

Mental Health Awareness Month – Topic Pages in Gale Health and Wellness

Check out these topic pages in Gale Health and Wellness that showcase different aspects of mental health.

Mental Health

Mental health is the combination of your psychological, emotional, and social wellbeing; it affects how you feel, think, and act and can affect how you handle stress, make choices, and relate to others. Your mental health is influenced by a variety of factors, including life experience, use of alcohol and/or drugs, family history of mental health problems, and brain chemistry or other biological factors.

Mental health problems are common: According to the National Alliance on Mental Illness (NAMI), about one in five adults in the United States experience mental illness every year. Your mental health changes over time and can be linked to your situation. If you are going through a particularly stressful or demanding period, such as working long hours, taking care of an ill relative, or experiencing economic hardship, you may experience some form of poor mental health.

Recent related academic journal articles:

- [Effects of laughter therapy versus walking on prenatal attachment and mental well-being of pregnant women: A randomized controlled study.](#)
- [Disordered Eating Attitudes and its Psychological Determinants among Students in India: A Cross-sectional Study.](#)
- [Assessing the association between musculoskeletal injury and mental health in rugby players-A cross-sectional study.](#)
- [Self-compassion and burnout among medical students in Egypt: indirect effects through perceived stress.](#)

Recent related news articles:

- [Boise State University Researchers Have Provided New Study Findings on Health and Medicine \(Sexual harassment, stress and suicide attempt among international college students in the USA\).](#)

- [Reports from King's College London Describe Recent Advances in Traumatic Stress Disorders \(The Assessment and Treatment of Post-traumatic Stress Disorder In Autistic People: a Systematic Review\).](#)
- [New Psychosis Findings from McGill University Outlined \(Autonomy Support From Healthcare Professionals Improves Functioning In Early Psychosis Through Psychological Growth\).](#)

Stress Management and Reduction

Stress management and reduction is a general term for a range of strategies, activities, and techniques for improving a person's ability to cope with psychological stress. Some of these approaches are intended to lower the amount of stress in the person's life, while others are aimed at changing the person's evaluation of the stressor(s) in his or her life. There is no single approach to stress management or reduction that works for everyone, because people vary widely in their vulnerability to stress along with the situations or circumstances they find stressful. A person's vulnerability is influenced by genetic factors and psychological factors, as well as by the person's age when they first experience severe or long-term stress. Chronic stress in childhood is known to lower a person's capacity to cope effectively with stress in adult life.

Approaches to stress management include:

- Self-directed stress management
- Complementary and alternative approaches, including movement therapies and relaxation techniques
- Workplace programs
- Psychotherapy

Recent related academic journal articles:

- [Management of Workplace Burnout in Healthcare Professionals: A Leadership and Systems Approach.](#)
- [The mediating role of TikTok addiction in the relationship between depression, anxiety, academic stress, and academic performance among university students.](#)
- [Music performance for stress regulation and psychosomatic wellbeing among female Chinese students.](#)

- [Stress and Coping Strategies among Parents of Neonates in Neonatal Intensive Care Unit: A Cross-sectional Study.](#)

Recent related news articles:

- [Online Program Soothes Post-Trauma Stress In Injured Children.](#)
- [Here to Help; How to Reduce Anxiety for Better Sleep.](#)
- [Findings from Nantes Universite in Psychology Health and Medicine Provides New Insights \(Beyond the academic context: perceived stress, coping, and substance use among university students\).](#)

Grief and Loss

When we lose something or someone, such as when a loved one dies, we experience grief. People experience grief in different ways. Some people become angry at the world. Others feel like crying. Still others do not want to talk about their feelings. There is no one-size-fits-all response to loss. Grieving is the natural emotional reaction to loss and processing that loss can take months or even years.

Although it is most often associated with the loss of a family member, friend, or other loved one, grief can be triggered by any kind of loss. The loss of a job or having to move from familiar surroundings can cause grief. Parental divorce, separation, or incarceration can lead to grief as well. Even events that are usually considered happy occasions, such as a pregnancy or adoption, graduation, starting college, or a major personal success, can lead to feelings of grief.

Recent related academic journal articles:

- [Beyond the emergency: Centering mental health in community disaster preparedness and recovery.](#)
- [Risk factors for maladaptive grief and posttraumatic stress in children and adolescents following loss: a systematic review.](#)
- [Treating prolonged grief disorder with CBT for insomnia: A replicated single-case experimental study protocol.](#)
- [Study protocol for a randomized trial examining a peer grief support approach for people grieving drug overdose deaths.](#)

Recent related news articles:

- [Researchers at University of Edinburgh Target Attention Deficit Hyperactivity Disorders \(Grief, Relief, and Belief: a Social Media Study On Late Identification of Neurodivergence\).](#)
- [Investigators at Ohio State University Release New Data on Dementia \(Effectiveness of interventions on anticipatory grief, caregiver burden, and depression in informal caregivers of individuals with dementia: A systematic review\).](#)
- [University of Padova Reports Findings in Health and Medicine \(Mindfulness-Based Interventions for Bereavement: A Systematized Narrative Review\).](#)

More Resources

See more mental health topic pages from Gale Health and Wellness!

- [Anxiety](#)
- [Depression](#)
- [Eating Disorders](#)
- [PTSD](#)
- [Phobias](#)