

explore health and wellness

Explore Health and Wellness: Your Journey to a Better You

Are you feeling sluggish, stressed, or just plain uninspired? Do you yearn for more energy, vitality, and a genuine sense of well-being? Then you've come to the right place! This comprehensive guide will take you on a journey to explore health and wellness, uncovering practical strategies and inspiring insights to help you cultivate a healthier, happier life. We'll delve into various aspects of well-being, offering actionable steps you can implement immediately to transform your life. Get ready to embark on a self-discovery adventure that will empower you to prioritize your health and unlock your full potential.

Understanding the Pillars of Health and Wellness

Before we dive into specific strategies, let's establish a foundational understanding of what constitutes holistic health and wellness. It's not just about the absence of disease; it's a dynamic state of complete physical, mental, and emotional well-being. This encompasses several key pillars:

1. **Physical Wellness:** This is the most readily understood aspect, encompassing factors like diet, exercise, sleep, and managing chronic conditions. It involves making conscious choices to nourish your body with nutritious foods, engage in regular physical activity, and prioritize sufficient sleep to allow for cellular repair and rejuvenation. Ignoring physical wellness can lead to a cascade of negative effects impacting other areas of your life.
1. **Mental Wellness:** This refers to your cognitive and emotional well-being. It involves cultivating a positive mindset, managing stress effectively, building resilience, and seeking professional help when needed. Mental wellness is crucial for navigating life's challenges and maintaining a balanced perspective. Techniques like mindfulness, meditation, and cognitive behavioral therapy (CBT) can significantly improve mental well-being.
1. **Emotional Wellness:** This focuses on your ability to understand, manage, and express your emotions in a healthy way. It involves building self-

awareness, developing emotional regulation skills, and fostering healthy relationships. Emotional wellness allows you to navigate difficult emotions without letting them overwhelm you, leading to a more fulfilling and meaningful life.

1. **Social Wellness:** This emphasizes the importance of strong social connections and supportive relationships. Humans are social creatures, and meaningful connections provide a sense of belonging, purpose, and emotional support. Nurturing healthy relationships with family, friends, and community contributes significantly to overall well-being.
1. **Spiritual Wellness:** This aspect is deeply personal and involves finding meaning and purpose in life. It may involve connecting with nature, practicing religion or spirituality, engaging in creative pursuits, or simply reflecting on your values and beliefs. Spiritual wellness provides a sense of direction and fulfillment, adding depth and richness to your life.

Practical Steps to Explore Health and Wellness

Now that we understand the foundations, let's explore actionable steps to improve your health and wellness across these pillars:

1. **Nourishing Your Body:** Focus on a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods, sugary drinks, and unhealthy fats. Hydration is also crucial; aim for at least eight glasses of water per day.
1. **Moving Your Body:** Find physical activities you enjoy and make them a regular part of your routine. This could be anything from brisk walking and cycling to swimming, yoga, or team sports. Aim for at least 150 minutes of moderate-intensity aerobic activity per week.
1. **Prioritizing Sleep:** Aim for 7-9 hours of quality sleep per night. Establish a consistent sleep schedule, create a relaxing bedtime routine, and ensure your sleep environment is dark, quiet, and cool.

1. **Managing Stress:** Identify your stressors and develop healthy coping mechanisms. This could include mindfulness practices, meditation, yoga, spending time in nature, or engaging in hobbies you enjoy.
1. **Cultivating Positive Relationships:** Nurture your relationships with loved ones. Spend quality time with family and friends, join social groups, or volunteer in your community.
1. **Seeking Professional Support:** Don't hesitate to seek professional help when needed. Therapists, counselors, and healthcare providers can offer valuable support and guidance in addressing specific challenges.
1. **Practicing Self-Care:** Prioritize activities that nourish your mind, body, and soul. This could include taking a relaxing bath, reading a book, listening to music, or spending time in nature.

The Ongoing Journey of Explore Health and Wellness

Exploring health and wellness is not a destination but an ongoing journey of self-discovery and growth. It requires commitment, consistency, and a willingness to adapt your strategies as needed. Remember to be patient with yourself and celebrate your progress along the way. Small changes can have a significant impact over time. Embrace the process, listen to your body, and prioritize your well-being above all else. Your health and happiness are invaluable investments.

