

WELLOO NEWS

Information and tips to boost wellbeing

Diverse Social Activities Linked to Fewer Depressive Symptoms

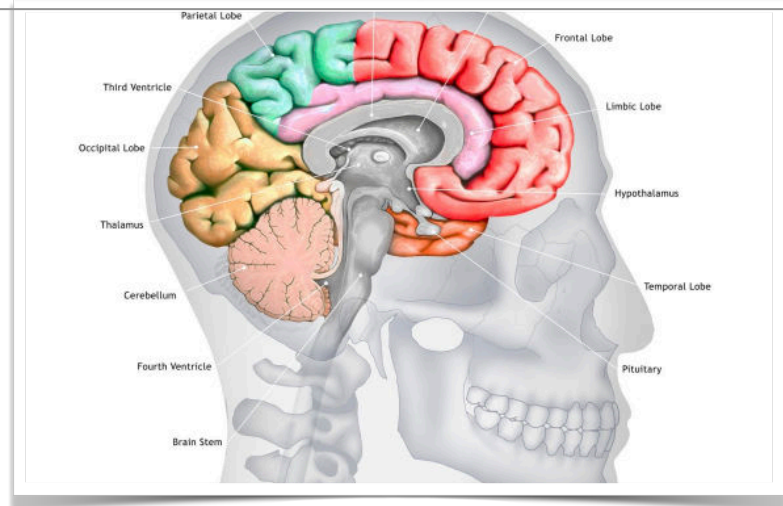
A new study by Jeon & Charles (2024) reveals that participation in a greater variety of social activities can be a protective factor against the severity of depressive symptoms among older adults.

Maternal Stress & Epilepsy

Arai et al (2024) have found that maternal psychological distress during pregnancy is associated with an increased risk of epilepsy among children.

The Mouth is The Source of Disaster. (Kuchi wa wazare no moto)

This proverb cautions against speaking carelessly. Words can bring us harm if not thought through, and many problems arise from careless speech. It reminds us to think before we speak.



What Causes Traumatic Stress?

Written by Sadaf Akhtar, PhD

Modern Western medicine rarely pinpoints the causes of health conditions. One exception is the chemical imbalance hypothesis, which claims that low serotonin in the brain causes mental disorders. Though unproven, this theory continues to inform decisions to prescribe drugs to "correct" this imbalance.

“Trauma is an innate survival response to abnormal events”

PTSD is not explained by this theory because its rooted in trauma. However, while most people encounter emotional distress, not everyone develops chronic symptoms. Understanding why some people suffer prolonged effects is important for effective healing. In this month's blog article I introduce frameworks that aim to explain these differences. To learn more, visit:

wellqo.co/what-causes-ptsd

