

## Mind Matters Overcoming Common Mental Barriers In Drumming

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### Mind Matters Overcoming Common Mental

If you know someone struggling with their mental health, there are lots of things you can do. Find out how you can help and support them.

### Helping others with mental health problems

Anxiety seems to be the new daily hurdle one has to overcome. What is the best way to do that ... do give them rest from screens and explore other learning options. This has been a common concern for ...

### Matters of the Mind: An urgent offering of confidence, clarity and courage

There is no such thing as a definite roadmap to sporting stardom. Unless you are extremely lucky, there are always obstacles to overcome, odds to defy, or mountains to climb.

### Peter Sullivan: 'There will be days when you question whether it will happen or not, but you just have to have that mental belief in yourself'

The series features icons from sports such as football, cricket, tennis and shooting coming forward to share their stories of dealing with anxiety and depression ...

### Sports legends open about mental health battles in Future Generali's campaign

Find guidance, advice and simple tips on how to maintain your mental wellbeing if you need to stay at home during the COVID-19 outbreak.

### Mental wellbeing while staying at home

While restrictive quarantine is still being enforced, the challenges of staying focused and maintaining one's sense of equanimity persist and intensify. The World Health Organization (WHO) has issued ...

### Mental health: Overcoming COVID-19 challenges

It's not always clear what sort of mental health care is the right care. What can you expect from different levels of care, and where can you find it?

### Navigating a confusing and complex mental health system: a guide to care

Team India batsman Cheteshwar Pujara has given his opinion on mental health issues, suggesting it is important for sportspersons to be open about the supposedly sensitive subject. According to ...

### "We are very close-minded when talking about mental illness" - Cheteshwar Pujara

Risk factors for developing ASD include being female, having various pre-existing mental health or physical ... Re-experiencing the traumatic event is common, as is anxiety. Nightmares and vivid ...

### Mind Matters: What kind of stress?

Cheteshwar Pujara, who played for Chennai Super Kings in IPL 2021, said he has seen many young domestic cricketers struggle to cope up with the pressures of international cricket. The batting star ...

### Even the strongest have mental health issues, be open about it: Cheteshwar Pujara

Pregnancy and childbirth are pivotal events in women's lives. For many expecting and new mothers the pandemic has filled this time with fear, stress, anxiety and uncertainty. May marks Maternal Mental ...

### Maternal Mental Health Matters: Pregnancy and Birth During the Pandemic

The shining, aspirational exterior of IIT Kharagpur hardly ever shares its light with the despair, self-doubt and other mental challenges that the engineering aspirants face inside the campus. But ...

### Alma Matters Inside the IIT dream trailer: Netflix docu-series explores cost of competition

George Henderson on a revolutionary study of the link between nutrition and mental health. Tl;dr - the blurb says The Be ...

### Book of the Week: Food and mental illness

Apparently, one desperate patient even felt forced to take matters ... mental visualisations such as imagining sandy beaches, muscle relaxation, and breathing exercises. Increasing control. A ...

### Psychology Today

Here's more information about what's often at the root of these specific fitness fears, along with some tips I've learned that can help combat them to help build a sustainable workout routine. Fear of ...

### 10 Ways to Build an Actually Sustainable Workout Routine You Love

Marine Raiders with 1st Marine Raider Battalion conduct free-fall training on Camp Pendleton, Calif., Dec. 7, 2017. The wars that consumed the first twenty years of the 21st century are now shriveling ...

### A Marine special operator's fragmented legacy: Blast, impact, trauma, and everything that comes after

Preliminary health data suggests a looming mental health catastrophe as a result of the pandemic, a crisis that demands action.

### Editorial: Mental health crisis unfolding in Virginia

Here are eleven highly recommended podcasts to listen to that will cut through the clutter and offer entrepreneurs high-quality business support and guidance in 2021.

### 11 Business Podcasts To Check Out In 2021

Jacob Griffin died Saturday night, after a long and tense standoff with officers from the Nashville, Tenn., police department's SWAT team.

### Mother called 911 to get help for her son. Hours later, police shot him and he died

The global pandemic wreaked havoc on all our lives. But it hasn't been a picnic for our athletes, either.