

Emotional Impact of Uncertainty



Swee, M. B., Olino, T. M., & Heimberg, R. G. (2019). Worry and anxiety account for unique variance in the relationship between intolerance of uncertainty and depression. *Cognitive Behaviour Therapy*, *48*(3), 253–264. https://doi.org/10.1080/16506073.2018.1533579

Depression

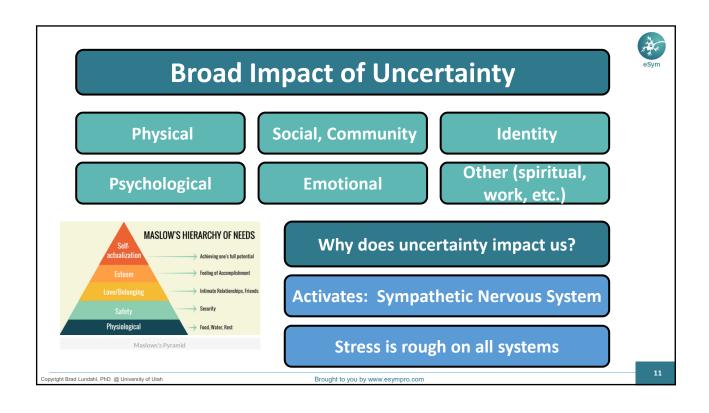
Anxiety & Stress

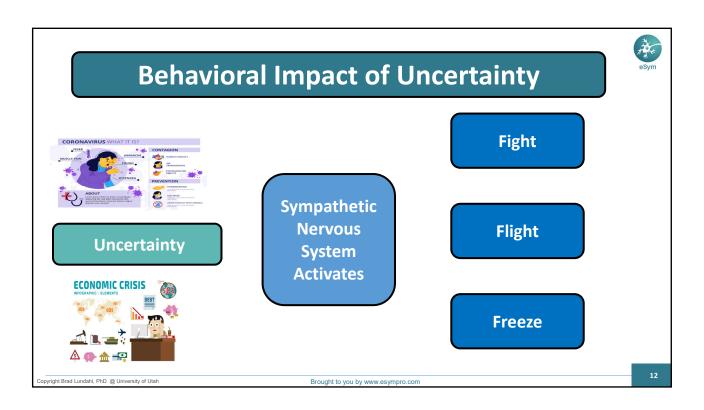
Lauriola, M., Mosca, O., Trentini, C., Foschi, R., Tambelli, R., & Carleton, R. N. (2018). The intolerance of uncertainty inventory: Validity and comparison of scoring methods to assess individuals screening positive for anxiety and depression. *Frontiers in Psychology*, 9. https://doi.org/10.3389/fpsyg.2018.00388

