

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

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Kai G. Kahl, Lotta Winter



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Arbeitsplatzbezogene Psychotherapie Kai G. Kahl, Lotta Winter, 2016-11-23 Arbeit nimmt eine Schlüsselstellung im Leben ein Deshalb ist die Integration ins Erwerbsleben nach bestandener Krankheit eine vordringliche Aufgabe zu der Psychotherapie beitragen kann Erstmals werden Konzepte für arbeitsplatzbezogene Psychotherapie in einem Band vorgelegt Die besonderen arbeitsplatzbezogenen Probleme und deren Lösungswege im Rahmen strukturierter Psychotherapie werden systematisch dargestellt Für praktisch tätige Psychotherapeuten ist ein Manual für eine arbeitsplatzbezogene Psychotherapie integriert **Prevention Targeting Mental Health and Nonsuicidal Self-injury in Adolescents** Erik

Aspeqvist, 2025-05-07 Adolescent mental health is today a topic raising great concern and reports of rising rates of mental health problems have led some to call the situation a mental health crisis In parallel with this there has been a realization that nonsuicidal self injury NSSI is something affecting an increasingly large share of adolescents The fact that resources are limited together with the knowledge of the burden of mental health problems have spurred a great interest in prevention Schools are seen as arenas with great potential for deploying preventive interventions targeting adolescents The available evidence for such interventions is however limited and there is a need to better understand how they could be more effective The present thesis aims to contribute to the scientific knowledge about school based mental health prevention by investigating the effects of a whole school prevention program to explore adolescents experiences of taking part in such a program and to shed light on heterogeneity among adolescents with a history of NSSI as well as mechanisms underlying engagement in NSSI In Study I the aim was to investigate emotion regulation and trauma symptoms as potential mediators of the association between childhood abuse and NSSI In a sample N 3 169 of data from community adolescents mediation was investigated using structural equation modeling Both emotion regulation and trauma symptoms were found to partly mediate the relationship between childhood abuse and NSSI and together to mediate this association completely Study conclusions were that emotion regulation and trauma symptoms seem to be what drives NSSI rather than experiences of childhood abuse themselves Study II aimed to investigate characteristics of the subgroups of adolescents acknowledging NSSI when answering a dichotomous yes no question versus a checklist with NSSI behaviors in a sample N 266 of community adolescents These groups were found to be large and to differ from each other in several respects with implications both in clinical and research settings Further cluster analysis was employed in order to identify subgroups among adolescents with NSSI and finding such subgroups to be different from each other it was concluded that there was a need for greater awareness of the heterogeneity within NSSI In Study III the effects of a whole school preventive intervention were evaluated in longitudinal data from the same sample as in Study II N 183 with complete data from three points of measurement harnessing the cluster randomized controlled design of the overall project Effects were found on NSSI frequency which decreased at post intervention and on Stigma Awareness which increased Conclusions of Study III was that a whole school

