

WELLOO NEWS

Information and tips to boost wellbeing

Daily Step Count and Depression in Adults

A review carried out by Bizzozero-Peloni (2024) found that walking at least 7,000 or more steps daily is associated with a 31% reduction in depression risk, compared with fewer than 5000 daily steps.

Comedy Trialled as Treatment Option

Politicians are supporting a new initiative labelled "comedy-on-prescription", which aims to explore whether laughter can offer an alternative to traditional treatments like antidepressant medicines.

"Yoga is the Cessation of the Fluctuations of the Mind." (Patanjali)

Yoga is a state of equanimity - a calm and non-reactive mind. The absence of craving and aversion that clouds pure consciousness.



Drop The Disorder?

Written by Sadaf Akhtar, PhD

The term *disorder* literally means a departure from order - a deviation from what is considered *normal*. But what exactly is *normal*? Critics argue that using *disorder* in mental health stigmatises individuals, pathologises natural human experiences, and discourages people from seeking help. On the other hand, proponents claim it a necessary label to identify and treat persistent distress or impairment.

"In legal settings 'disorder' refers to disturbance, unrest, or violence. In mental health contexts, it describes persistent distress or impairment."

Explore the meaning of *disorder*, the debates surrounding its use, and why I believe it's time to drop it entirely:

wellqo.co/drop-the-disorder

