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PSYCH BITZ

A series of practical insights and skills for a healthy mind, produced by Jessica Revill from Radio Skid Row, Sydney. Produced in skit form with loads of wit accompanying the wisdom.

01 – Mean People

How do we trust people? Dr. Jessica Revill gives practical guidelines to help sort out friends from frenemies.

02 – Stinking Thinking

You can be your own worst enemy by thinking the worst and expecting the least. Dr. Jessica Revill shows you how to think solutions not problems.

03 – Getting People to Listen

Being ignored is frustrating. The trick to engaging people's minds may be as simple as touching their hearts first. Dr. Jessica Revill gives you strategies on getting people to listen.

04 – Bad Feelings

Are some feelings good and some bad? Are Feelings just feelings, information to help you decide. Dr. Jessica Revill helps you de-catastrophize a down day.

05 – Conflict

Do you fight too much or too little? Dr. Jessica Revill talks about the 5 different types of conflict and when to use them.

06 – Bullying

Bullies and victims are more similar than you think. Dr. Jessica Revill talks about bullies, victims and the two sides of empathy.

07 – Break-ups

Navigate those hard times without alienating your friends. Dr. Jessica Revill has sound advice for heart break.

08 – Loving Yourself

You have to love yourself but often we struggle with how to love yourself. Dr. Jessica Revill talks about the fundamentals of self esteem and self love.

09 – Success

We're told to strive for success, work hard and play through the pain. Dr. Jessica Revill debunks some of the accepted notions of how to make it to the top.

10 – Road Rage and Your Brain

We have two sides to our brain-the left analytical and the right, creative and intuitive. Dr. Jessica Revill talks about using both sides effectively to compliment your life.