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How To Overcome Emotional Negativity

Whether you are a senior executive, a startup founder, a corporate leader, or serve on a board, you might still be harboring a negative self-talk habit. And if you do, chances are that you mistakenly ...

Four Brain Science Habits To Help Neutralize Negative Self-Talk

What does fear have to do with gratitude? My organization once produced a series of dinners on a houseboat in London for a dear friend, Patrick, whose business serves the hotel industry. We

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held a ...

How to Turn Fear Into Gratitude

With the right knowledge, you can use your unique strengths to overcome difficulties. First things first: What personality camp do you fall into? “Psychologists are very interested in our individual ...

Resilience for Every Type: How to Play to Your Strengths to Overcome Difficulty

It also saves us from the emotional rollercoaster that ... those negative thoughts with positive ones. Negative self-talk can be challenging to overcome. Consider enlisting the help of a therapist ...

3 Steps to Overcoming Negative Self-Talk

Simply being aware of these negative stereotypes ... support with: overcoming feelings of unworthiness or perceived fraudulence addressing anxiety, depression, or other emotional distress ...

You’re Not a Fraud. Here’s How to Recognize and Overcome Imposter Syndrome

When a threat seems clear to you, it’s hard to believe others will deny it. Yet smart people deny serious risks, even obvious ones, all the time. A case in point example comes from my experience ...

Why Do Smart People Deny Serious Risks? (And What to Do About It)

Rose said she was told by medical experts never to expect much from her only son and “not to waste time on him” ...

Dublin mum tells how her brave son proved medics and bullies wrong as he became a champion break-dancer

Retail therapy' might make you feel good in the moment, but it can wreak havoc on your financial life. Here are ways to build healthier money habits to keep impulse spending at bay.

How to Stop Impulse Buying

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much research has highlighted the importance of positive emotions for our overall emotional and physical well-being. This is not about denying negative feelings with Pollyanna exuberance.

Psychology Today

Bhot, a 38-year-old independent writer, shared how his own social media habits are unraveling as the pandemic rages. "It's hard. You can't take your eyes off something. You want to know the worst that ...

How To Stop Ourselves From Doomscrolling In The Pandemic

So, what do we do to overcome resistance ... differentiate them from your more rational thoughts and learn to dismiss negative ones. Start with awareness, and you're on the way toward beating ...

How To Overcome Internal Resistance To Boost Your Career

That MSG is safe for use in food." In 2018, Ajinomoto decided to tackle the misinformation about MSG and the process continues today. The company has three strategies. First is to invest in more ...

Overcoming food, ingredient misinformation

An E-3 with three years of service has a base pay of \$2,372 a month. Here are a few tips to making that military paycheck go the extra mile ...

Here are a few tips to make the most of your military paycheck

PRNewswire-PRWeb/ -- "Shut Up and Pray": an inspirational tale of the power of prayer. "Shut Up and Pray" is the creation of published author, Meoshi ...

Meoshi Crumedy's newly released "Shut Up and Pray" is a self-reflective journey through the negative to a more honest, positive faith

This role reversal is known as "parentification," and it can have

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long-lasting negative emotional and mental effects. Parentified kids "learn their own feelings and needs are threats," explains ...

What Is Parentification? Spotting the Warning Signs and How to Let Kids Be Kids

The Covid-19 pandemic has contributed to a mass experiment in home working, with evidence suggesting it is a trend which is here to stay. Despite its benefits, it doesn't come without challenges and ...

White Paper: How to overcome home working isolation

Calls have been made for "tailored support" specifically for the mental and physical wellbeing needs of female health and care workers, following the ...

Calls for 'specific focus and investment' to address female staff needs

Placing the spotlight on the issue and suggesting ways to overcome this, actress Shilpa Shetty reached out to her fans on social media on Monday. Sharing with us the simple mantra of "live in the ...

Shilpa Shetty's Mantra To Tackle Pandemic Blues: "Live In The Now"

Lydia Headrick and Tanya Conlay battled triple-negative breast cancer together and are now celebrating Mother's Day with their first grandchild, Mercy Ophelia.

Two Mothers-in-Law Overcome Same Breast Cancer Years Apart, Celebrate First Grandchild Together

Especially for teens and young adults who are still developing their capacity for emotional identification ... mood-health cycle increases both negative feelings and physical symptoms.

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