preventive intervention can be effective in reducing NSSI frequency and in increasing adolescents awareness of mental health stigma Study IV was a qualitative group interview study employing thematic analysis in order to explore adolescents experiences of taking part in the whole school preventive intervention as well as their perspectives on mental health Key findings were the identification of a autonomy help seeking dilemma and the perceived need of interventions targeting mental health among adolescents In conclusion the present thesis adds to the knowledge about prevention targeting NSSI and mental health among adolescents by documenting effects of a whole school prevention program Further the thesis provides insights related to school based prevention including adolescents experiences information on NSSI measurement and subgroups among individuals with a history of NSSI Ungdomars psykiska h lsa r idag ett mne som v cker stor oro och rapporter om stigande f rekomst av psykiska problem har f tt somliga att kalla situationen f r en psykisk h lsokris Parallellt med detta har det vuxit fram en insikt om att icke suicidalt sj lvskadebeteende eng nonsuicidal self injury NSSI r n got som drabbar en allt st rre andel ungdomar De begr nsade resurserna tillsammans med kunskapen om b rdan av psykiska problem har lett till ett stort intresse f r f rebyggande tg rder Skolor ses som arenor med stor potential f r f rebyggande insatser riktade till ungdomar Evidensen f r s dana insatser r dock begr nsad och det finns ett behov av att b ttre f rst hur de kan bli mer effektiva Denna avhandling syftar till att bidra till den vetenskapliga kunskapen om skolbaserad psykisk h lsoprevention genom att unders ka effekterna av ett skol vergripande preventionsprogram eng whole school prevention program utforska ungdomars erfarenheter av att delta i ett s dant program och att belysa heterogenitet bland ungdomar med en historia av sj lvskadebeteende samt mekanismer bakom sj lvskadebeteende I Studie I var syftet att unders ka emotionsreglering och traumasymptom som potentiella mediatorer av sambandet mellan vergrepp i barndomen och sj lvskadebeteende I ett urval N 3169 av data fr n ungdomar unders ktes mediation med hj lp av strukturell ekvationsmodellering B de emotionsreglering och traumasymptom visade sig delvis mediera sambandet mellan barndomsmisshandel och sj lvskadebeteende och tillsammans mediera de b da faktorerna detta samband fullst ndigt Studiens slutsatser var att emotionsreglering och traumasymptom verkar vara det som driver sj lvskadebeteende snarare n sj lva erfarenheterna av vergrepp Studie II syftade till att unders ka egenskaper hos de undergrupper av ungdomar som indikerar sj lvskadebeteende genom svar p en dikotom ja nej fr ga j mf rt med en checklista med sj lvskadebeteenden i ett urval N 266 av ungdomar Dessa grupper visade sig vara stora och skilja sig fr n varandra i flera avseenden med implikationer b de i kliniska och forskningssammanhang Vidare anv ndes klusteranalys f r att identifiera undergrupper bland ungdomar med sj lvskadebeteende och eftersom det visade sig att s dana undergrupper skilde sig fr n varandra var en slutsats att det finns ett behov av st rre medvetenhet om heterogeniteten inom sj lvskadebeteende I Studie III utv rderades effekterna av den skol vergripande preventiva insatsen med hj lp av longitudinella data fr n samma urval som i studie II N 183 med fullst ndiga data fr n tre m tpunkter och genom den klusterrandomiserade kontrollerade designen hos det vergripande projektet Effekter observerades p frekvens av sj lvskadebeteende som minskade

efter interventionen och p medvetenhet om stigma som kade Viktiga slutsatser fr n Studie III var att en skol vergripande preventiv intervention kan vara effektiv f r att minska frekvensen av sj lvskadebeteende och ka ungdomars medvetenhet om stigma kopplat till psykisk h lsa Studie IV var en kvalitativ gruppintervjustudie vari tematisk analys anv ndes f r att utforska ungdomars erfarenheter av att delta i den skol vergripande preventiva interventionen samt deras perspektiv p psykisk h lsa Viktiga resultat var noteringen av ett dilemma mellan autonomi och hj lps kande och det upplevda behovet av interventioner riktade mot psykisk h lsa bland ungdomar Sammanfattningsvis bidrar denna avhandling till kunskapen om f rebyggande insatser med fokus p sj lvskadebeteende och psykisk h lsa bland ungdomar genom att dokumentera effekterna av ett skol vergripande preventivt program Vidare inneh ller avhandlingen insikter relaterade till skolbaserad prevention inklusive ungdomars erfarenheter information om m tning av sj lvskadebeteende samt subgrupper inom individer med sj lvskadebeteende

The Clinician's Guide to Surviving IT Alan Gillies, 2006 The NHS is currently in the middle of the biggest information technology project in Western Europe which will fundamentally change the working practices of all NHS staff over the next five years This book explains to ordinary clinicians why they should be bothered with IT and what their responsibilities are in making it work This book provides an enlightening and reassuring read that dispels ignorance and suspicion The user friendly style is helpful and friendly panels with tips warnings reflective pauses and key points highlight important details It is also suitable for use as a student textbook The Clinician's Guide to Surviving I T is a must for every doctor nurse and midwife in the NHS

