scary and Lonely' Struggle With Depression As She Launches Mental Health

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Depression and anxiety can significantly impact one's day-to-day life. Unfortunately, many people deal with these mental health conditions. The Anxiety and Depression Association of America reports ...

Best Kratom Strains for Anxiety & Depression: Top 3 Vendors of 2021

Selena Gomez is launching a mental health initiative to help people "get connected to the resources they need" to make important changes to their mental health.

Selena Gomez launches mental health initiative to 'empower young people'

Here are five partnerships every entrepreneur, leader, high-achiever and creative spirit needs in their life to achieve their most important goals. You will have questions along the way.

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You might ...

The 5 Most Powerful Partnerships You Can Have to Achieve Your Goals

Mental Health 101 is a campaign Gomez launched in partnership with her Rare Beauty brand. Along with aiming to increase mental health education in schools, Mental Health 101 is working to secure ...

Selena Gomez Launches A Campaign To Advocate For Mental Health Education In Schools

Experts in mental health and meditation weigh in on how to deal with anxiety about returning to a pre-pandemic way of life.

Having anxiety about returning to normal after the pandemic? Here's how to deal with it

Bell peppers have few negative side effects, but their bounty of

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health pluses may outweigh these in your particular case.

What Happens to Your Body When You Eat Bell Peppers

The COVID-19 pandemic has exacerbated mental health issues and is triggering new conditions for people already suffering from mental illnesses and substance abuse.

Novel Anxiety and Depression Approach by VistaGen Therapeutics

Channeling optimism during your cancer journey isn't just about living longer — it's about living better. In the fall of 2018, Teri Cettina began feeling a mysterious pain around her ribs. "I thought ...

Positive Thinking Is Powerful During and After Cancer Treatment

Zach Emerson had a plan to end his life. Emerson had been a

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standout athlete in Bend and was a kicker on the high-profile University of Oregon ...

Former Duck kicker from Bend hopes to be a role model for others battling depression

During his 2020 presidential campaign, Joe Biden promised to enact ambitious new programmes and reforms - including on voting rights, healthcare, gun control, the environment and education. He ...

Filibuster: The biggest obstacle to Biden getting his way

Selena Gomez has had quite the busy Thursday, with a new movie being announced while also launching a mental health initiative.

Selena Gomez signs on to star in new psychological thriller Spiral

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"Green" businesses and industries are ones that focus on sustainability and protecting the environment. In fact, plant nurseries, landscape companies and arborists are called the "green industry." Whe ...

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