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American psychological association publication manual

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Type 1 Self-Care Manual - type-1-self-care-manual.html Do you know your risk for prediabetes? - 2017-07-adcouncil.html Insulin Isn't - 2017-03-ia.html Federal Healthcare Resilience Task Force Alternate Care (ACS) Toolkit: Third Edition This year's US presidential election is exceptional in many ways, including, apparently, the anxiety it's causing American voters.The American Psychological Association (APA), which is the largest psychological organization in the US, conducted their annual "Stress in America" survey and found that tension regarding the upcoming presidential election is exceedingly high. Fifty-two percent of over 3,500 adults surveyed said they felt stressed by all the politicking and campaigning leading up to the approaching election. "We're seeing that it doesn't matter whether you're registered as a Democrat or Republican—US adults say they are experiencing significant stress from the current election," Lynn Bufka, the APA's associate executive director for practice research and policy, said in a statement. Among registered Democrats, 55% said they were anxious about the election, as did 59% of registered Republicans.Bufka told the Washington Post that these numbers suggest stress about the election is as prominent among Americans as more permanent sources of stress, like work and money.If you find yourself biting your nails in the days preceding Election Day, here are the APA's sanctioned coping mechanisms to help ease your anxiety.If the 24-hour news cycle of claims and counterclaims from the candidates is causing you stress, limit your media consumption. Read just enough to stay informed. Turn off the newsfeed or take a digital break. Take some time for yourself, go for a walk, or spend time with friends and family doing things that you enjoy.Avoid getting into discussions about the election if you think they have the potential to escalate to conflict. Be cognizant of the frequency with which you're discussing the election with friends, family members or coworkers.Stress and anxiety about what might happen is not productive. Channel your concerns to make a positive difference on issues you care about. Consider volunteering in your community, advocating for an issue you support or joining a local group. Remember that in addition to the presidential election, there are state and local elections taking place in many parts of the country, providing more opportunities for civic involvement.Whatever happens on Nov. 8, life will go on. Our political system and the three branches of government mean that we can expect a significant degree of stability immediately after a major transition of government. Avoid catastrophizing, and maintain a balanced perspective.Vote. In a democracy, a citizen's voice does matter. By voting, you will hopefully feel you are taking a proactive step and participating in what for many has been a stressful election cycle. Find balanced information to learn about all the candidates and issues on your ballot (not just the presidential race), make informed decisions and wear your "I voted" sticker with pride.And, if all else fails, there's always coloring books. After nearly 30 years of working in daily journalism, Deborah Zabarenko was fried. It wasn't just the stress of reporting for an international wire service—considerable in its own right—but the added responsibility of heading the union and fighting for her coworkers."After a while, you're just exhausted," she recalls. Besides feeling stressed and tired, she could see she wasn't getting good writing assignments anymore. She felt that she wasn't performing to the best of her ability, she says. "I hated that."After losing so many union cases to her richer, better-lawyered employer she said she was feeling "not so much negatively as despair." When she was offered a buyout, "it was a lifeline," she says. "I knew it was my only way out. I was in China [when the offer came], but as soon as I got back, I talked to my husband and son, and I said we would make this work."Zabarenko had a classic case of workplace burnout, a phenomenon that's gotten a lot of media attention since May, when the World Health Organization expanded its definition of the phenomenon in the 11th revision of its International Classification of Diseases. However, there's nothing new about employee burnout, or even the WHO's including it in the latest ICD. And despite some erroneous reporting, the ICD-11 entry does not mean that workplace burnout is now officially recognized as a diagnosable disease. "ICD-11 moved their definition closer to the way that occupational health psychology has defined burnout for a long time," says Dr. David Ballard, head of the Psychologically Healthy Workplace Program at the American Psychological Association*. "They're just bringing their definition in line with what we've known from the research for some time."Burnout was included in the ICD-10, Ballard notes, "but it was not directly connected to work. It was listed under 'problems related to life management' and was described as a state of vital exhaustion." The new definition ties it directly to problems associated with employment and goes beyond just being tired: It now includes increased mental distance from one's job, which is also characterized by negativity and feelings of cynicism, and reduced professional efficacy.Workplace burnout is not just dreading going to work some days or feeling overwhelmed by the demands of your job. According to the ICD itself, burnout results from "chronic workplace stress that has not been successfully managed," meaning it's more than having a bad day or even a bad week at work, and it can't be relieved by just taking a few days off.The good news is that only a relatively small percentage of workers are experiencing burnout at an extreme level, according to a forthcoming survey that we at the APA conducted this spring of 1,504 adult Americans. About 8% said they frequently experience burnout, while a quarter said they are experiencing burnout at least some of the time.The idea that people could get burned out by their jobs has been