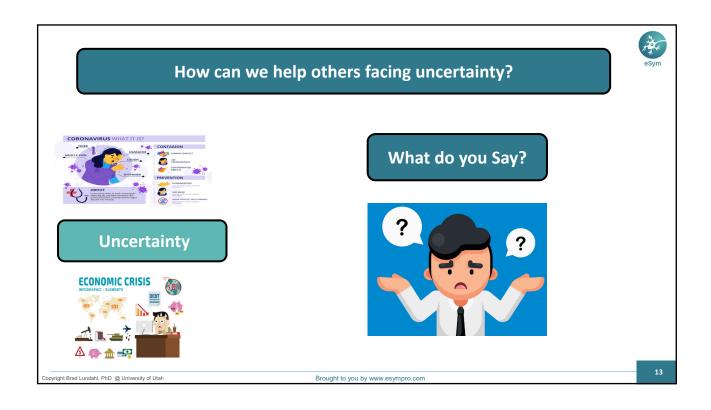
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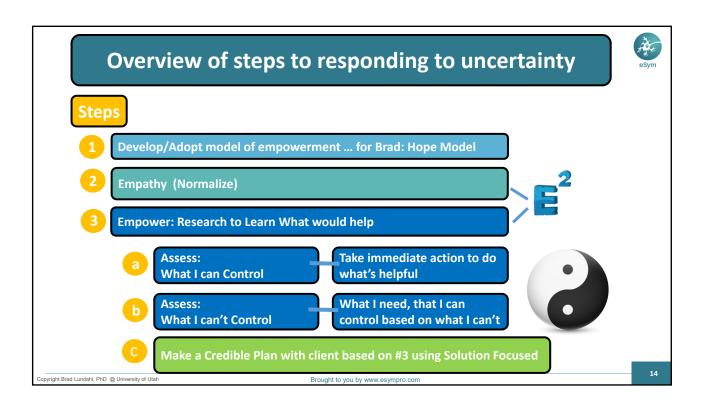
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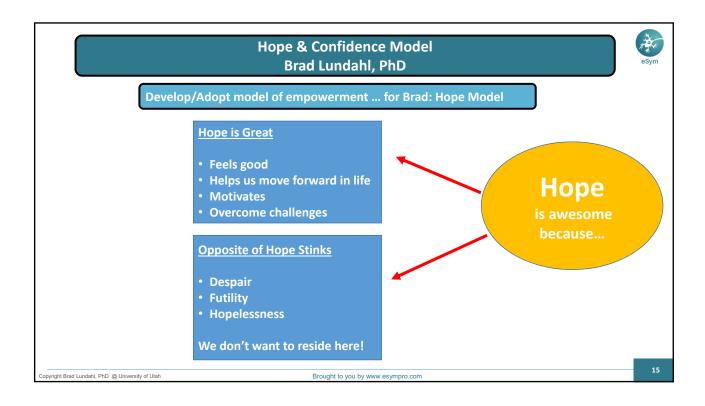
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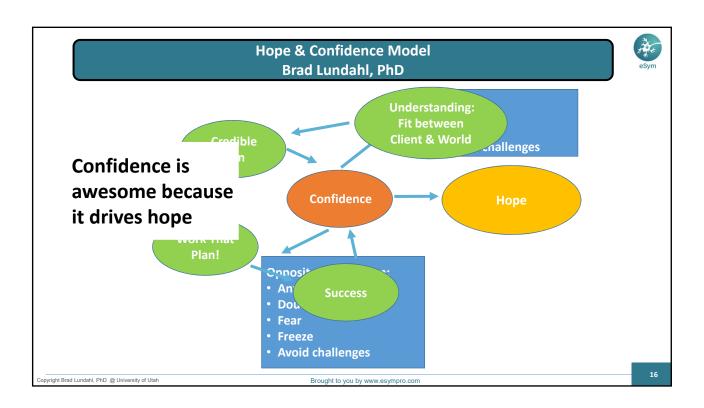


