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Psychology researcher Caroline Hunt shares tips on how to pace yourself and help others in socialising after lockdown.

How to cope with the social anxiety of socialising again post-lockdown

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During the pandemic, instead of regularly going out and facing fears of social anxiety, people were told to stay in. This mitigated the natural ...

**NYC Therapeutic Wellness
Releases New Guide on Dealing
With Social Anxiety After Social**

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Distancing

The Ubyyssey sat down with student climate activists and faculty experts to discuss climate anxiety and what students can do to take action.

This too shall last: A student's guide to climate anxiety

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Emma Jeffreys, life coach and founder of coaching service Action Woman, says that it's only natural that we're feeling overwhelmed. "It is no wonder that after an enforced break from the hectic pace ...

Feeling overwhelmed now life is

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getting back to normal? Here's an expert guide to easing yourself back in

Howden Employee Benefits & Wellbeing (Howden) has launched a new guide to help employers spot the signs of burn out amongst their employees and take action to support

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them. The World Health ...

Are your employees burnt out? New guide to support employers from Howden Employee Benefits & Wellbeing

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interaction, increase in economic hardship, fear of becoming sick and the fact that millions of people have died due to this ...

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The beginner's guide to using CBD Oil for pain, stress, and anxiety

As someone who has suffered their

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fair share of anxiety over the years, I naturally approach 'Freedom Day' here in New South Wales with a fat dollop of nausea. On the one hand, I am of course happy to ...

The introverts guide to Freedom Day

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For a community as diverse and dynamic as the LGBTQ community, there's one experience many of us have in common: coming out. It can be one of the most emotionally charged things you do in your entire ...

Your Ultimate Guide to Coming Out

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Recently made public internal research from Facebook reveals that its photo-sharing app Instagram can have harmful impacts on young users, particularly girls. Many in the U.S. and U.K. study ...

How to ensure social media doesn't

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harm your teen's self esteem

The final book in the Montague siblings series maintains the same high level of whip-smart humor and sensitive social commentary as the earlier ...

YA Review: The Nobleman's Guide

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to Scandal and Shipwrecks

While the market is inundated with CBD products, there's more confusion and misconceptions about CBD than ever before. One of the biggest misconceptions about CBD is that it's the same as THC. Both of ...

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CBD vs. THC: Full Guide And Best Products

I've lost count of all the conditions I've thought I had over the past year and a half alone. There were COVID-19 worries, of course (at one point, I convinced myself a suspicious rash was ...

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Health Anxiety Is Real—And the COVID-19 Pandemic Is Making It Worse for Some People

Two troubled strangers take an impromptu road trip across Europe, finding in each other the acceptance and understanding they can't find in

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their longterm relationships.

Review: 'Romantic Guide to Lost Places'

There was a 26% increase in cases of anxiety, as the pre-pandemic global number stood at 298 million. iStock
The research included 48 previously

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conducted studies from around the world, and pulled ...

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How the pandemic took a toll on world's mental health**

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like no other, and now they're starting off their freshman year in uncharted territory as well — still in the midst of a ...

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a tree. The call comes from David Glass, head gardener at the Bowood Estate between Chippenham and Calne, who says it can help ...

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Shyness Cognitive-Behavioral
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Statistical Manual of Mental Disorders
(DSM-5®)

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