

Sources: 6 Gifts for People with Anxiety

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4. [Good Therapy](#)
5. [Positive Psychology](#)
6. [National Institute of Neurological Disorders and Stroke](#)
7. [The Journal of Neuroscience](#)
8. [What Is the Purpose of Sleep? \(Healthline\)](#)
9. [The outcome of sleep deprivation on hippocampal function \(Prince & Abel\).](#)
10. ["Sleep quality and its association with the insular cortex in emotional empathy" \(Guadagni, Burles, Ferrara, & Iaria\)](#)
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12. ["Calligraphy and meditation for stress reduction: an experimental comparison" \(Psychology Research and Behavior Management\)](#)
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14. ["Mental health literacy measures evaluating knowledge, attitudes and help-seeking: a scoping review" \(Wei, McGrath, Hayden & Kutcher\)](#)
15. ["Stigma, discrimination and mental illness" \(Better Health Channel\).](#)