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"I CAN HANDLE

IT!" ?DEPRESSION

\u0026 ANXIETY

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TEDxKTH*

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Trading PSYCHOLOGY  
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things I learned after*

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*losing a lot of money |*

*Dorothee Loorbach |*

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*Readaloud | Anxiety*

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## **Coping Inventory For Stressful Situations**

Actively taking steps to  
cope with the chronic  
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sclerosis (MS) — from keeping a sense of humor to seeking emotional and tangible support — can help to improve patients' quality of ...

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With Daily Stress of  
MS Tied to Better Life  
Quality**

Whether it's the  
supervisor who

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(literally) breathes down their neck or the guy in the next cubicle who makes those loud, icky chewing noises, navigating difficult relationships can be the most ...

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Coping With Difficult  
Colleagues**

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Police officers in High Point are getting help from a former cop trained to help law enforcement officers care for their own mental health after responding to emotionally difficult calls for service.

**High Point officers get help from former police investigator for**

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**their own mental  
health well-being**

As we move through life, we'll all experience grief: the death of a loved one, the end of a relationship, and missed opportunities. Even that bittersweet feeling that accompanies positive transitional ...

**Dealing With Grief: 7  
Coping Strategies,**

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### **According to Experts**

There has been a lot of talk about post-traumatic stress disorder – an anxiety problem that develops in some people after extremely traumatic events, such as combat, crime, ...

**Post-Traumatic Stress Disorder common among emergency responders**

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Automakers have adjusted their ...

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**vehicles**

Astronaut crews living and working in space experience as a matter of course what many of us experienced unexpectedly during the coronavirus pandemic.

**Preparing for re-entry into the physical workplace: Lessons from NASA**

Incumbent Joe Deets is

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being challenged in the Aug. 3 primary election by three opponents for the North Ward position on the Bainbridge Island City Council.

### **3 challenge incumbent Deets for BI council seat**

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pandemic and other  
stressors through  
mindfulness practices.

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into 'superpowers' for  
stress**

A shift in the work  
platform doesn't need to  
mean a change in  
organizational culture It  
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modifications to the already existing culture whilst keeping it intact believes Sourabh Deo ...

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**Article: It's high time for companies to be more employee-centric than ever: Sourabh Deorah, Advantage Club**

It's difficult enough when a loved one is diagnosed with cancer,

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but employed spouses of those who receive the diagnosis also are confronted with an array of practical problems. It's now up to them to ...

**Reducing the impacts of stress on working cancer caregivers**

An overdose awareness event aimed at supporting recovery and remembering loved ones

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will be held Saturday at  
the Owl Creek  
Reservoir in Tamaqua.

**Awareness event set  
for Saturday; overdose  
numbers rise in  
Schuylkill County**

For the entire month of  
July, Bentley  
Community Services of  
South Brunswick has  
been selected to receive  
a \$1 donation for every

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\$10.99 Bloomin' 4

Good Bouquet with the  
red circle sticker sold at  
Stop ...

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**Community Bulletin  
Board: the North and  
South Brunswick  
Sentinel (for July 14)**

Bradley received a  
nearly \$4 million grant  
from the National  
Cancer Institute to study  
ways to lessen the

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impacts of stress  
specifically on cancer  
caregivers who are also  
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**Helping working  
cancer caregivers  
manage stress**

The latest real estate  
statistics show sales  
prices up 20 percent  
over last year while the  
inventory is down ...

"Whether they're



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moving for a job or to  
be a part of the  
university system,  
whatever it ...

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**Homes selling for 20%  
more now than a year  
ago: A look inside the  
Triangle's hot housing  
market**

California data show the  
scope of the problem.  
But for individuals who  
quit, Susan Zhao says,

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their hearts may  
recover.

## **Hospital Stays for Meth-Related HF Skyrocket, as Do Costs**

From Jordan rookie cards to mint Ohtanis, the pandemic fueled a surge in sports-card prices -- and sent a 22-year-old man on a trek across L.A. for another great find.

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**On the hunt for his  
next sports-card score**

Instead, it's time for a  
radical mindset shift

when it comes to coping  
with work-related ...

they were designed to  
function. And stress due  
to your job or life  
situations causes cells to

...

**Three Coping Methods**

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## **To Ease Work-Related Stress And Restore Energy**

Fortunately, there are effective strategies for coping with stress related to work ... For example, instead of anticipating you won't have anything interesting to say during a job interview, imagine ...

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## **8 Tips for Coping With Work-Related Anxiety**

It's never been more important to make sure we're coping with the stress. Study: 41% of Sacramento workers plan to look for new job in coming months Dr. Greg Hammer, a physician and Stanford ...

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