around since the mid-1970s, when psychologist Herbert J. Freudenberger first used the term "burnout." His work, based on his observations of the volunteer staff (including himself) at a free clinic for people with drug addiction, identified the hallmarks of burnout as exhaustion resulting from the excessive demands of the job and physical symptoms such as headaches, sleeplessness, and quickness to anger. The burned-out worker "looks, acts, and seems depressed," he said.Today, psychologist Irvin Schonfeld at the City College of New York argues that what many people call workplace burnout is actually just garden-variety depression. He and his research colleagues "reject the argument that burnout differs from depression because burnout is socially caused, it's the result of working conditions."Schonfeld believes workers avoid labeling themselves as depressed because of the stigma associated with the term. Plus, he says, a diagnosis of depression could jeopardize some people's jobs. "It's much easier to say, 'I'm burned out by my job' than 'my job depresses me,'" he says.The World Health Organization's expanded definition is significant in that it puts employers on notice that they bear some responsibility for the conditions that can lead to burnout. "At an organizational level, employers need to consider how they design jobs, the amount of control and autonomy they give people, and whether they create an environment that's characterized by support and trust," Ballard says. They also need to look at what supports they provide to employees, in the form of employee assistance programs, mental-health care, and their commitment to work-life balance, he says.Workers also have some responsibility to guard against the conditions that can burn them out. "People need to take time off to recharge," he says. "Not only do they need to have time when they're not working, but they need to have time when they're not thinking about work."That doesn't necessarily mean two weeks of vacation, either. Some people need shorter and more frequent breaks, research finds.For former reporter Zabarenko, having experienced burnout was a valuable lesson. After leaving her wire service job, she landed her current job, with an environmental think tank, where after five years she was eligible for a sabbatical. This year, she took 10 weeks off to travel to Oslo, Svalbard, Stockholm, Toronto, and finally Montana. "I had about as much fun as any one person could have," she says. "I returned to work a few weeks ago knowing for once that I had done the right thing. And that was informed by my past experience with burnout, so you definitely can learn from it."*Of which the author, Kim I. Mills, is also an employee. The latest news from the AHA Scientific Sessions, with physician perspective, researcher interviews and clinician insight on cardiovascular prevention and more. Stories about people, science and health, from American Heart Association News Jul 30, 2021 Dementia complicates recovery from heart and other health problems, limiting treatment options and raising challenges for families and health care providers. Categories: Heart Disease | Tags: Brain health, Heart attack Jul 29, 2021 Cardiovascular deaths related to atrial fibrillation appear to be on the upswing, according to a new study that points to the need for early detection and treatment in younger and older adults alike. Categories: Heart Disease | Tags: Stroke, Heart failure, Prevention Jul 28, 2021 People who receive transplanted hearts from donors who used drugs survive just as long as those whose donors didn't use drugs, according to new research. Categories: Heart Disease | Tags: Heart failure Jul 26, 2021 Genomic science has helped reduce heart disease risk, but it may not benefit racial, ethnic or Indigenous groups because they are largely excluded from the studies, according to an American Heart Association scientific statement. Categories: Health Equity Headlines | Tags: Health disparities, Heart disease Jul 26, 2021 Severe sleep apnea could create major changes in the structure and function of arteries, speeding up "vascular aging," according to new research. Categories: Healthy Living News | Tags: Heart disease, Stroke Previous Current Page 1 of 80 Next Watch video Watch video Watch video Watch video Take the first step toward your future with a free Lantern account Lantern, an all-in-one education and career resource, is passionate about bringing light to what you need to accomplish your career and educational goals, from helping you find your dream job to managing your funding. Create your lantern account The American Psychological Association has appointed publishing executive Jasper Simons to lead its growing PsycINFO® and APA database program as publisher, PsycINFO. WASHINGTON — The American Psychological Association has appointed publishing executive Jasper Simons to lead its growing PsycINFO® and APA database program as publisher, PsycINFO. "We are very pleased that Jasper Simons has joined the APA publishing program," said Gary R. VandenBos, PhD, APA publisher. "He is a seasoned professional with a wide range of experience in science, technical and medical publishing in both the not-for-profit and for-profit sectors. His knowledge and skills will bring new dimensions to our business development strategy." APA currently produces seven databases: PsycARTICLES®, PsycBOOKS®, PsycINFO, PsycTHERAPY®, PsycTESTS®, PsycCRITIQUES® and PsycEXTRA®. Simons has been involved in science, technical and medical publishing (print and online products), project management and business development for his entire career. Most recently, he was vice president, product and marketing strategy, for Thomson Reuters. He also served as director of special markets for SAGE Publishing, responsible for launching innovative database products for the lobbying and political advocacy markets. Before that, Simons served as vice president/publisher for CIG Media Group, a medical oncology publisher, overseeing editorial production and sales and marketing for a broad range of medical oncology subspecialties. Simons holds an MA in political science from the University of Amsterdam. The American Psychological Association, in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States. APA's