

Michelle Pugle, MA, MHFA

Digital Health Publications

Michelle Pugle is the freelance writer and reporter behind hundreds of health articles published on award-winning websites including Verywell Health, Healthline, Psych Central, Everyday Health, and Health.com, among others. Her work is informed by an educational background in research methodologies, a breadth of specialized mental health training, lived experiences, and a special interest in all things mental health. Here is a small selection of Michelle's professional writing about mental health topics including anxiety, depression, eating disorders, addiction, and neurodivergence.

Anxiety and Stress Articles

- What is an anxiety disorder? Michelle Pugle. Verywell Health. 2020. [Link](#)
- Social anxiety disorder. Michelle Pugle. Verywell Health. 2020. [Link](#)
- Understanding Neurosis. Michelle Pugle. Verywell Health. 2021. [Link](#)
- Nervous stomach. Michelle Pugle. Verywell Health. 2022. [Link](#)
- What causes a feeling of impending doom? Michelle Pugle. Verywell Health. 2021. [Link](#)
- How to stop catastrophizing? Michelle Pugle. Verywell Health. 2021. [Link](#)
- Natural remedies for anxiety. Michelle Pugle. Verywell Health. 2024. [Link](#)
- Breathing techniques with steps. Michelle Pugle. Verywell Health. 2023. [Link](#)
- Strategies for stress relief. Michelle Pugle. Verywell Health. 2021. [Link](#)
- Signs of stress and how to recognize it. Michelle Pugle. Verywell Health. 2021. [Link](#)

Depression Articles

- What is unipolar depression? Michelle Pugle. Verywell Health. 2024. [Link](#)
- Is depression genetic? Michelle Pugle. Verywell Health. 2021. [Link](#)
- Is high-functioning depression real? Michelle Pugle. Everyday Health. [Link](#)
- Types of therapy for depression. Michelle Pugle. Verywell Health. 2024. [Link](#)
- How is depression diagnosed? Michelle Pugle. Verywell Health. 2021. [Link](#)
- What is summertime depression and how to cope. Michelle Pugle. Everyday Health. [Link](#)
- How to cope with depression during the holidays. Michelle Pugle. Everyday Health. [Link](#)
- TikTok's 'bed rotting' trend and depression. Michelle Pugle. Healthline. [Link](#)
- Tips for eating when cooking feels impossible. Michelle Pugle. Everyday Health. [Link](#)

Eating Disorders Articles

- Disordered eating or eating disorder? Michelle Pugle. Everyday Health. [Link](#)
- Myths and facts about anorexia. Michelle Pugle. Everyday Health. [Link](#)
- What is orthorexia? Michelle Pugle. Verywell Health. 2020. [Link](#)
- Purging disorder or bulimia? Michelle Pugle. Verywell Health. 2021. [Link](#)
- What causes eating disorders? Michelle Pugle. Psych Central. [Link](#)
- Tips on recovering from binge eating disorder. Michelle Pugle. Psych Central. [Link](#)
- Holiday edition: coping with an eating disorder. Michelle Pugle. Everyday Health. [Link](#)
- Thanksgiving: coping with an eating disorder. Michelle Pugle. Everyday Health. [Link](#)

- Halloween: coping with an eating disorder Michelle Pugle. Everyday Health. [Link](#)

Addictions

- Lived experience holds hope for BC drug crisis. Thompson Rivers University. 2024. [Link](#)
- Signs of behavioral addiction. Michelle Pugle. Verywell Health. 2022. [Link](#)
- What is erotomania? Michelle Pugle. Verywell Health. 2024. [Link](#)
- How to get sober and what to expect. Michelle Pugle. Verywell Health. 2022. [Link](#)
- The difference between supporting and enabling. Michelle Pugle. Psych Central. [Link](#)
- How to overcome love addiction. Michelle Pugle. Verywell Health. 2022. [Link](#)
- How to overcome drug addiction. Michelle Pugle. Verywell Health. 2022. [Link](#)
- Porn addiction signs. Michelle Pugle. Verywell Health. 2024. [Link](#)
- 12 steps of addiction recovery, explained. Michelle Pugle. Verywell Health. 2022. [Link](#)
- How peer pressure affects all ages. Michelle Pugle. Verywell Health. 2022. [Link](#)
- What is an overdose? Michelle Pugle. Verywell Health. 2022. [Link](#)

ADHD and Neurodivergence

- The adult ADHD diagnosis process. Michelle Pugle. Verywell Health. 2023. [Link](#)
- Body doubling for ADHD. Michelle Pugle. Verywell Health. 2023. [Link](#)
- ADHD myths debunked. Michelle Pugle. 2022. [Link](#)
- What is stimming? Michelle Pugle. Verywell Health. 2023. [Link](#)
- Managing executive dysfunction. Michelle Pugle. Verywell Health. 2021. [Link](#)

- Does ADHD affect hunger? Michelle Pugle. Psych Central. [Link](#)
- What to avoid saying to someone with ADHD. Michelle Pugle. Everyday Health. [Link](#)
- Famous people get ADHD, too. Michelle Pugle. Everyday Health. [Link](#)
- Myths about diet and ADHD, debunked. Michelle Pugle. Everyday Health. [Link](#)
- Natural remedies for ADHD. Michelle Pugle. Verywell Health. 2024. [Link](#)

Language note: Please be advised that sometimes the language used in studies, in diagnostic criteria, and normalized in everyday conversation is not inclusive or necessarily representative of the lived experiences of individuals with mental health conditions or neurodivergence. Words like “impairment, deficit, or dysfunction” are rooted in ableism and may still be used in content creation for many reasons, among them reflecting clinical terms being searched (ie., to help people find what they’re searching for) and maintaining diagnostic terminology accuracy.