**ANGER**

Anger can be brought on by both internal and external factors. You may be enraged at a person, an institution such as your employer, or an event such as a traffic jam or a political election. You don't have to allow your anger get the best of you, no matter where it comes from. Here are a few strategies to help you maintain your composure.

Take a look at yourself.

When you're experiencing a strong negative mood, it's difficult to make good decisions. Avoid ascending a cliff in the first place rather than trying to talk yourself down from it. Try to spot warning signals that you're becoming irritated. Step away from the situation or attempt relaxing techniques if you recognise the indications.

Don't linger too long.

Some people have a habit of revisiting the events that enraged them. That's a bad technique, especially if you've already dealt with the issue that made you angry in the first place. Instead, make an effort to let go of the previous event. One method to overcome this is to concentrate instead on the qualities of the person or scenario that got you furious.

Change your mind set.

When you're furious, it's tempting to believe that things are much worse than they are. You may replace unhelpful negative beliefs with more realistic ones using a process called cognitive restructuring. Instead of thinking, "Everything is wrecked," say, "This is frustrating, but it’s not the end of the world”.

**SLEEP**

The appropriate amount and quality of sleep helps the body maintain and regulate numerous important processes, as well as enhances attention, behaviour, memory, and general mental and physical health.

According to a 2015 survey from the National Sleep Foundation, most individuals require seven to nine hours of sleep every night to perform at their best throughout the day and maintain their bodies and minds in top form.

Sleep deprivation has been related to a number of unfavourable health, social, and performance consequences that can have a detrimental influence on a person's personal and professional life. A 2017 survey indicated that the majority of Canadians do not get enough sleep on a daily basis, negatively impacting their health. Approximately 20% of the population sleeps for six to seven hours per night, while 6% sleep for less than six hours per night.

Signs that you aren't sleeping enough

You're having mood swings that aren't predicted. You'll be more irritable, cranky, and have a harder time coping with stress if you don't get enough sleep.

You've gained some weight. Sleeping for less than six hours a night raises ghrelin, a hunger-stimulating hormone that makes your body seek sweets and fatty meals.

You have a higher level of impulsivity. When you're sleep deprived, you're less inhibited, which means you're more likely to act or say without first thinking or assessing.

Your response times are slower than they should be. Because your focus is diminished when you're tired, it takes longer to process events, resulting in lengthier response times.

You've seen a drop in performance and productivity. Fatigue can impair your ability to concentrate, think, and even find the right words to express simple situations.

Intimacy isn't something you're interested in, if at all. Many individuals are not in the mood or have the energy for meaningful connection or displays of love, including sexual touch, when they are tired and fatigued at the end of the day.

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You can't seem to recall anything. When you're weary, it's difficult to pay attention to the details essential to construct a memory.

You're having trouble making choices. The capacity of your brain to process information, emotions, and read social situations can all be harmed by prolonged sleep deprivation.

You become ill more frequently. Your immune system will be harmed if you don't get enough sleep, which will reduce your body's capacity to fight illnesses.

You don't appear to be in the finest of shape. Your skin will not be able to restore itself if you do not get enough sleep. Your skin may seem aged, with dark under-eye bags and red, swollen eyes.

**ANXIETY**

What do you mean by that? Simply said, anxiety symptoms can range from life-threatening phobias, such as a fear of driving, to seemingly unrelated symptoms, such as headaches or exhaustion. While the latter two may not lead you to assume you have a chronic illness, and may even lead you to assume you are experiencing two of the most frequent flu symptoms, they are physical manifestations of elevated anxiety that, when paired with other physical or mental symptoms, can indicate you have a disease.

Though anxiety affects everyone, the manner it manifests, why it manifests, and the degree to which it emerges changes from person to person. As a result, anxiety diagnoses can take many different shapes. Generalized anxiety disorder (GAD), panic disorder (PD), and social anxiety disorder (SAD) are classified as true anxiety disorders in the Diagnostic and Statistical Manual of Mental Illnesses, 5th Edition (DSM-5) of the American Psychiatric Association, whereas anxiety-related disorders include obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) (PTSD).

Anxiety disorders are difficult to comprehend since the symptoms might appear to be commonplace. As we enter a new decade, we've compiled a list of blogs that help those who suffer with anxiety and raise awareness about the illness.

Some of these blogs are devoted to a specific anxiety illness, while others cater to overall mental health, but they all seek to establish a community among persons who suffer from anxiety. These blogs are here to assist you in 2020, whether you need to know how to quiet a panic attack, laugh a bit at your overactive imagination, or just read an encouraging poem.

**MEDITATION**

Meditation Nurtures the brain

We've all heard that meditation may help with mental clarity, stress reduction, and anxiety reduction. But what are the benefits of meditation for the brain? Mindfulness practise has been demonstrated in studies to cause favourable physiological changes, further strengthening the link between meditation and the brain.

Meditation has grown increasingly mainstream in recent decades. People are learning to understand the power of the present moment through working with their brains, following their breath, and working with their brains. Meditation groups are springing up in schools, towns, senior centres, and other places. As reported in a recent Business Insider storey headlined “Silicon Valley is fascinated with meditation, and there's fresh proof it affects the brain for the better,” it has grown so ubiquitous that even the business world has joined the trend.

Psychology research has verified what every meditator already knows: meditation is excellent for both the body and the spirit. Science may now back up these assertions by demonstrating how meditation affects the highly complex organ located between our ears. Meditation appears to nourish the areas of the brain that lead to happiness, according to new scientific research. Furthermore, it appears that consistent practise deprives the brain's stress and anxiety-related areas of nutrients.

Meditation's effects on the brain

Sara Lazar, a Harvard neuroscientist, talks about how meditation affects the brain in an interview with the Washington Post. She describes how four brain regions linked with good brain function grow more significant in meditators, while one connected with undesired conduct decreases. Let's take a closer look at these topics.