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Harvard Managementor Stress Management Post

Rebuilding working structures and relationships and factoring in priorities like physical/mental health and well-being in a post-Covid-19 world will require a new kind of leadership — one that is ...

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Why Human Leadership Over Business Leadership Is The Need Of The Hour

With no commute in lockdown often meaning a longer work day, researchers are concerned about the long-term impact of 'overworking from home' ...

Can a stressful job really give you a heart attack?

Poems “inspire hope during these dark days,” says Rafael Campo, a poet and physician at Harvard Medical School ... professor of health policy and management at the George Washington University ...

Poems for troubled times

It's time for leaders to rebuild the bonds that COVID-19 has shaken. First step: Start talking. Boris Groysberg and colleagues share advice for making these conversations meaningful.

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The pandemic conversations that leaders need to have now

A 2016 study from Stanford University even found that stress caused by mismanagement ... a lecturer at the Harvard Kennedy School of Government said in an interview with Resume.io.

How to Deal With a Toxic Boss

Your inbox is an overflowing bucket of urgent requests. You are consistently asked to do more with less. Your mind is constantly reshuffling priorities, perpetually calculating the number of minutes ...

How to Beat Burnout — Without Quitting Your Job

In 2018, a Harvard Business Review (HBR) study found that all entrepreneurs experience some level of stress-induced physical ... Managing cash flow, post-pandemic Thankfully, just over a

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year ...

Optimism rises, and normalcy is in sight for today's small business owner

There are specific reasons leaders cite for reasons they want to leave their positions. What can we do about it? Do we care?

Finding Common Ground

Read our COVID-19 research and news. Science's COVID-19 reporting is supported by the Heising-Simons Foundation. Since she fell ill with COVID-19 around Thanksgiving, Pamela Furr has been waiting for ...

COVID-19 'brain fog' inspires search for causes and treatments

Covid-19 has demonstrated the grave need for us to invest in chronic disease prevention and support by building stronger,

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deeper relationships with patients and families, and by focusing more on the ...

Covid-19 and chronic disease: A spotlight and a stoplight

Depressive and anxiety symptoms may increase the risk of adverse outcomes affecting mother and child both during and after pregnancy. Understanding these risks clarifies the importance of planning ...

Preconception Planning to Reduce the Risk of Perinatal Depression and Anxiety Disorders

(NEO:CYBN) (OTCQB:CLXPF) (“Cybin” or the “Company”), a biotechnology company focused on progressing psychedelic therapeutics, today announced the formation of its Clinical Advisory Board, with the ...

Cybin Establishes Clinical Advisory Board of Renowned

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Physicians, Dr. Maurizio Fava, Dr. Lynn Marie Morski and Dr. Anthony Back

To say that this past year has created a lot of “challenges” is a bit of an understatement for those in the trenches. The truth is that the challenges this past year presented have been immense, ...

COVID-19's Lasting (and Exhausting) Effect on Legal Departments

A year since the COVID-19 crisis began, here are lessons on weathering the storm, and building resilient organisations. Almost a year has passed since the COVID-19 crisis began. Institutions and ...

Lessons for nonprofits from Covid-19

Read on—and to ensure your health and the health of others, don't miss this urgent news: [If You Sleep Less, You're More Likely](#)

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to Get Dementia Investigators at Harvard-affiliated Brigham and ...

This May Double Your Risk of Dementia, Study Shows

The state's unemployment agency has signed \$236 million in private contracts as jobless workers await benefits. EDD says it needs the outside help.

Amid California's unemployment crisis, a tech gold rush

Insider lists the up-and-coming analysts who are shining in spite of volatility, from firms like Goldman, Bank of America, and JPMorgan.

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