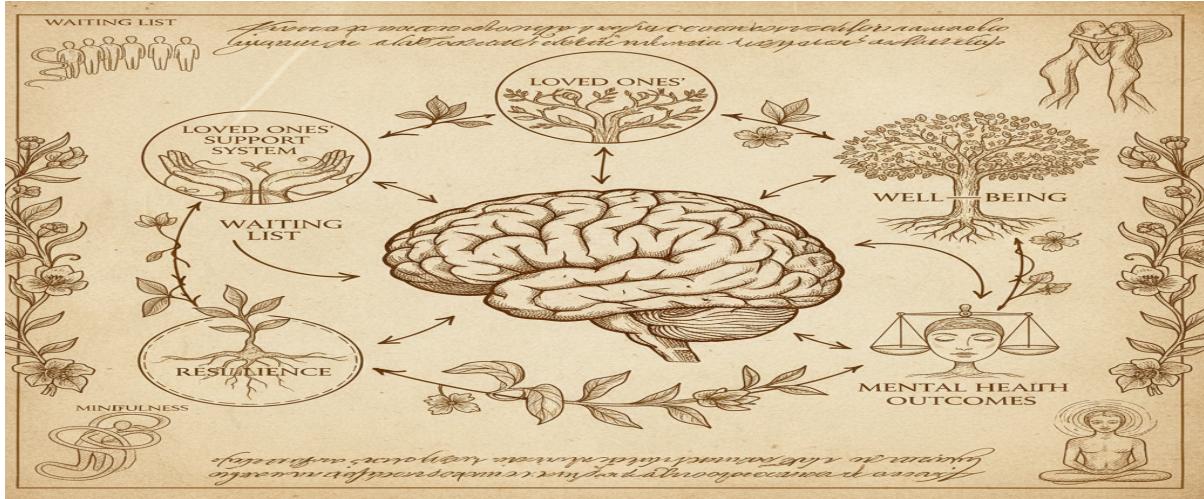


Welcome to "a", your weekly dose of scientific insights into the art and science of living well. Life throws curveballs, and sometimes we find ourselves waiting – waiting for treatment, waiting for recovery, or just waiting for the storm to pass. This week, we're diving into research that offers practical strategies for navigating those challenging times with greater resilience and well-being. In this issue, we explore the power of positive psychology, both for those on mental health waiting lists and for cancer survivors seeking to reclaim their joy. Discover how simple online exercises and gratitude practices can make a real difference in your life and the lives of those you love. Get ready to unlock the secrets to a happier, healthier you!



Boost Resilience While You Wait: Online Positive Psychology for Mental Health

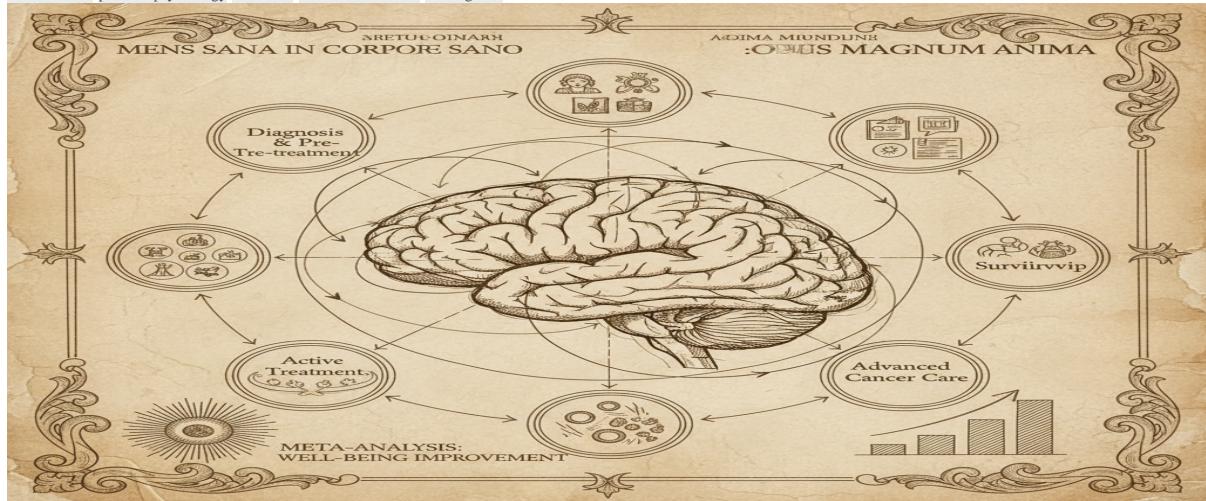
BMC psychology Janot Zinzen, Susan van Hooren, Ruben M W A Drost

A new study explores whether an online positive psychology program can improve well-being and resilience for individuals on mental health treatment waiting lists, and, uniquely, for their loved ones too. This approach could potentially reduce the negative impacts of waiting and improve overall mental health outcomes for both patients and their support systems.

With increasing demand for mental health services, innovative and accessible interventions like this are crucial for bridging the gap and supporting individuals during the often challenging wait for treatment.

Credibility: **63/100**

This study protocol demonstrates moderate credibility overall. The rigorous methodology and peer-review process significantly bolster confidence in the planned research. However, the unknown citation velocity and the author's level of experience temper the overall assessment, suggesting some caution is warranted until the study is completed and its impact can be evaluated.



Boost Well-being After Cancer: Positive Psychology Interventions Offer Real Hope

Cancer medicine Su Ann Yeoh, Alice Bowie, Tim Windsor

A new meta-analysis reveals that positive psychology interventions (PPIs) – activities designed to boost well-being and positive emotions – can significantly improve the mental health of cancer survivors. These interventions are tailored to individuals and can be implemented at various stages of cancer treatment and recovery.

Cancer treatment can take a huge toll on mental health. This research offers evidence-based strategies to help survivors thrive, not just survive, after cancer.

Credibility: **63/100**

This paper presents moderate credibility overall. Its strength lies in a robust methodology and the fact that it has undergone peer review, suggesting a rigorous evaluation process. However, the unknown citation velocity and moderate scores for journal impact, author experience, and sample size warrant some caution when interpreting the findings.

cancer positive psychology mental health well-being survivorship

THE BIG PICTURE These studies highlight the profound impact of positive psychology on mental health, particularly for those facing challenging circumstances like waiting lists for treatment or navigating cancer survivorship. The research underscores that cultivating positive emotions and building resilience are not luxuries, but essential tools for improving well-being and mental health outcomes. Proactive engagement with simple, evidence-based strategies can significantly empower individuals to manage stress, improve mood, and enhance their overall quality of life, both while waiting for professional support and after overcoming major health challenges. **Key Takeaways:** - Positive psychology interventions can improve the mental health of people on waiting lists for mental health treatment, and their loved ones. - Positive psychology interventions can improve the mental health of cancer survivors. - Even small actions, like practicing gratitude, can have a significant impact on well-being. **YOUR ACTION PLAN** **This Week's Challenge:** Write three things you're grateful for each morning before checking your email. **Quick Wins - Start Today:** - Send a text message to someone you appreciate, expressing your gratitude. - Take a 5-minute mindfulness break and focus on your breath. - Identify one small positive aspect of your current situation. **Your 30-Day Experiment:** Each evening before bed, write down one positive experience from the day in a journal. Track how you feel on a scale of 1-10 each day, noting any changes in your overall mood after the first week, second week, and so on. **Discussion Starter:** What are some of the biggest obstacles you face when trying to prioritize your mental well-being, and how can you overcome them? Start small, stay consistent, and watch your well-being flourish. You have the power to cultivate positivity!