Stop Running, Connect to the Real You! La Shonda Herring, 2015-03-31 Stop Hiding Show Your Real Self is a transformative workbook to assist you in the process of shedding your outer appearance letting your true light shine and create the life you truly desire It is a great book to do with a group in a book club or close friends During the process you will be connecting to your true self you will identify patterns you have that are keeping you stuck you will be able to see how well you are caring for yourself you will learn how to stop playing the same old messages in your head and add new ideas Once you are at the end you will connect to your true desires and have developed a plan for your next steps It will change your life if you listen to what is inside This workbook is a fun journey to connect you to who you are on the inside Connecting to your true self will assist you in getting the life you desire During the process it is great to get feedback and support from those that care

California PSSC Exam Study Guide Claude Russell Sweeney, Master the California PSSC Exam with the Only Complete Study Guide Available Preparing for your California Medi Cal Peer Support Specialist Certification This comprehensive exam prep guide is specifically designed for the 120 question PSSC test administered through Pearson VUE Complete Exam Coverage 500 practice questions with detailed answer explanations All 17 core competencies required by CalMHSA California specific Medi Cal regulations and requirements Recovery principles and wellness planning strategies Ethics boundaries and professional standards Crisis management and safety planning techniques Cultural competence and advocacy skills Documentation and administrative responsibilities Four Full Length

Practice Tests Practice Test 1 Foundational Concepts 120 questions Practice Test 2 Applied Scenarios 120 questions Practice Test 3 Full Exam Simulation 120 questions Practice Test 4 Focus Area Review 120 questions Proven Study Methods Test taking strategies for the 2 5 hour computer based exam Memory aids and study techniques for adult learners Quick reference guides and summary cards Performance analysis tools to identify weak areas Time management tips for exam day success Essential Resources Included WRAP wellness planning templates Safety planning forms and checklists Recovery oriented documentation examples California county specific program information Continuing education requirements and resources Perfect for Aspiring peer support specialists in California Mental health workers seeking PSSC certification Individuals in recovery pursuing professional credentials Current peer specialists preparing for exam retakes Training programs needing comprehensive study materials Join thousands of certified peer specialists making a difference in California's behavioral health system This study guide provides the knowledge and confidence needed to pass your PSSC exam on the first attempt Transform your lived experience into professional expertise Start your certification journey today

Clinical Informatics Study Guide John T. Finnell, Brian E. Dixon, 2022-04-22 This completely updated study guide textbook is written to support the formal training required to become certified in clinical informatics The content has been extensively overhauled to introduce and define key concepts using examples drawn from real world experiences in order to impress upon the reader the core content from the field of clinical informatics The book groups chapters based on the major foci of the core content health care delivery and policy clinical decision making information science and systems data management and analytics leadership and managing teams and professionalism The chapters do not need to be read or taught in order although the suggested order is consistent with how the editors have structured their curricula over the years Clinical Informatics Study Guide Text and Review serves as a reference for those seeking to study for a certifying examination independently or periodically reference while in practice This includes physicians studying for board examination in clinical informatics as well as the American Medical Informatics Association AMIA health informatics certification This new edition further refines its place as a roadmap for faculty who wish to go deeper in courses designed for physician fellows or graduate students in a variety of clinically oriented informatics disciplines such as nursing dentistry pharmacy radiology health administration and public health

Theorie und Praxis der Gruppenpsychotherapie Irvin D. Yalom, 2024-05-18 DAS Standardwerk in bearbeiteter Neuauflage über 30 000 verkaufte Exemplare Komplett bearbeitet mit einem neuen Kapitel zu Online Gruppentherapie und weiteren innovativen Ansätzen Die Neuauflage enthält alle signifikanten Innovationen die sich seit der letzten Revision vor 15 Jahren in Forschung und Praxis der Gruppenpsychotherapie entwickelt haben In dem Maße wie neue psychologische Syndrome Settings und theoretische Ansätze entstanden sind haben sich auch entsprechende Varianten der Gruppentherapie etabliert Dem trägt das Buch ebenso Rechnung wie der Tatsache dass Therapie heute verstärkt mit unterschiedlichen ethnokulturellen Hintergründen bei den Patientinnen umgehen muss Auch dass Gruppentherapie heute h

