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A mental image or mental picture is the representation in a person's mind of the physical world outside that person. It is an experience that, on most occasions, significantly resembles the experience of perceiving some object, event, or scene, but occurs when the relevant object, event, or scene is not actually present to the senses.

### **Mental image - Wikipedia**

This article will cover tools that can supplement mental health activities, worksheets, interventions and books to help people learn about mental health.

### **28 Mental Health Activities, Worksheets & Books for Adults**

Psychological resilience is the ability to successfully cope with a crisis and to return to pre-crisis status quickly. Resilience exists when the person uses "mental processes and behaviors in promoting personal assets and protecting self from the potential negative effects of stressors". In simpler terms, psychological resilience exists in people who develop psychological and behavioral ...

### **Psychological resilience - Wikipedia**

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### **Exercise and mental health - ScienceDirect**

Clinical Psychology Review 30 (2010) 907–922 Contents lists available at ScienceDirect Clinical Psychology Review Measuring the impact of programs that challenge the public stigma of mental illness Patrick W. Corrigan a, Ž, Jenessa R. Shapiro b a Illinois Institute of Technology, 3424 S State Street, Chicago, IL 60616, United States b UCLA, United States a r t i c l e i n f o a b s t r a c ...

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A listing of psychological research being conducted online. Table of Contents Cognition Consumer Psychology Cyber Psychology Developmental

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