Conclusion

Embarking on a journey to explore health and wellness is an investment in your present and future self. By focusing on the key pillars of physical, mental, emotional, social, and spiritual well-being, and by implementing the practical strategies outlined above, you can create a life filled with vitality, purpose, and joy. Remember, consistency is key. Start small, build momentum, and enjoy the transformative power of prioritizing your well-being.

FAQs

1. How can I find the right type of exercise for me? Experiment with different activities until you find something you enjoy and can stick with. Consider your fitness level, personal preferences, and any physical limitations.
1. What if I struggle with stress management? Consider seeking professional help from a therapist or counselor. They can teach you effective coping mechanisms and strategies for managing stress.
1. How can I improve my sleep quality? Establish a consistent sleep schedule, create a relaxing bedtime routine, ensure your bedroom is dark, quiet, and cool, and limit screen time before bed.
1. Is it okay to seek professional help for mental health concerns? Absolutely! Seeking professional help is a sign of strength, not weakness. Many people benefit from therapy or counseling, and it can significantly improve your mental and emotional well-being.
1. How can I incorporate more mindful practices into my daily life? Start with small, manageable steps. Try incorporating a few minutes of mindfulness meditation into your daily routine, or practice mindful breathing throughout the day. Pay attention to your senses and be present in the moment.

explore health and wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2009-09-29 Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

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assists students in retaining and using what they learn.

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explore health and wellness: Health and Wellness Gordon Edlin, Eric Golanty, 2015-08-04 *Health & Wellness, Twelfth Edition* covers many facets of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

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explore health and wellness: Educator Wellness Timothy D. Kanold, Tina H. Boogren, 2021-09-24 Educator and teacher wellness is a personal journey. And like all journeys, there are starts, stops, and bumps in the road. The question becomes, how do we bring our best selves to our students and colleagues each day? Designed as a reflective journal and guidebook, *Educator Wellness* by Timothy D. Kanold and Tina H. Boogren will take you on a deep exploration where you will uncover profound answers that ring true for you. Rely on this book of ideas for self-care for educators and develop ongoing habits for wellness: Use this resource on your own or as a book study to guide staff through a reflective, goal-setting process. Observe the importance of self-care for teachers and other educators and how a commitment to daily self-care and well-being leads to a more fulfilling, successful life in and outside of the school setting. Review the four dimensions of educator self-care and wellness--(1) physical, (2) mental, (3) emotional, and (4) social--and 12 corresponding routines. Explore self-care activities for teachers and educators to sustain well-being in the face of workplace overload and potential burnout. Use the My Wellness Action journaling spaces designed to encourage thoughtful reflection to wellness and self-care plans for teachers and educators. Learn how to monitor your self-care progress and design an actionable wellness plan for next steps. View videos that highlight the authors' personal experiences with the four dimensions of educator or teacher well-being. Access the Educator Wellness--Rating, Reflecting, Planning, and Goal-Setting protocol. Contents: About the Authors Introduction Chapter 1: The Physical Wellness Dimension Chapter 2: The Mental Wellness Dimension Chapter 3: The Emotional Wellness Dimension Chapter 4: The Social Wellness Dimension

explore health and wellness: Glencoe Health Student Edition 2011 McGraw Hill, 2010-01-21 *Glencoe Health* is a comprehensive health program, provided in a flexible format, designed to improve health and wellness among high school students. Real-life application of health skills helps students apply what they learn in health class toward practicing good health behavior in the real world. Hands-on features are integrated with technology, assessment, and up-to-date health content. Features: Hands-on activities-based program focuses on health skills, avoiding risk behaviors, and promoting health literacy. Academic integration throughout the program includes research-based reading and writing strategies in every lesson, as well as Real-World Connections emphasizing math concepts and activities, and Standardized Test Practice focusing on Math and Reading/Writing. Fitness is emphasized through the program with the Fitness Zone. The Fitness Zone includes tips in the Student Edition for incorporating fitness into everyday life, activities in the Teacher Edition, a special section of the Online Learning Center, and a heart-rate activity workbook

with CD-ROM. The latest technology includes videos, podcasts, activities for handheld devices, the online student edition, PowerPoint DVD, StudentWorks Plus, and TeacherWorks Plus. Includes: Print Student Edition

