mental health and mom: stress before and during pregnancy can affect kids' health

men handle stress differently to women, but hey, help is at hand.

According to Clinical Psychologist Avantika Dixit, men and women handle stress differently. This could be due to genetics, biology or lifestyle. As things stand, many women, and particularly young women, can handle stress poorly, and if they are not able to handle stress, this can lead to severe mental health issues.

Researchers are starting to study maternal health behaviors prior to and at end of covid-19 pandemic

In June, and we are learning from the latest research that it is not enough to just change our behavior. It is important to understand that we need to change our behavior in order to change the health of our children.

Men and women handle stress differently. Dixit shares five crucial points for understanding stress, as well as some practical advice for coping.

To make mental health awareness month - reach out for help

In order to make mental health awareness month, it is important to reach out for help. This can be done by talking to a professional, or by seeking out support groups or helplines.

The perspective and long view that older folks have developed is highly supportive of resilience. People over age 65 got through the pandemic by practicing behaviors such as social distancing, mask wearing, and handwashing. They also learned to stay connected with family and friends.

The American Nurses Foundation has expanded an mHealth text messaging program that aims to provide support resources and positive affirmation to stressed nurses. This program has been successful in helping nurses cope with the stress of the pandemic.

The psychology today

According to the American Psychological Association's Stress in America poll, stress is a coping mechanism that is not very effective. Instead, it is important to focus on positive coping mechanisms such as meditation, exercise, and spending time with loved ones.

The psychology of stress and the coping process

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