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Emotional Overwhelm in High-Functioning Adults — Experts Explain Why

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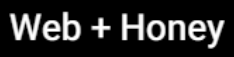








Major News Platforms

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Baltimore News Journal 	WETM NBC 18 Elmira (NY) 
WROC CBS 8 Rochester (NY) 	NEWSnet Quincy
SportsnewsHIGHLIGHTS 	WFFF FOX 44 Colchester (VT) 
NEWSnet Augusta 	NEWSnet Orlando
KOLR CBS 10 Springfield (MO) 	WCIA CBS 3 Champaign (IL) 
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WATE ABC 6 Knoxville (TN)		KCAU ABC 9 Sioux City (IA)	
RushPR News		KFOR NBC 4 Oklahoma City (OK)	
Eagle Country		WTEN ABC 10 Albany (NY)	
KTSM NBC 9 El Paso (TX)		NEWSnet St. Louis	
WDVM 25 Washington D.C. (DC)		Maui Sky	
WDTN NBC 2 Dayton (OH)		Pierre Country	
KBEW - The Information Station		NEWSnet Boise	
WDHN ABC 18 Webb (AL)		KSEE NBC 24 Fresno (CA)	
Cultural Foundation		WBTW CBS 13 Myrtle Beach (SC)	
KRON MyNetworkTV 4 San Francisco (CA)		WTAJ CBS 10 Altoona (PA)	
NEWSnet Las Vegas		E-Topical	
KDAF CW 33 Dallas (TX)		WCMH NBC 4 Columbus (OH)	
WTNH ABC 8 New Haven (CT)		WNCN CBS 17 Raleigh (NC)	
NEWSnet Detroit		Petoskey News-Review	

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<p>Aussie 8</p> 	<p>WFXR FOX 27 Roanoke (VA)</p> 
<p>NBlaz</p>	<p>WWTI ABC 50 Watertown (NY)</p> 
<p>NEWSnet Columbus</p>	<p>WKRN ABC 2 Nashville (TN)</p> 
<p>KIAH CW 39 Houston (TX)</p> 	<p>KFDX NBC 3 Wichita Falls (TX)</p> 
<p>WBRE NBC 28 Wilkes-Barre (PA)</p> 	<p>Marco Eagle</p>
<p>KVEO NBC 23 Harlingen (TX)</p> 	<p>KWKT FOX 44 Woodway (TX)</p> 
<p>Gold Mining News</p> 	<p>NEWSnet Sacramento</p>
<p>WDAF FOX 4 Kansas City (KS)</p> 	<p>Webe Honey</p> 
<p>KTAL NBC 6 Shreveport (LA)</p> 	<p>Z106.3</p>
<p>WFLA NBC 8 Tampa (FL)</p> 	<p>Military Parenting</p> 
<p>NEWSnet Los Angeles</p>	<p>WREG CBS 3 Memphis (TN)</p> 
<p>KGET NBC 17/CW 12 Bakersfield (CA)</p> 	<p>WPHL MyNetworkTV 17 Philadelphia (PA)</p> 
<p>WNCT CBS 9 Greenville (NC)</p> 	<p>KYNT-AM</p>
<p>NEWSnet Waco</p>	<p>WJET ABC 24 Erie (PA)</p> 

PR Wire India



Film Television Auditions



KSN NBC/KODE ABC 12
Joplin (MO)



Loop Biz



KMID ABC 2
Odessa (TX)



Storytelling Co



KETK NBC 56/KFXK FOX 51
Tyler (TX)



NEWSnet Monterey

WOWK CBS 13
Charleston (WV)



WTVO ABC 17
Rockford (IL)



KTVX ABC 4
Salt Lake City (UT)



News Radio KOTA

Rogue.



NEWSnet Nashville

Try Mental Wellness



Adrienne Monson

Adrienne Monson Paranormal Romance Author

Spazio Tribu



WLNS CBS 6
Lansing (MI)



NEWSnet Norfolk

Therapy But Better



The Dam FM

NEWSnet Michigan

NEWSnet Hawaii

WGNO ABC 26
New Orleans (LA)



KLRT FOX 16
Little Rock (AR)



NEWSnet Sioux Falls

KXMB CBS/CW 12
Bismarck (SD)



WCBD NBC 2
Mount Pleasant (SC)



NEWSnet Louisville

Sexuality



WSAV NBC 3
Savannah (GA)



WSYR ABC 9
Syracuse (NY)



Childcare Partnerships



WFVX FOX 33
Utica (NY)



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Amarillo (TX)



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East Providence (RI)



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Topeka (KS)



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Current 94.3

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Newsblaze - AU

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Sharism



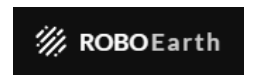
WTRF ABC/CBS 7
Wheeling (WV)



WHBF CBS 4
Rock Island (IL)



Robo Earth



Entrepreneurd



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NEWSnet Santa Barbara

WYTV ABC 33
Youngstown (OH)















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Little Rock (AR)



WOOD NBC 8
Grand Rapids (MI)



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1045 Capital Rock		KOIN CBS 6 Portland (OR) 
WVNS FOX/CBS 59 Ghent (WV)		Wired News Engine WiredNewsEngine
KSVI ABC 6 Billings (MT)		KCCR-AM
WIVT ABC 34 Binghamton (NY)		WIAT CBS 42 Birmingham (AL) 
WMBB ABC 13 Panama City (FL)		WJW FOX 8 Cleveland (OH) 
Movie Casting Call	Disney Casting Calls	WJTV CBS 12 Jackson (MS) 
WRIC ABC 8 Richmond (VA)		KXAN NBC 36 Austin (TX) 
Newsblaze - IN		Port Clinton News Herald

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Canada News Journal		US Culture & Style Today	
American Business Times		World of Culture Times	
Culture Watch Update		Global Healthcare Today	
Healthcare Industry Today		Essential Healthcare News	
Beauty Press Releases		My Healthcare Reporter	
Medical Industry Today		Society Arts & Culture	
My Guide to Lifestyle		World Healthcare Report	
Health Industry Watch		Arts, Society & Me	
Today in Business		Economy Press Releases	
Global Culture Review		Today in Medicine	
US Healthcare Journal		Healthcare Online Network	
Channel One Style		Books, Poets, and Cats	
Lifestyle Press Releases		Healthcare Press Releases	

Today in Healthcare		The Online Culture Channel	
Health Professional Times		Career News Hub	
SMB & Me		Economic News Observer	
International Business Watch		Global Journal Observer	
Growing Businesses in the News		One World Daily Brief	
Coast To Coast Tribune		Small Businesses in the News	
The World Newswire		Small Business News Watch	
Global HR Reporter		So You Want to Find a New Career?	
Alternative Medicine Times		North America Today	
World Wellness Times		Small Business News Today	
SMB in Action		World Post Reporter	
SMB World Report		The MarCom Journal	
The America Watch		State of the Union News	
Innovation & Entrepreneurs News		Business Post Examiner	
Eyeballs & Clicks		Business Times Journal	










Small Business World Magazine		Global Career Finder	
Global Reporter Journal		The Entrepreneurship Reporter	
Global Business Watch		Global News Scanner	
Jobs & Careers Watch		Montserrat Daily News	
International News Ledger		Human Resources Times	
US National Times		Business Herald Online	
The Business Gazette Online		Job Postings & Career Opportunities Today	
50 States Today		World Job Seeker	
Media Industry Observer		Consumer Products World	
America News Observer		International World Times	
Smart's Business Wire		Today In MarCom	
Global Wellness Times		World Online News Reports	
World Advertising Report		Global Media Watch	
US Daily Ledger		Career Advancement Times	
24/7 Business Reporter		MarCom World	


The Consumer News Network		US Career Finder	
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The Times Herald	Times Herald	The Daily Telegram	Lenconnect.com Daily Telegram
Times-Mail	Times-Mail	Daily Commercial	DAILY COMMERCIAL
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The Northwestern	Oshkosh Northwestern.	The Tennessean	THE TENNESSEAN
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The Record Herald	The Record Herald	Times Telegram	TIMES TELEGRAM
The Anderson Independent-Mail	Independent Mail	Mansfield News Journal	Mansfield News Journal
The Gleaner	The Gleaner.	Courier Post	Courier Post
Treasure Coast	TCPalm.	Visalia Times-Delta	Visalia Times Delta
The Oklahoman	THE OKLAHOMAN 	The Providence Journal	The Providence Journal
The Reporter-Times	REPORTER-TIMES	Democrat and Chronicle	Democrat & Chronicle
Burlington County Times	Burlington County Times	Daytona Beach News-Journal	THE DAYTONA BEACH NEWS-JOURNAL
Fosters Daily Democrat	Foster's Daily Democrat	Chillicothe Gazette	Chillicothe Gazette
Times Herald-Record	recordonline.com	Cincinnati.com The Enquirer	Cincinnati.com
The Tuscaloosa News	Tuscaloosaneews.com	Sheboygan Press	Sheboygan Press.

