

# THE PSYCHE NEWSLETTER

ISSUE 2 - JULY

Summer is here, and with it comes a new PSYcHE Newsletter! The PSYcHE team want to extend our continued gratitude for your involvement in our research. None of it would be possible without you! This edition will focus on the topic of anxiety. Here are just a few mental health snippets we hope you enjoy! As always just click the images to go straight to the link



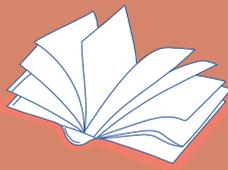
Something to  
watch



Navigating the world of mental health can be rewarding and challenging, there is always so much to learn! The YouTube channel Psych Hub is a great place for bitesize and digestible videos introducing mental health topics, like this one :



## Something to Read



Spunout.ie is one of Ireland's leading providers in youth mental health awareness. They aim to educate and inform their readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally.

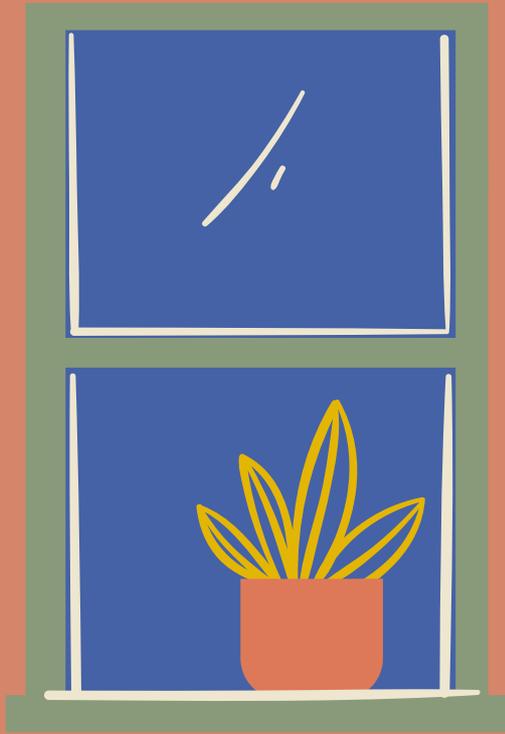
Currently, Spunout is highlighting coping skills and ways to combat negative thinking. In the short blog below, Spunout outline a few ways in which one can examine and challenge thought patterns:



## Something to Hear

Author Caroline Foran shares her story, along with some expert input, in an attempt to help you show your anxiety who's boss. This practical and relaxed series explores everything from what anxiety is and why it happens to us, how our brains work and why it's actually very normal to the various tools and techniques necessary for owning it. Most importantly, this is a series that tackles the reality of anxiety from a refreshing and relatable perspective:

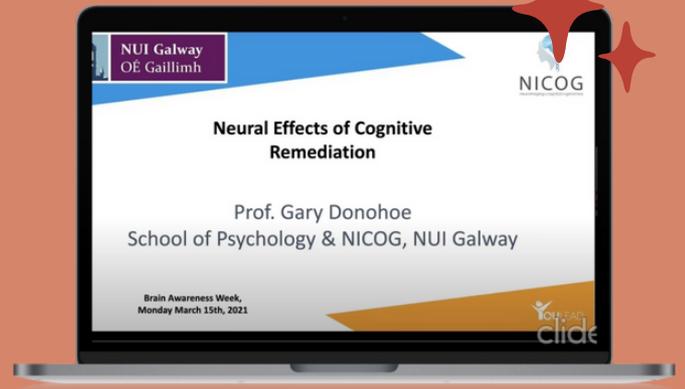




## Updates from the PSYche project

We've been busy here at NUIG, and we'd love to share just some of our most recent work as part of the PSYche project:

Prof. Gary Donohoe presents a talk on the neural effects of cognitive remediation therapy:



An infographic highlighting the relationship between cannabis use and psychosis





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We hope you enjoy some of these snippets. From all of us at the PSYcHE team, we thank you again for giving your time.

Take care, and all the best,

-The PSYcHE team

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