

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



## Shift Happens!

with Karin Weiri



Insights Counseling Center, Inc.

### Shift Happens!

Archives Available

**August 11th 2020: Driven by Distraction - How we Perpetuate Poor Mental Health and How to Reverse It**

We have been trained to stay distracted at all times and emotions have been vilified. A Harvard study showed that leaving people alone in a room with no distractions (yes, their phones were taken away as well) for 16 minutes and left to think! A number of people loathed it so much that they put their finger in a device that would shock them. They found it that painful to just sit with their own thoughts! My friends - this is the key to the problems we have with not feeling satisfied with our lives. In today's show, Karin Weiri, Licensed Marriage & Family Therapist will talk about how to find i

[Read more](#)



### Tune in

Archives Available on  
VoiceAmerica Health and  
Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG