

Expert Speaker, Renowned Psychiatrist Provides Healthy Path Forward Amid World Unrest

Timothy R. Jennings, M.D., reminds us to look beyond social media propaganda and gossip to truly understand the facts before reacting with fear or anger.

CHATTANOOGA, TENNESSEE, UNITED STATES, May 17, 2021 /EINPresswire.com/ -- It seems that every day the news gets worse. Mass killings. Officer-involved shootings. Social upheaval. The pandemic. And everyone just trying their best to adjust to a new normal amid swirling unrest. It's a lot for the brain to process. Do we react with fear? Anxiety? Anger? Or can we teach our brains to push pause and unpack the facts first, instead of allowing the seemingly endless stream of negative news to impact our mental, emotional and spiritual health?

Timothy R. Jennings, M.D., is a board-certified psychiatrist, master psychopharmacologist and highly sought-after speaker who regularly addresses the topic of brain health to both non-medical and medical audiences. His subjects include Major Depression in the Primary Care Setting and the Neurobiology of Depression, Alzheimer's Dementia, Psychotherapy in Clinical Practice, Spirituality in Medicine, Depression and its Spiritual and Physical Connections — among many others.

A common thread among his discussion topics is how anxiety-inducing news and events can activate the brain's stress pathways — thereby increasing the body's inflammatory factors, diminishing immune response and increasing vulnerability to viral infections and cancer. The good news is, we can rewire the way our brains react to negative news and stressful events, and Dr. Jennings can explain how.



Timothy R. Jennings, M.D., is a board-certified psychiatrist, master psychopharmacologist and highly sought-after international speaker on the subject of brain health.

As a Christian psychiatrist, Dr. Jennings also speaks to design principles that, when embraced and followed, can lead to a better understanding of the world and bring about more peace.

As the world searches for a clear path toward physical and mental recovery, Dr. Jennings is uniquely poised to address the very serious subject of brain health from both scientific and spiritual perspectives — a much needed and welcomed approach during these extremely distressing times.

Dr. Jennings operates [a private practice in Chattanooga](#) and has successfully treated thousands of patients. He is a Distinguished Fellow of the American Psychiatric Association and Life-Fellow of the Southern Psychiatric Association.

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