



BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, right click on the "Read more" link following the introduction to each article and open the hyperlink. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at lkohr@cox.net.

Normal Worry versus Generalized Anxiety Disorder

People with generalized anxiety disorder (GAD) are the worry experts. It's not uncommon for people with the disorder to assume that they are locked into daily uncontrollable worry. Untreated, these individuals learn to compensate in other ways, often settling for a lower quality of life; resigning themselves to physical and emotional discomfort.

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Estrogen May Influence Women's Depression Risk

Early menstruation, more frequent periods seem to make sad times less likely, researchers suggest

Women exposed to estrogen for longer periods of time during the reproductive years may have a lower risk of depression, a new study finds.

Previous research has suggested that reproductive hormones play a role in depression risk among women, yet hormone fluctuations are something all women experience. So, the study authors tried to figure out how hormones might be linked to depression.

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Bipolar & Lifestyle: Top 3 Apps to Track Your Moods

It's true that people with bipolar disorder find it extremely helpful when they track their moods; here are three top-rated apps to help with that:

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Osawatomie State Hospital Back On Track For Recertification, Officials Say

Kansas officials have cleared an initial hurdle in their effort to regain federal certification for Osawatomie State Hospital.

Problems that federal inspectors cited in May have been fixed, making the state's largest mental health hospital eligible for a full recertification inspection, according to the Kansas Department for Aging and Disability Services.

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What To Consider When You Are Looking For A Therapist!

Do you suffer from Major Depressive Disorder or Bipolar Disorder? Are you looking for a therapist to provide you with coping skills for either of these disorders? If so, continue reading this article!

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The NIH NeuroBioBank: Addressing the Urgent Need for Brain Donation

When unraveling the complexities of neurological, neurodevelopmental, and neuropsychiatric disorders, there is no substitute for studying human brain tissue. Brain donation is critically important, now more than ever.

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Study Identifies a Signaling Molecule Involved in Resilience to Stress

Some people are more resilient than others in the face of stress, and therefore generally at lower risk of developing mood and anxiety disorders. In a new study of mice published March 28, 2017 in [Nature Communications](#), researchers identify a lipid signaling molecule that may play an important role in determining an individual's degree of resilience.

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