ufig online angeboten wird schafft neue Möglichkeiten aber auch Herausforderungen für die in dieser Ausgabe Hilfestellungen geboten werden. Nicht mehr so relevante Inhalte wurden herausgenommen, viele neue Themen und Materialien sind dazugekommen. Damit ist das Praxishandbuch wieder hochaktuell. Wieder einmal haben Yalom und Leszcz einen Volltreffer gelandet. Die Breite und Tiefe der behandelten Forschung ist wirklich beeindruckend. Es ist jedoch der bemerkenswert fesselnde Schreibstil, der diese empirisch fundierten Prinzipien der Gruppenpsychotherapie nahtlos in einen zwischenmenschlichen Rahmen einbettet, der dieses Buch zu einem einzigartigen Klassiker macht. Die lehrreichen und berzeugenden klinischen Beispiele unterstützen angehende Therapeuten, während die zeitgemäßen Gruppeninterventionen den erfahrenen Gruppenleiter dazu einladen, Neuland zu betreten. Gary Burlingame, Professor und Lehrstuhlinhaber für Psychologie, Brigham Young University.

PHR Exam Study Guide 2025-2026 Brielle Morgan, 2025-09-09. Are you ready to transform your HR career and pass the PHR exam with confidence on your first attempt? The PHR certification isn't just another test; it's a major career milestone that demands comprehensive preparation and strategic focus. The PHR Exam Study Guide 2025-2026 is your ultimate companion designed to simplify your study process, sharpen your test-taking skills, and maximize your chances of success. Inside this all-in-one guide, you'll find everything you need to master the latest PHR exam content. Whether you're a first-time test taker or returning to sharpen your credentials, this guide delivers crystal-clear explanations, real-world HR examples, and up-to-date exam strategies tailored for 2025-2026. We break down every domain with easy-to-follow lessons covering Business Management, Talent Planning, Learning Development, Total Rewards, Employee Labor Relations, and HR Operations. What truly sets this book apart: 4 Full Length Practice Tests. Timed simulations with 500 realistic questions to build your confidence. Detailed Answer Explanations. Understand the why behind every correct answer. Complete Content Review. Covers every section of the official HRCI PHR Content Outline in simple language. Proven Exam Strategies. Learn time management, elimination tactics, and smart guessing techniques from HR exam experts. Final Day Crash Course Tools. Quick memory boosters, high-yield checklists, and more to optimize your last-minute prep. Unlike other generic guides, this book is written with one mission: to make PHR exam prep less stressful and far more effective. You'll discover actionable insights, practical test tips, and comprehensive HR knowledge to not only pass the exam but excel in your HR career. Don't leave your PHR success up to chance. Take control of your preparation and join thousands of HR professionals who have turned their study time into certification success. Get your copy of the PHR Exam Study Guide 2025-2026 today, pass with confidence, and advance your HR career.

Health Promotion Nova Corcoran, 2023-12-21. Health Promotion: The Basics introduces not only the fundamental theories and key concepts within this important area of health and social care but translates these into practice for anyone working in the field. The chapters are structured around the WHO's Ottawa Charter 1986, which underpins the discipline and covers a comprehensive range of topics. From developing personal skills to understanding government policy, the book looks at health promotion on both an individual and a societal level. It spotlights

key topic areas from behaviour change to climate change as well as exploring how where we live impacts our health and features practical examples for integrating health promotion into existing service provision and through community action Including case studies throughout and further reading for those wishing to explore specific topics this is the perfect introduction to what health promotion means and how it can improve everyday lives **Media Practices and Changing**

African Socialities Jo Helle-Valle, Ardis Storm-Mathisen, 2020-03-01 Deriving from innovative new work by six researchers this book questions what the new media's role is in contemporary Africa The chapters are diverse covering different areas of sociality in different countries but they unite in their methodological and analytical foundation The focus is on media related practices which require engagement with different perspectives and concerns while situating these in a wider analytical context The contributions to this collection provide fresh ethnographic descriptions of how new media practices can affect socialities in significant but unpredictable ways Mental Health Nursing Gylo (Julie) Hercelinskyj, Louise

