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MENTAL HEALTH TIPS

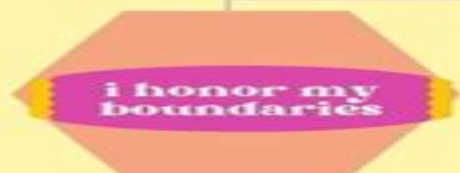


Practice Mindfulness

Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.



Set Boundaries

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.



Gratitude

Regularly take a moment to reflect on things you're grateful for.

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Lingjun Ying



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Psychiatric Mental Health Cathy Melfi Curtis, Carol Norton Tuzo, 2016-06-01 oo much information Too little time Here s everything you need to succeed in your psychiatric mental health nursing course and prepare for course exams and the NCLEX Succinct reviews of content in outline format focus on must know information while case studies and NCLEX style questions develop your ability to apply your knowledge in simulated clinical situations A 100 question final exam at the end of the book *Neeb's Fundamentals of Mental Health Nursing* Linda M Gorman, Robynn Anwar, 2014-02-12 Here s the must know information LPN LVN students need to care for patients with mental health disorders where they ll encounter them in general patient care settings An easy to read conversational writing style shows you how to recognize and respond to the most important mental health issues You ll also explore important communication techniques to use with your patients ethical and legal issues and alternative and complementary treatments *Transition-Age Youth Mental Health Care* Vivien Chan, Jennifer Derenne, 2021-03-10 Over the course of the last two decades improved practices in child and adolescent mental healthcare have led to a decreased environment of stigma which also led to an increased identification and treatment of mental health disorders in children and youth Considering that treatment and outcomes are improved with early intervention this is good news However the success gained in the field of child and adolescent psychiatry leads to a new challenge transitioning from adolescent care to adult care It has been known for some time that children adult and geriatric patients all have unique needs where it comes to mental healthcare yet limited work has been done where it comes to the shifting of the lifespan Where it comes to the child adult transition defined as those in their late teens and early mid 20s there can be multiple barriers in seeking mental healthcare that stem from age appropriate developmental approaches as well as include systems of care needs Apart from increasing childhood intervention the problem is exacerbated by the changing social dynamics more youths are attending college rather than diving straight into the workforce but for various reasons these youths can be more dependent on their parents more than previous generations Technology has improved the daily lives of many but it has also created a new layer of complications in the mental health world The quality and amount of access to care between those with a certain level of privilege and those who do not have this privilege is sharp creating more complicating factors for people in this age range Such societal change has unfolded so rapidly that training programs have not had an opportunity to catch up which has created a crisis for care Efforts to modernize the approach to this unique age group are still young and so no resource exists for any clinicians at any phase in their career This book aims to serve as the first concise guide to fill this gap in the literature The book will be edited by two leading figures in transition age youth both of whom are at institutions that have been at the forefront of this clinical work and research This proposed mid sized guide is therefore intended to be a collaborative effort written primarily by child and adolescent psychiatrists and also with adult psychiatrists The aim is to discuss the developmental presentation of many common mental health diagnoses and topics in

chapters with each chapter containing clinically relevant bullet points and or salient features that receiving providers who are generally adult trained should keep in mind when continuing mental health treatment from the child and adolescent system Chapters will cover a wide range of challenges that are unique to transition age youths including their unique developmental needs anxiety mood and personality disorders at the interface of this development trauma and adjustment disorders special populations and a wide range of other topics Each chapter will begin with a clinical pearl about each topic before delving into the specifics

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