

WELLOO NEWS

Information and tips to boost wellbeing

Heat Warps Judicial Decision Making

Studying administrative court records, Behrer et al (2024) found that judges consistently dismiss fewer cases when temperatures are higher, issue longer prison sentences, and levy higher fines.

Mindfulness Via Telehealth Improves Veterans Wellbeing

Burgess et al (2024) found that watching pre-recorded videos teaching mindfulness skills among veterans are linked to reductions in chronic pain, improved sleep and social functioning, as well as reductions in depression and PTSD symptoms.

Breathe Depression Away

Yogic Psychology expert Anandmurti Guruma suggests a way to address acute trauma symptoms that cause depression: straighten the spine and take slow, deep breaths, inhaling through the nose and equally exhaling through the mouth.



Trauma: Is Complete Recovery Possible?

Written by Sadaf Akhtar, PhD

The belief that trauma symptoms linger indefinitely, despite years of therapy, is common. Yet, reviewing the basis of this claim, it is evident that it doesn't apply to all trauma survivors. To the contrary, numerous therapeutic approaches demonstrate that trauma recovery is entirely possible, and that symptoms can be healed for good.

“If we believe the earth is flat, it will influence the directions we take”

To learn more about trauma recovery, visit:

wellqo.co/trauma-is-complete-recovery-possible