Alexander, 2019-07-30 Mental Health Nursing Applying Theory to Practice is a new Australian text combining a theoretical approach to mental health nursing with clinical reasoning and a practical framework for real life nursing situations Ideal for both clinical and theory mental health course units the text was developed with input from consumers and clinicians and includes the clinical manifestations impacts treatment and management of persons suffering from mental illness Chapters on suicide and self harm and Mental Health First Aid provide detailed coverage of these contemporary mental health issues while a chapter on mental state examination MSE comprehensively explores MSE in a style similar to a traditional psychiatry text and in the context of many different mental health conditions giving students multiple perspectives of presentations Critical thinking and review questions challenge students to apply theory to practice and pharmacology is discussed in each disorder chapter helping students to contextualise their learning With coverage of the Mental Health Act 2014 and criteria from the Diagnostic and Statistical Manual of Mental Disorders Fifth Edition DSM 5 integrated throughout the text equips students with a working understanding of major mental health disorders and the ability to work practically when engaging with persons suffering from mental illness New print versions of this book come with bonus online study tools on the

CourseMate Express and Search Me Nursing platforms Clinician's Guide to Treating Companion Animal Issues Lori R. Kogan, Christopher Blazina, 2018-09-14 Clinician's Guide to Treating Animal Companion Issues Addressing Human Animal Interaction is the first of its kind a groundbreaking resource for mental health professionals who want the knowledge skills and awareness to successfully work with pet owning clients The book trains clinicians across multiple disciplines to feel more comfortable and confident addressing companion related issues both when those issues are the primary reason for seeking therapy or a critical component in better understanding client needs The book uses current human animal interactions theories as a foundation to explore pet related issues utilizing behavioral cognitive behavioral family systems humanistic and contemporary psychodynamic therapeutic orientations Users will find sections on the many issues that arise during the

lifespan of pet owners e g children young adults elderly as well as issues pertinent to specific populations e g men homeless ethnically diverse Additional topics include the violence link pet death and bereavement and behavioral issues As the first book to approach human animal interactions HAI from a multi theoretical perspective it helps clinicians appropriately acknowledge and incorporate relevant HAI issues within therapy to achieve goals Provides practical information for immediate use in practice Focuses on common issues relating to companion animals Addresses bereavement attachment behavior and more Includes interactive readings case studies and therapeutic exercises Contains multiple theoretical orientations behavioral cognitive behavioral family systems humanistic and psychodynamic approaches **Systems**

Consultation and Change in Schools Leah M. Nellis, Pamela A. Fenning, 2023-02-06 This book explores the ways in which systems organizational consultation may be applied to school roles and functions as part of an overall systems change process Using an implementation science framework grounded in systems organizational consultation research the volume details how school reform or improvement may be facilitated School based case studies illustrate the application of implementation science to systems change efforts in schools and districts across the United States Each case study describes the implementation science steps taken to deliver a school based innovation at the systems level The book discusses implementation science theory combined with real world examples of its use in planning for implementing and engaging in ongoing evaluation of a systems change effort Key areas of coverage include Implementation science in educational settings Key stakeholder roles in school based systems change Implementing and evaluating systems change in schools Teacher student mediation to reduce conflict and ensure effective school discipline and behavior practices District level processes and supports for English Language Learners Mental health screening and social emotional well being of students Systems Consultation and Change in Schools is an essential resource for researchers professors and graduate students as well as scientist practitioners school based practitioners and clinicians across such disciplines as school administration and leadership school and clinical child psychology social work public health teaching and teacher education educational policy and practice and all interrelated fields The Best 391 Colleges, 2026 The Princeton Review, Robert Franek, David

Soto, Stephen Koch, Aaron Riccio, 2025-08-12 NO ONE KNOWS COLLEGES LIKE THE PRINCETON REVIEW This comprehensive guide to the nation s best colleges provides in depth profiles on schools best of lists by interest and tons of helpful student driven details that will help you or your student choose their best fit college The Princeton Review s college rankings started in 1992 with surveys from 30 000 students Over 30 years and more than a million student surveys later we stand by our claim that there is no single best college only the best college for you and that this is the book that will help you find it Straight from Students to You 391 in depth school profiles based on candid feedback from 170 000 students covering academics administration campus life and financial aid Insights on unique college character social scene and more Direct quotes from students about their school s professors campus culture career services and more Ranking Lists Rating Scores

