

Mental Health News Articles From Around The Web
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[Am I The Problem? 6 Signs Of A Person With Toxic Traits](#) – *PsychCentral* ~ Understanding the signs of toxic behaviors, such as manipulation and not taking accountability, can help you find positive ways to improve relationships with others and yourself.

[5 Triggers for Adults With Childhood Emotional Neglect](#) – *Psychology Today* ~ A child who grows up in an environment where their emotions aren't acknowledged or taken seriously is in quite a bind. Even though emotions are a necessary part of being human, these children learn that their feelings are unwelcome. They end up hiding them, walling them off, to not burden their parents.

[What Kind Of Support Do Moms Need?](#) – *Greater Good Magazine* ~ The study's findings dispute the perspective that mothers' well-being is primarily driven by their investment in their children and their role as a mother. Rather, there is a consistently strong tie between moms' well-being and their level of social support.

[How Parental Alienation Harms ADHD Families](#) – *ADDitude* ~ Parental alienation is a form of emotional abuse with long-term effects — putting children at risk for anxiety, depression, guilt, low self-esteem, impulsivity, and academic challenges.

[Vaping: How Does It Affect The Lungs?](#) – *Medical News Today* ~ Vaping devices, also known as electronic cigarettes, e-cigarettes, or vapes, heat liquid into an aerosol for inhalation into the lungs. Although some people may consider vaping a better alternative to smoking, it can still lead to lung damage.

[Hate Waiting? How Family Caregivers Can Limit Medical Office Delays](#) – *AARP* ~ Any family caregiver who has ever spent a long stretch in an outer waiting room, followed by another long wait in an exam room while a vulnerable loved one shivers in a paper gown, knows that frustration and annoyance.

[6 Skills To Help You Be Mindful](#) – *Psychology Today* ~ The six mindfulness skills of DBT are observing, describing, participating, non-judgmental stance, one-mindfully, and effectiveness.

The above list is provided to promote awareness of current issues and does not constitute support or endorsement of any idea, author, article, website or organization.