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That we all clearly need to listen to each other and understand our differences and embrace diversity is a sane message for the

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psychological research not to hyperbolic promises of being the best you or being happy, but just to staying sane. Topics addressed include benefits of mindfulness, awareness of cognitive biases, and the virtues of autonomy, pursuing competence, and feeling a sense of belonging with others.

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How can we stay SANE (strong, active, neighborly, and energetic) during this crisis? With love, careful planning, and care for others—and total lockdown. The end of the tunnel may be a long way off, but if we treat it with the utmost seriousness, keep our

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social distance, wash our hands regularly, and look out for each other, we can stop the spread of the virus and reach the light at the end.

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Life sharp and elegant pamphlet of just 90 pages. Though better known as a novelist (10 Minutes 38 Seconds in This Strange World was shortlisted for the...

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Life Crazy. Stop and take a breath. The world will keep spinning. ... Over 50 percent of Americans want to stay informed on current events but say following the ...

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How to stay sane during lockdown Sticking

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Life to a strong routine ‘ I consider myself a free spirit that goes with the flow but now, order and routine are essential in getting me through the day.

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Eat good food. Food is one of the many

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things you need to stay sane, since the Sanity mechanic of the game relies on the player “feeling civilized” to abate the oppressive, terrifying loneliness of living in a deserted island full of things that want to kill you. But plain old campfire food won't cut it.

~~How to Stay Sane in Don't Starve: 8 Steps~~

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~~(with Pictures)~~

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~~How to stay sane, positive and healthy amid~~

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"Knowledge requires reading. Books. Indepth analyses. Investigate journalism. Then there is wisdom, which connects the mind and the heart, activates emotional intelligence, expands empathy. For that we need stories and storytelling." (quotation of Elif Shafak out of 'How to stay sane in an age

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of division') I really

~~How to Stay Sane in an Age of Division by Elif Shafak~~

Stay informed and updated on the news—but (important but) limit your exposure to TV images of pain and suffering so as not to become overwhelmed by grief.

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What can you do to lower your stress level and stay as sane as possible during preventative quarantine? Limit Your News Intake You may feel more stressed and even

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experience panic after reading the...

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Thinking of moving back in with your parents? Here are some tips that could help you stay sane and make the most of this transition. A lot of people have been forced

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Life to relocate due to the pandemic, whether that means changing neighborhoods, states, or in some cases, back home with their parents.

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Here are seven ways you can stay healthy,

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isolation means staying at home for 14 days. During this time, you should not go to work and should stay away from public places and transport. You should...

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