Worcester Magazine	WM WORCESTER MAGAZINE	The Leader	The LEADER
The Salinas Californian	The Californian	The Gadsden Times	<i>The Gadsden Times</i>
SC Cloud St. Cloud Times	SC Times	The Stockton Record	Recordnet.com
Plaquemine Post South	Plaquemine Post South	Marshfield News Herald	Marshfield News Herald
Lohud The Journal News	lohud.	Barnstable Patriot	<i>The Barnstable Patriot</i>
The Coloradoan	Coloradoan.	The Independent	THE INDEPENDENT
Hanover Evening Sun	Evening Sun	Taunton Daily Gazette	TAUNTON DAILY GAZETTE
The News Leader	News Leader.	Pocono Record	POCONO RECORD
Asheville Citizen-Times	Citizen Times	Pensacola News Journal	pensacola news journal
Rockford Register Star	Rockford Register Star	Pekin Daily Times	PEKIN DAILY TIMES
Donaldsonville Chief	Donaldsonville CHIEF	McDonough County Voice	The McDonough County VOICE
The Columbus Dispatch	<i>The Columbus Dispatch</i>	Worcester Telegram & Gazette	TELEGRAM & GAZETTE
The News-Press	News-Press.	The Repository	THE REPOSITORY
Springfield News-Leader	Springfield News-Leader	The Topeka Capital-Journal	cjonline
Echo Pilot	Echo-Pilot	Poughkeepsie Journal	poughkeepsie journal

VC Star Ventura County Star	VC Star.	The Lincoln Courier	The Courier
Northwest Florida Daily News	nwfdailynews	Cheboygan Daily Tribune	CHEBOYGAN DAILY TRIBUNE
The Des Moines Register	Des Moines Register	South Bend Tribune	South Bend Tribune
Lebanon Daily News	Lebanon Daily News	York Dispatch (JOA)	YORKDISPATCH
Argus Leader	Argus Leader.	The Gaston Gazette	gaston gazette
The News-Messenger	Fremont News Messenger.	Daily Review Atlas	REVIEW ATLAS
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Daily Messenger	DAILY MESSENGER	The Register-Mail	The Register-Mail
The Montgomery Advertiser	Montgomery Advertiser	Farm Forum	FARM FORUM
The Holland Sentinel	holland sentinel  .com	The Standard-Times	SouthCoast TODAY
AZCentral The Arizona Republic	azcentral.	The Daily Reporter	THE DAILY REPORTER
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Utica Observer-Dispatch	OBSERVER-DISPATCH	The Sault News	THE SAULT NEWS
Journal & Courier	Journal&Courier	Telegraph-Forum	Telegraph Forum.
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The Times-Gazette	TG Times-Gazette	The Fayetteville Observer	The Fayetteville Observer
The Bergen Record	northjersey.com	Greenville News	Greenville News
Star News	SN StarNews ONLINE	Times Recorder	Times Recorder
Savannah Morning News	<i>Savannah Morning News.</i>	The Desert Sun	Desert Sun.
Herald Times Reporter	Herald Times Reporter	The Detroit News (JOA)	The Detroit News
Victorville Daily Press	DAILY PRESS	Lancaster Eagle-Gazette	Lancaster Eagle Gazette.
Columbia Daily Herald	The Daily Herald.	The Ithaca Journal	ithaca journal
The Daily News Journal	Daily News Journal	Newark Advocate	Newark Advocate.
The Daily Record	DR THE Daily Record	The Courier-Journal	courier journal
App.com Asbury Park Press	app.	Tallahassee Democrat	Tallahassee Democrat.

The News-Star	News Star.	Naples News	Naples Daily News
The El Paso Times	El Paso Times	Sturgis Journal	Sturgis Journal
The Milford Daily News	MILFORD DAILY NEWS	Green Bay Press-Gazette	Green Bay Press Gazette.
Erie Times News	GOERIE	The Post-Crescent	Post Crescent.
Watertown Public Opinion	Watertown PUBLIC OPINION	York Daily Record	york daily record
The Burlington Free Press	Burlington Free Press	The Evening Tribune/Spectator	The Evening Tribune
Ocala Star Banner	Ocala StarBanner	The Star Press	Star Press.
Star-Courier	Star Courier	Livingston Daily Daily Press & Argus	Livingston Daily
The Pueblo Chieftain	The Pueblo Chieftain	Hillsdale Daily News	HILLSDALE DAILY NEWS
The Marion Star	Marion Star	Daily Journal	Daily Journal
Milwaukee Journal Sentinel	milwaukee journal sentinel	Siskiyou Daily News	THE SISKIYOU DAILY NEWS
The Courier & Press	Courier & Press	The Town Talk	Town Talk.
GoSanAngelo Standard-Times	GoSanAngelo.	Sentinel-Standard	IONIA SENTINEL-STANDARD
Wausau Daily Herald	Wausau Daily Herald	The Star	THE STAR
Daily Ledger	CANTON DAILY LEDGER	The Commercial Appeal	commercial appeal