Lists of the top 25 colleges in 50 categories based on students opinions of academics campus life facilities and much more
 Ratings for every school on Financial Aid Selectivity and Quality of Life Detailed Admissions Info The Inside Word on
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 profiles and application deadlines at each school Plus Free access to 2 full length practice tests online 1 SAT and 1 ACT to
 help you prep for the important admissions exams part of your admissions journey *A Guide to Assessments That Work*
 John Hunsley, Eric J. Mash, 2008 This volume addresses the assessment of the most commonly encountered disorders or
 conditions among adults older adults and couples Evidence based strategies and instruments for assessing mood disorders
 anxiety disorders couple distress and sexual problems health related problems and many other conditions are covered in
 depth With a focus throughout on assessment instruments that are feasible psychometrically sound and useful for typical
 clinical practice a rating system has been designed to provide evaluations of a measure s norms reliability validity and
 clinical utility Standardized tables summarize this information in each chapter providing essential information on the most
 scientifically sound tools available for a range of assessment needs **BOOK JACKET** **Handbuch Kindertrauer** Franziska
 Röseberg, Monika Müller, 2014-07-16 Das Buch gibt einen praxisbezogenen und theoretisch fundierten Einblick in die
 Thematik Trauer von Kindern und deren Familien Trauer ist dabei weit gefasst und bezieht sowohl Erfahrungen vom Tod
 nahestehender Menschen das Erleben von Sterben als auch andere Verlustsituationen ein Hierbei werden die besonderen
 Bedürfnisse von Kindern Jugendlichen und jungen Erwachsenen berücksichtigt Die langjährig erfahrenen Autorinnen und
 Autoren beschreiben Unterstützungsmöglichkeiten in der Familie in Institutionen sowie in spezifischen
 Trauerbegleitungsangeboten Praxisbeispiele oder Aussagen von Betroffenen leiten in die thematischen Aspekte ein Neben
 der Expertise aus Deutschland sind auch europäische und amerikanische Autoren vertreten **Addictions** William M.
 Meil, John A. Mills, 2021-10-13 This book addresses the diagnosis and treatment of drug addiction Chapters in this book span
 biological psychological cultural and health based perspectives and emphasize meeting people as they really are in order to
 obtain tangible advances in clinical practice These works represent the integration of the past present and likely future
 directions of both diagnosis and treatment Addiction is an individual and systemic challenge to society and scientific
 advances and cultural diversity are highlighted here as paths forward towards addressing current diagnostic and treatment
 obstacles *Resources in Education*, 1997 Being an Effective Programme Leader in Higher Education Sarah
 Naylor, 2022-08-16 Being an Effective Programme Leader in Higher Education is a practical guide designed to help navigate
 the complex academic pastoral and administrative challenges that come with working in this position This book looks at
 topics such as leadership personal tutoring and academic and student support mechanisms from the unique perspective of
 the programme leader It gives suggestions for effective ways to lead a programme incorporates practical advice on some key
 leadership skills and offers proven strategies from across various contexts within the role Vignettes which include

descriptions of authentic situations provided by programme leaders sit alongside probing questions to prompt reflection for professional development This practical text is a must read for programme leaders working in higher education and provides the guidance necessary to help them create an environment that is inclusive caring compassionate and supportive

A Practical Guide to Building Professional Competencies in School Psychology Timothy M. Lionetti, Edward P. Snyder, Ray W. Christner, 2010-10-28

Designed as a research based yet matter of fact guide for beginning and future scientist practitioners A Practical Guide to Building Professional Competencies in School Psychology skillfully augments the reader's training supervision and experience by providing a framework for honing essential skills in the field This reader friendly evidence based text encourages the continuing development of expertise in communication and collaborative skills diversity awareness technical knowledge and other domains critical to building and maintaining an ethical meaningful practice Each chapter in this must have volume examines a core area of expertise in depth and provides checklists linked to competencies set out in NASP's Blueprint III and the Development and Enhancement of Competencies Assessment Form are included to enable readers to gain a more complete understanding of their professional strengths and needs The skill sets covered include Developing cross cultural competencies Evaluating students with emotional and behavioral problems Assessing student skills using a variety of approaches Preventing and intervening in crisis situations Consulting with families colleagues and the community Facilitating mental health services in the school setting A Practical Guide to Building Professional Competencies in School Psychology provides an invaluable set of professional development tools for new practitioners and graduate students in school psychology

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