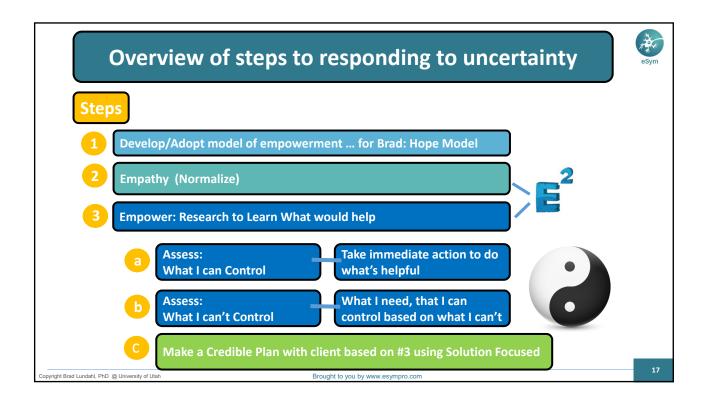


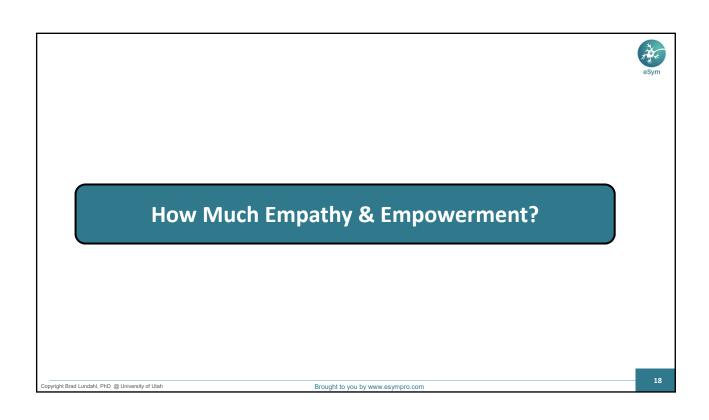


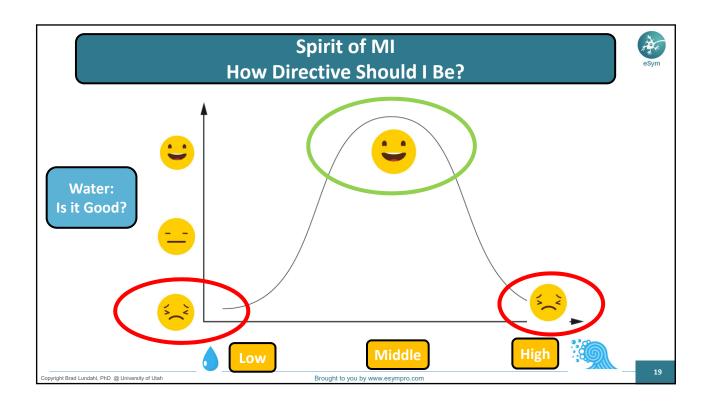


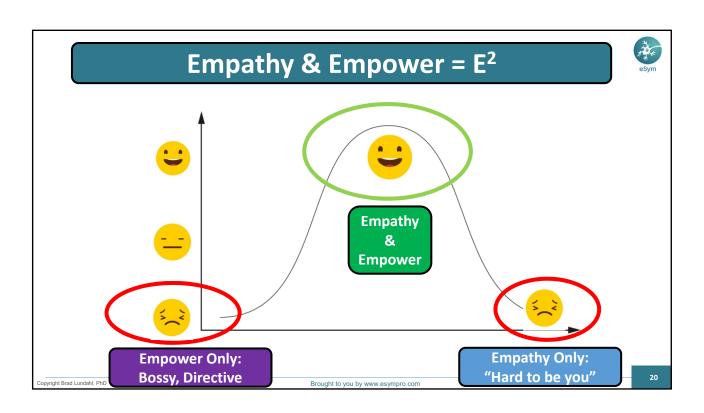


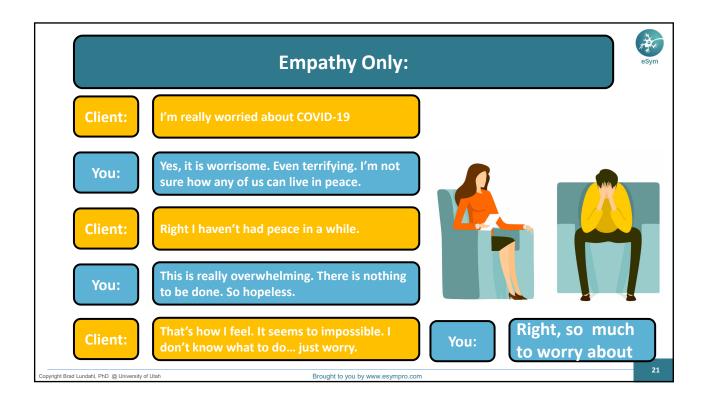


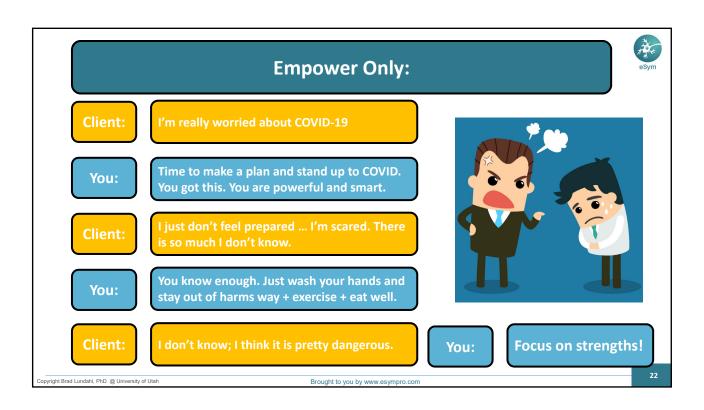


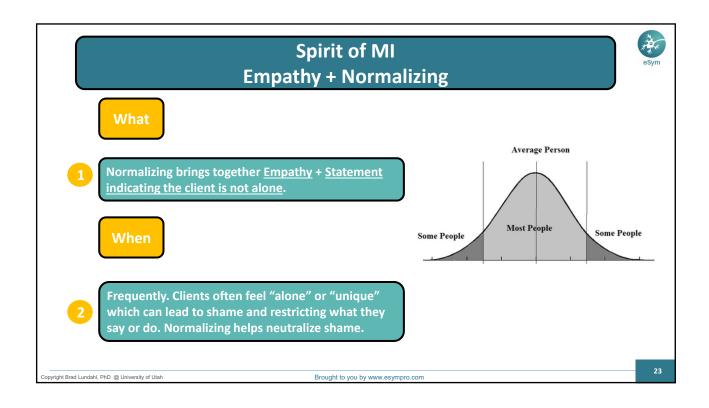


