

Overcoming Depression And Low Mood 3rd Edition A Five Areas Approach

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Overcoming Depression And Low Mood

You're not depressed, but you're not quite yourself either. Could you be languishing? We spoke to psychologist Rucha Lele about this neglected middle child of mental health and how to get out of the ...

Feeling just... blah? There's a name for that and it's called languishing

At 44 years old, Davina McCall started experiencing night sweats. She needed to get up for the loo two or three times every night and felt so sleep-deprived during the day, she couldn't read the ...

Davina McCall: Menopausal Women Are Facing A 'Pandemic Of Injustice'

Perhaps, once, calm came on its own and settled in when worry or obligation retreated. But in a hyperstimulating world where intrusion is the default, interruptions are benignly labeled "notifications ...

Psychology Today

The SARS-CoV2 pandemic has kept the world in suspense for over a year now. Almost 100 million people around the world have contracted COVID-19 to date and over 2 million people have died of COVID-19 ...

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