

WELLOO NEWS

Information and tips to boost wellbeing

Somatic & Cognitive Restructuring Techniques For Chronic Pain

Gnall et al (2026) found that among patients with traumatic orthopaedic injuries, addressing pain catastrophising and anxiety, by applying mind-body interventions, significantly improved physical health.

Resilience & Premature Mortality

Zhang et al (2024) found that resilient individuals - measured as being more optimistic, satisfied with life, having a sense of direction and purpose, and generally solution focused, have a significantly lower risk of mortality.

Thoughts Determine Happiness

From the direct insights of ancient spiritual teachers to modern studies of CBT, it has long been known that our thoughts shape how we feel and behave. Cultivating right perception, we can lay the foundation for a healthier, happier life.



Travel Medicine

Written by Sadaf Akhtar, PhD

Since the early 20th century travel has become mainstream and deeply embedded in British culture. Given the time, money, and effort we invest in travelling, we must instinctively recognise that it is good for us. Yet, how often do we consciously think of travel as a form of medicine - a tool for managing stress and emotional distress, much like prescription medicine?

According to some research studies, regular travel may be a powerful self-care strategy to enhance mental health and general wellbeing.

Discover more about the benefits of travel here:

wellqo.co/travel-medicine

