

WELLOO NEWS

Information and tips to boost wellbeing

Stress Symptoms and Uncontrollable Buying

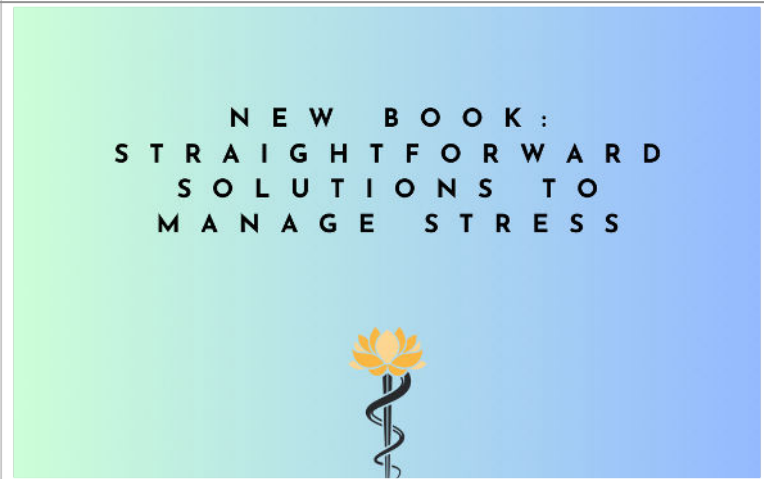
A scoping review carried out by Thomas et al has found that symptoms of stress are significantly correlated with compulsive buying shopping disorder (CBSD).

Placebos Reduce Stress, Anxiety, Depression -- Even When People Know They are Placebos

Darwin et al (2024) found that participants taking placebo pills showed significant mental health improvements in just two weeks compared to the no-treatment control group.

"The Lord shall fight for you, and ye shall hold your peace." Exodus 14:14

A reminder of God's unwavering protection and sovereignty, especially during times of fear, uncertainty, or struggle. Maintain faith in God, act righteously, be patient and steadfast, trusting in the perfect timing of Divine Law.



Straightforward Solutions To Manage Stress

Written by Sadaf Akhtar, PhD

Interventions that promote psychological transformation and behavioural activation are the most effective ways to address environmental stressors, combat chronic stress and improve overall health and wellbeing.

“Knowing the right strategies is key to effectively addressing symptoms of chronic stress”

Chronic stress often stems from the absence of a strategy to address perceived threats. However, in my new book, I guide you step-by-step through proven methods designed to help you worry less, feel more relaxed and take back control of your health and happiness.

Learn more at:

wellqo.co/stress-management-solutions