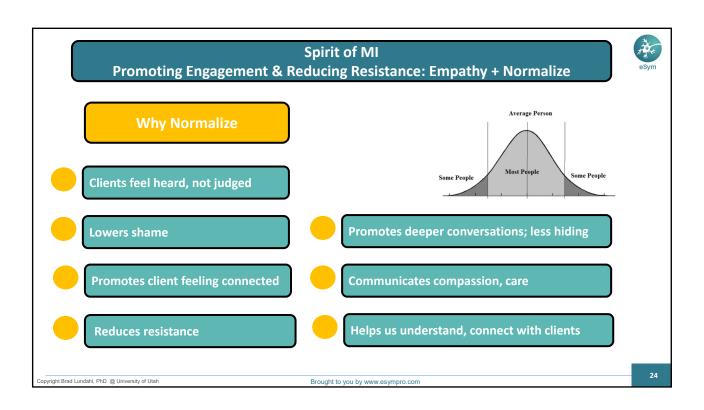


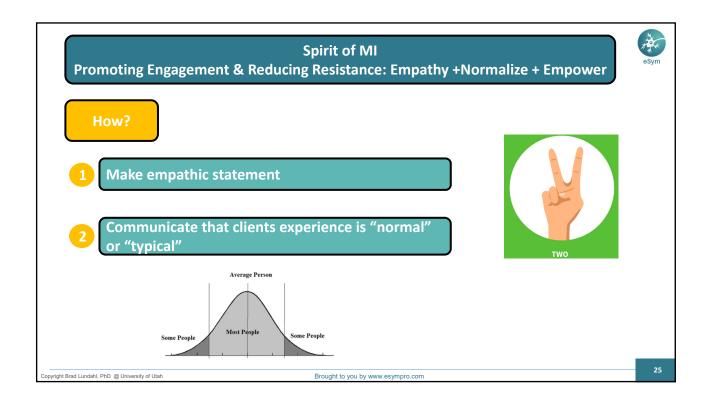


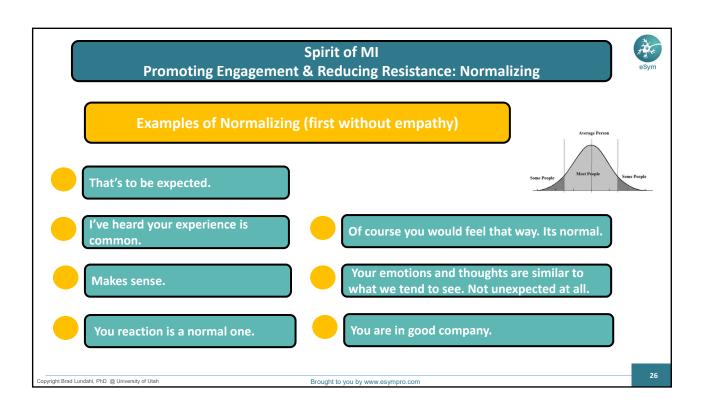


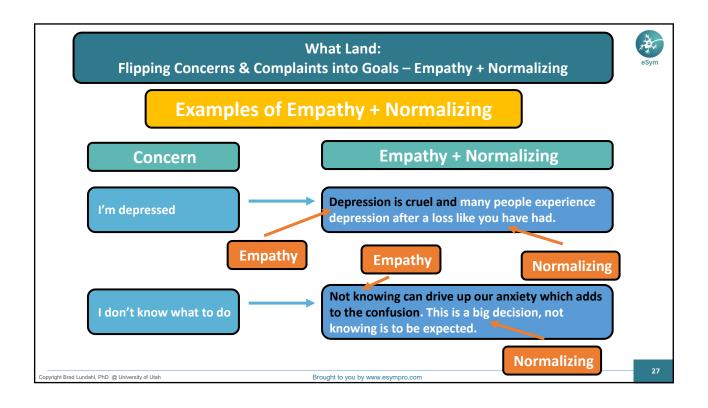


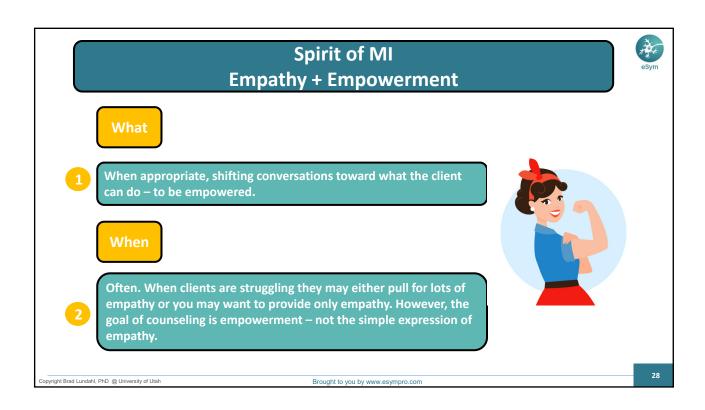


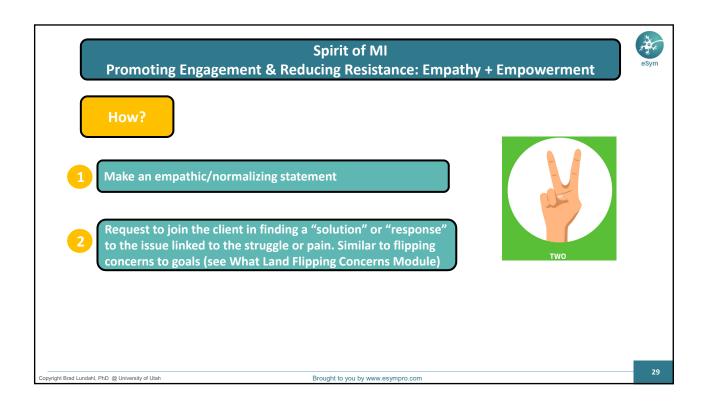


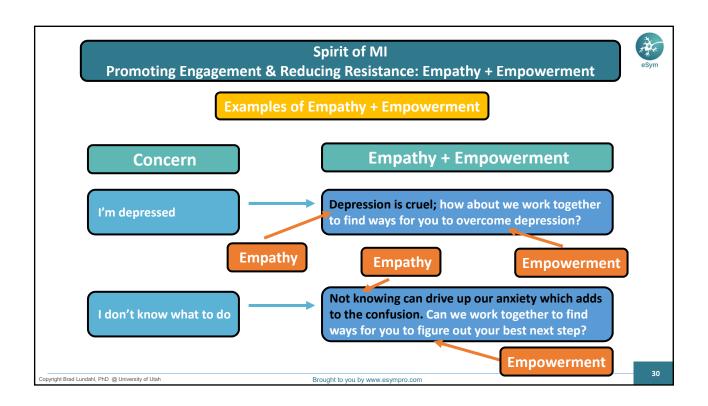


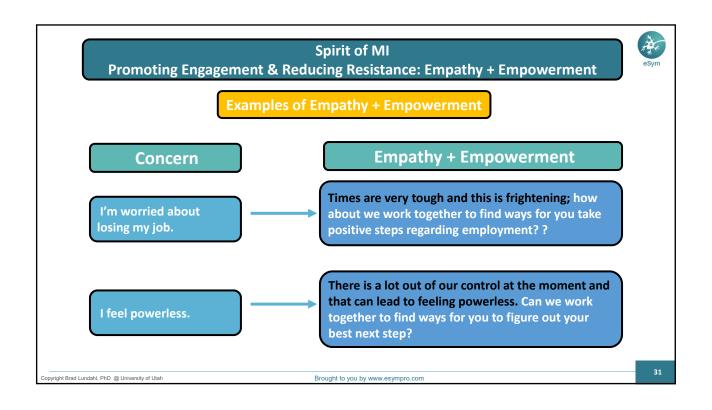


