

Anthony Przeklasa, PhD
President

Rev. Jeffrey B. Clemons
Vice President

Sophia G. Mallis
Treasurer

Hon. Russell W. Hartigan
Secretary

Alan Dorobiala
Commissioner

Lou Gale
Commissioner

Elyse Hoffenberg
Commissioner

Steve Palmer
Commissioner

William D. Seith
Commissioner

Ronald R. Melka, MPA
Executive Director

Jazmin Lopez, MA
Administrative Assistant

Mental Health News Articles From Around The Web May 9, 2023

[How Mental Health Conditions Can Increase Heart Attack, Stroke Risk In People Under 40](#) – *Medical News Today* ~ They noted that one of every eight people in the 20-to-39-year-old category had some kind of mental health condition. The issues included depression, anxiety, and insomnia.

[There Is An Answer To The Mental Health Crisis](#) – *Psychology Today* ~ Anxiety is, simply, a warning signal. Every form of life has a withdrawal/avoidance response to real or perceived danger. All life forms, from one-celled organisms to humans, respond with complex changes to optimize the odds of survival.

[The Promise And Peril Of Predicting Adaptive Behavior In Toddlers With Autism](#) – *Nature* ~ In early childhood, many children diagnosed with autism spectrum disorder experience challenges in adaptive behavior that are needed to meet the demands of daily life. Mandelli et al. propose the use of a data-driven prediction model to identify unique subgroups of autistic preschoolers based on a ‘snapshot’ of adaptive skills.

[Why Americans Are Smoking Cigarettes Less Than Ever](#) – *Popular Science* ~ Here’s some good news: Cigarette smoking hit record lows in the US, according to a new Centers for Disease Control and Prevention survey. An estimated 11.1 percent of American adults were regular cigarette users in 2022—a drop from the 14.4 percent reported in 2019.

[Health Advisory On Social Media Use In Adolescence](#) – *American Psychological Association* ~ Psychological scientists examine potential beneficial and harmful effects of social media use on adolescents’ social, educational, psychological, and neurological development. This is a rapidly evolving and growing area of research with implications for many stakeholders (e.g., youth, parents, caregivers, educators, policymakers, practitioners, and members of the tech industry) who share responsibility to ensure adolescents’ well-being.

[The Power Of Mindfulness In Combating Burnout: Techniques For Staying Present And Engaged At Work](#) – *Corporate Wellness* ~ Burnout is a condition that can affect anyone, regardless of their industry or position. It’s a feeling of emotional, mental, and physical exhaustion that comes from prolonged stress and can manifest in many different ways.

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.