

March

NEWS 2022

A report on events affecting behavioral health and substance abuse providers



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Mark Your Calendar

March

Health Awareness Events

March 8

Wellness Coach Training

March 15

World Social Work Day

March 17

St. Patrick Day

March 22

Tobacco Free Support Group Facilitation

March 31

Mental Health First Aid Adults

NEWSLETTER HIGHLIGHTS

Can we prevent depression in older adults by treating insomnia?

Emotion loading ...

Dancing for Your Mental Health

Finding help for eating disorders

Scheduling in time for meditation to support mental health

Depression and anxiety symptoms linked to reduced information-seeking behavior

By Eric W. Dolan

The research found that greater depression and anxiety symptoms are associated with both a reduced tendency to gather more information in situations of uncertainty and a reduced tendency to rely on current knowledge to efficiently seek out reward.

“For example, some people continue to feel very uncertain about what to do, even after many experiences in a situation. These people continue to seek out information to decrease uncertainty and may take too long to settle on a successful pattern of behavior.



Mindful Relationships May Be Key to Mental Health

by Jessica Schrader

Good relationships may be the most important contributor for our happiness. Ever wonder what might underlie and predict the differences between those who live full, satisfying lives and those that can't seem to break out of their struggle into old age?

The results of the longest-running longitudinal study of human flourishing, the Harvard Longitudinal Study, give us insight into this question. When asked to sum up the results of the study briefly, the head researcher (George E. Vaillant) says, “Happiness is love—full stop.”

The study followed 268 Harvard men over almost 80 years, investigating what factors were correlated with greater happiness, less mental distress, and better physical health over time. Potential predictor variables included genetic makeup, income level, IQ, and educational attainment



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