membership includes nearly 130,000 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives. Photo Courtesy: A. Dagli Orti/Getty Images Becoming a notary can make work easier for you and your employer. It can also help advance the lives of others. Needing something notarized or witnessed can feel like a lot of red tape. Thankfully, there is a lot of help getting through it. Who supports notaries in their notorious endeavors? The American Notary Association is one organization dedicated to being a resource for notaries. Thanks to the American Notary Association, and other orgs like the National Notary Association, people are able to get the appropriate stamps and ink pads needed to do their jobs. They also assist in the process of becoming a notary, which can vary by state. Notarization protocols have been eased a bit in some states due to COVID-19. For a crash-course in all things notary-related, read on. It's easy to chalk up a notary public as simply part of "American bureaucracy," but notary publics have been around for as long as history itself. When thinking of notary publics and history, consider that documents like the Magna Carta and the Declaration of Independence, which have a lot of signatures, were technically notarized. Notary publics can be traced back much further than that, however. Thousands of years before the American Notary Association was even a thought, society relied on scribes. Photo Courtesy: ICAS94/Getty Images Scribes existed as far back as 3,300 B.C. in Sumeria, where the earliest forms of writing occurred. The scribes eventually "notarized" documents by creating their first seals. But the first official notaries were in ancient Egypt. Dating back to about 2,750 B.C., ancient Egyptian scribes would typically carry a cartouche and keep as many records as possible. Since writing and education were a privilege back then, scribes were highly ranked among the social classes. The work of a notary back then entailed more record keeping as opposed to signing documents. Today, notarized documents can be required in a number of scenarios. Legal documents of many sorts, financial records and transactions, loans, and last will testaments can all require a notary in some way. Notarization can mean a seal, a signature, or a separate document entirely. If the task of getting something notarized seems like a pain, just keep in the back of your head that what you're doing is important. It's not to say that your task is going to be as grand as the Magan Carta or The Constitution, but it's still important. Picture this: you go through all the steps your state requires to become a notary. The fees have been paid, exams have been passed. When the time comes to finalize documents and make them as official as possible, your pockets are empty. What are you going to do? Especially in unpredictable times, like amid a pandemic, leaving one's house and getting equipped for any position can be extremely difficult. Thankfully, we have collected a wealth of resources that sell supplies, help with training, and provide other resources and support for notaries. Photo Courtesy: Alfredo Estralla/Getty images The American Notary Association offers customizable stamps and seals. They have a number of options like self-inking stamps and heavy duty stamps. Rush delivery is available on many of their products, so that they'll arrive by noon the next day in some cases. So, if you're in a jam, the American Notary Association is there to help. The National Notary Association offers training on how to become a notary and renew your notary license. With the training the NNA offers, you can also become a loan signing agent, which can really help you or your employer move things along amid the red tape of home loans. Supplies sold by the NNA include stamps, journals, certificates, and notebooks. The American Society of Notaries helps one find a notary in addition to providing training and supplies for would-be notaries. They made sure to take COVID-19 seriously and have a wealth of knowledge for both notaries or those that need something notarized during the pandemic. The Colorado Notary Blog is a goldmine for notary content. You can learn everything from how notaries should conduct themselves on social media to how early forms of writing during the Shang Dynasty (around 1,600 B.C.) still influence notaries today. The notarization process hit a few bumps in the road during the onset of COVID-19. Traditionally, for a document to be notarized, one had to be present and at most a few feet away from the notary. But in order to comply with social distancing protocol, some notaries are getting creative with distant signings. It might seem a little weird to meet someone in a parking lot or open-outdoor area to sign a legal document, but times are tough! Photo Courtesy: Charley Gallay/Getty Images Needing to be physically present for a signing is an inherently ableist pillar in our society and can sometimes require privilege that not everyone has. Yet, for important documents that can help improve one's livelihood, like a new job, a new loan for a business, home or car, or one's will, it's deemed necessary. People with mobility issues, chronic illness, big families, full-time jobs, or those who rely on public transportation could all face obstacles when getting something notarized. However, due in part to the pandemic, a culture shift is happening. Thankfully, there is some relief and forward thinking in the notary community. Even before COVID-19, some states offered Remote Online Notarization (RON), a virtual method of getting something notarized. Almost half of all U.S. states have made this practice permanent. Most states have taken on some form of RON and many have expanded upon the basic RON foundation. Some states require a video and audio recording of the signature process; additionally, the recording must remain on a file for five to 10 years after the signing. Organizations like the American Notary Association and the Colorado Notary Blog are incredibly helpful in these dark, unpredictable times. So we recommend looking into these notarial support organizations for any further notary information.

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