Daily Leader	PONTIAC DAILY LEADER	Columbia Daily Tribune	COLUMBIA DAILY TRIBUNE
Lubbock Avalanche-Journal	 LUBBOCK AVALANCHE-JOURNAL	Stevens Point Journal	Stevens Point Journal
Evening World	SPENCER Evening World	Herald-Tribune	Herald-Tribune
The Monroe News	THE MONROE NEWS	Daily Record	Daily Record
The Daily American	Daily American	IndyStar The Indianapolis Star	IndyStar.
The Augusta Chronicle	<i>The Augusta Chronicle</i>	The Spectrum	The Spectrum.
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The MetroWest Daily News	METROWEST DAILY NEWS	The Oak Ridger	OAKRIDGER
Aberdeen News	aberdeen news	Tri-County Independent	TRI-COUNTY INDEPENDENT
Chambersburg Public Opinion	Public Opinion	Salina Journal	SALINA JOURNAL
The Coshocton Tribune	Coshocton Tribune	Athens Banner-Herald	ATHENS BANNER-HERALD
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Daily Comet	dailycomet	FDL Reporter The Reporter	FDL Reporter.
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The Palm Beach Post	The Palm Beach Post	The Abilene Reporter-News	Abilene Reporter News
The Destin Log	THE DESTIN LOG	Times Record News	Times Record News
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Las Cruces Sun-News	Las Cruces Sun News.	Lansing State Journal	Lansing State Journal
Knox News The Knoxville News-Sentinel	knox news.	Cape Cod Times	CAPE COD TIMES
Kitsap Sun	Kitsap Sun	Wisconsin State Farmer	WISCONSIN STATE FARMER
MyCentralJersey.com	my central jersey	The Progress-Index	<i>The Progress-Index</i>
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Canada Distribution Channel




[Canada](#)

1665 targets including :

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- Business in Canada
- CTV.ca
- Canada News
- Canadian
- Canadian Dimension
- Globe Newswire
- AOL
- Bourque Newswatch
- CBC/Radio-Canada
- Canada Business Review
- Canada Standard
- Canadian Business Journal
- Francopresse
- Google News
- BNN Bloomberg
- Breaking News
- CPAC
- Canada Free Press
- Canada.com
- Canadian Business Magazine
- Global News
- Hello!

United States Distribution Channel

 [United States](#)

211 targets including :

- 1stHeadlines
- Agonist
- America RU
- American Reporter
- Black Electorate
- CBS News
- E! News - Canada
- Fox News
- ABC News
- Allegiant
- America's Radio News Network
- Arrowhead Pride - Missouri
- Bloomberg
- CBS Sports - Florida
- Eur Web - California
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Emotional Overwhelm in High-Functioning Adults — Experts Explain Why

Distributed on April 28, 2026 13:43 GMT.

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Title: 9 words, 68 characters

Other Links: 12 links

Emotional Overwhelm in High-Functioning Adults — Experts Explain Why

Text: 445 words, 3702 characters

Emotional intensity, hidden stress, and relationship challenges are affecting many high-functioning individuals who appear fine on the surface GUELPH, CANADA, April 28, 2026 / EINPresswire.com/ -- Emotional Overwhelm on the Rise: Why More People Are ...

Keyword Anchor Text Links: 3 links

Emotional overwhelm - <http://trickettcounselling.com>
Dialectical Behaviour Therapy - http://trickettcounselling.com/therapists-in-guelph/psychotherapist_guelph-mississauga_marinela-trickett/
Relationship Counselling - <http://trickettcounselling.com/what-we-help-with/relationship-counselling-guelph/>

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<http://trickettcounselling.com/what-we-help-with/relationship-counselling-guelph/>

Embedded Images: 3 images



Name: Trusted Psychotherapist in Canada - Marinela Trickett RP Psychotherapist
Caption: Marinela Trickett, Registered Psychotherapist, specializes in BPD, DBT & emotional regulation and helping high-functioning individuals navigate overwhelm and

relationship challenges

Alt Text: Professional portrait of psychotherapist Marinela Trickett smiling, wearing a green blouse, specializing in BPD, DBT & Emotional regulation and mental health care

[Full-size Image](#)



Name: Therapy services in Guelph - Trickett Psychotherapy & Counselling

Caption: When everything looks fine on the outside, the real struggle often goes unseen
Alt Text: Woman sitting on a couch with her head in her hands, appearing stressed or

mentally overwhelmed in Guelph Psychotherapy clinic

[Full-size Image](#)



Name: Eleni_Kapetanios_Trickett_Psycotherapy in Guelph

Caption: Eleni Kapetanios, psychotherapist at Tricket Psychotherapy, supports individuals navigating emotional challenges, relationships, and personal growth

Alt Text: Portrait of Eleni Kapetanios, psychotherapist, standing outdoors in Guelph, Ontario. wearing glasses and a black blazer in a natural setting

[Full-size Image](#)

Embedded Videos: 1 video



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