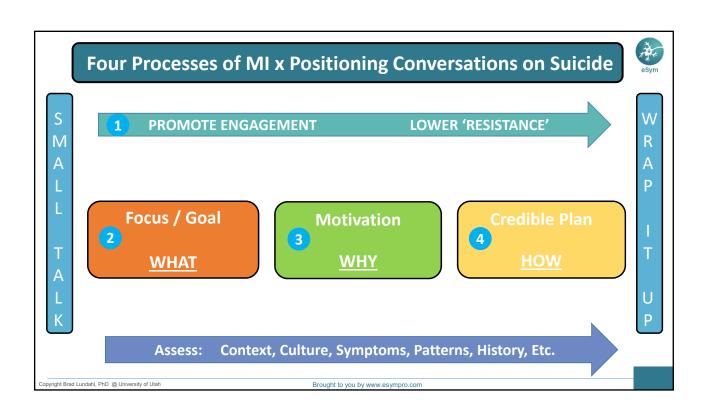


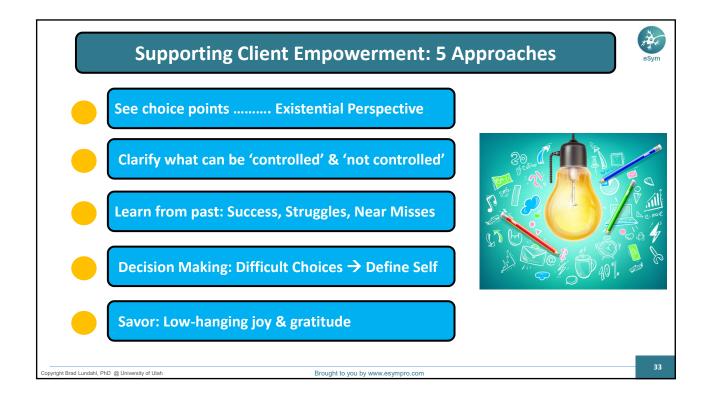


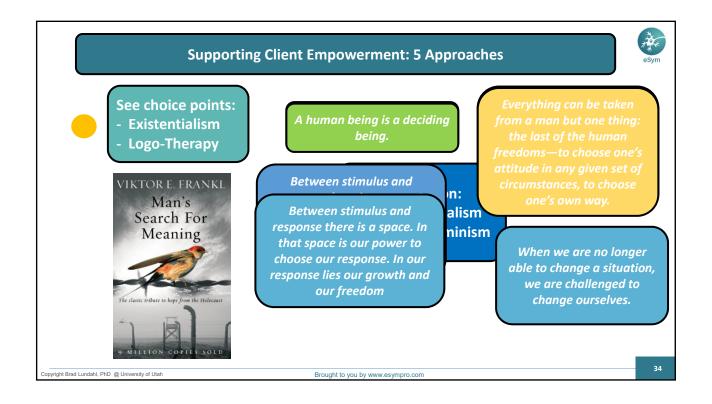


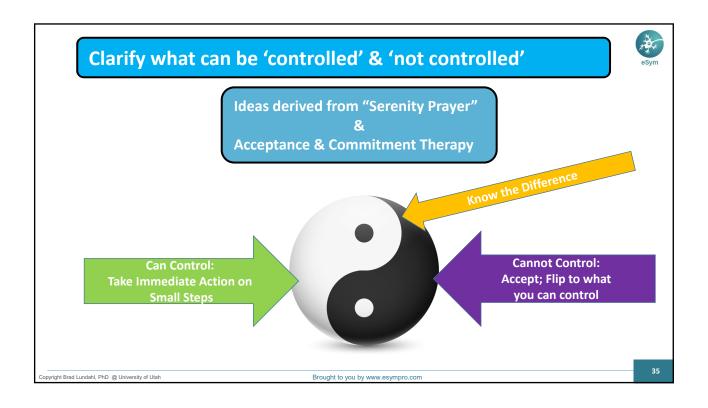


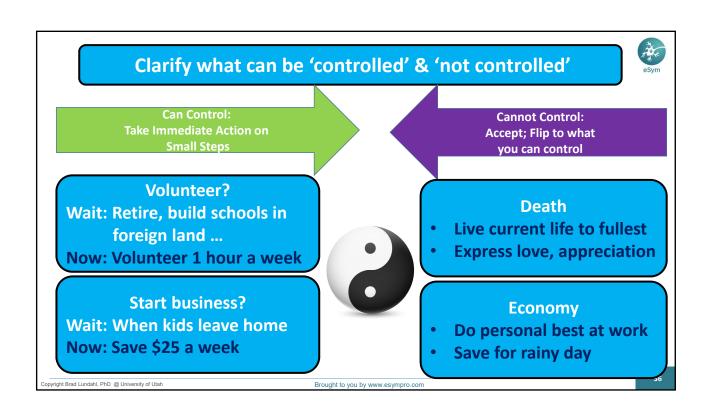


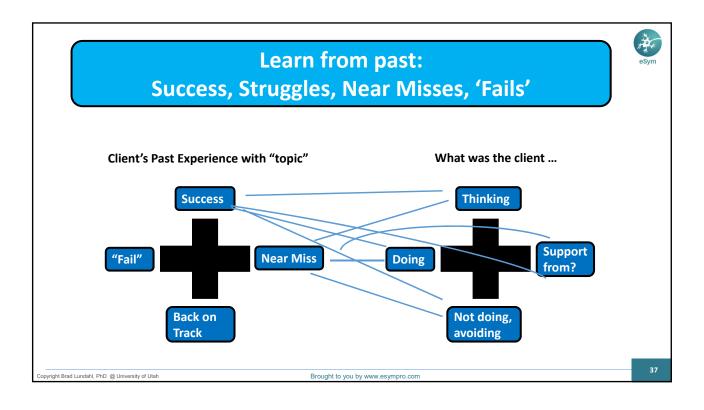


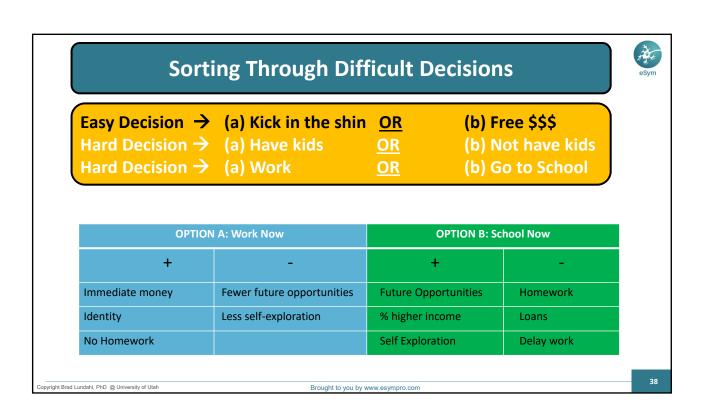


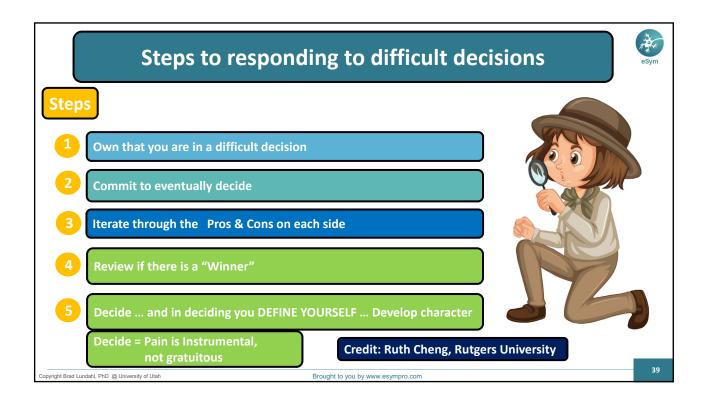


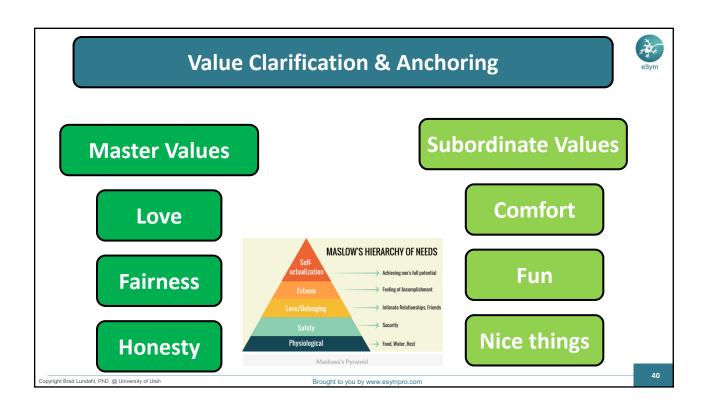












Empower through gratitude + savoring positives



See Positives + Savor + Practice Gratitude



Dickens, L. R. (2017). Using gratitude to promote positive change: A series of meta-analyses investigating the effectiveness of gratitude interventions. *Basic and Applied Social Psychology*, 39(4), 193–208. https://doi.org/10.1080/01973533.2017.1323638

See the good stuff vs. letting it get stuck + practice gratitude

*Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389. doi:10.1037//0022-3514.84.2.377

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