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explore health and wellness: Mental Wellness DK, Neal's Yard Remedies, 2021-05-04 An authoritative guide on natural approaches to boost everyday mental wellness and provide extra support when you need it the most. This mental wellness book helps you manage stressful periods as well as other biological factors that impact your mental wellbeing. You'll learn how to boost and holistically balance your mental state using natural remedies. Neal's Yard Remedies: Mental Wellness is filled with holistic techniques, herbal remedies, essential oils, foods, exercise, lifestyle strategies, and therapies to empower you. This book offers:

- The most comprehensive compendium of natural remedies for mental wellness on the market
- Chapters on herbal remedies, aromatherapy, foods (including supplements), movement, and alternative therapies
- A Symptom Checker which you can explore symptoms and access solutions in the book, based on your current need - jitteriness; anxiety attacks; acute stress; grief; low mood, etc
- Approaches and information endorsed by Neal's Yard Remedies, world leaders in natural, organic, holistic health.

Learn techniques and mantras for uplifting your mood This beautiful, enlightening book explores how things like the environment, the seasons, hormonal shifts, sleep quality, and gut health can influence your mental health. Delve into how lifestyle choices can inhibit your mental health such as caffeine, alcohol, smoking, pollution, screen time, and isolation from the community. This wellness guide offers uplifting and informed information on why you may experience stress and anxiety, providing you with reassurance and strategies to combat these feelings. Explore the science behind natural remedies and use this book as a reliable resource for advice on mindfulness, yoga, breathing exercises, acupuncture, herbal remedies, and reiki. Expand your wellness collection This series of wellness books explore natural, holistic remedies to boost physical and psychological health and help you find the best solutions for yourself! Other titles in this series include Neals Yard Remedies Essential Oils and Neal's Yard Remedies Complete Wellness.

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explore health and wellness: Health and Wellness in 19th-Century America John C. Waller, 2014-08-11 This book provides a comprehensive description of what being sick and receiving medical care was like in 19th-century America, allowing modern readers to truly appreciate the scale of the improvements in healthcare theory and practice. Health and Wellness in 19th-Century America covers a period of dramatic change in the United States by examining our changing understanding of the nature of the disease burden, the increasing size of the nation, and our conceptions of sickness and health. With topics ranging from the unsanitary tenements of New York's Five Points, the field hospitals of the Civil War, and to the laboratories of Johns Hopkins Medical School, author John C. Waller reveals a complex picture of tradition, discovery, innovation, and occasional spectacular success. This book draws upon an extensive literature to document sickness and wellness in environments like rural homesteads, urban East-coast slums, and the hastily built cities of the West. It provides a fascinating historical examination of a century in which Americans made giant strides in understanding disease yet also clung to traditional methods and ideas, charting how U.S. medical science gradually transformed from being a backwater to a world leader in the field.

explore health and wellness: The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women's sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood

pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy--the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

explore health and wellness: The Pillars of Health John Pierre, 2013-09-17 Have you been on every diet imaginable, yet still feel unhealthy and low on energy? Do you go to the gym religiously—for a couple of weeks at a time? Do you find yourself trying desperately to focus but unable to keep up with everything going on in your hectic life? Are you frustrated by a world that seems full of inconsiderate, unpleasant people? *The Pillars of Health* will help you build a strong foundation that supports you in every one of these areas. Health expert John Pierre has spent decades working with clients, including seniors, on building better nutrition, fitness, mental acuity, and compassion. Each one of these components, or pillars, is necessary for constructing a happy life overflowing with well-being—and best of all, it can be fun! In this book, you'll discover how to feel your best and have a good time doing it. Being fit and staying sharp doesn't have to be a struggle, and the tools John Pierre provides are simple and enjoyable to incorporate in your everyday routine. You'll discover the why behind each principle he presents and learn a variety of techniques that will help you build a strong, joyous life you love!

explore health and wellness: The World's Best Kept Health Secret Revealed Wellness Doctors Leading Wellness Doctors, 2004-10 Using the latest scientific and peer-reviewed research, these leading wellness Doctors of Chiropractic explore how to provide you with new levels of energy, health and wellness. They show you ways to stop and reverse health challenges and make conscious choices that could transform your life and the lives of your loved ones. They provide you information which could help you heal yourself and then, using what you have learned, help you heal your family. Doctors of Chiropractic are trained to identify within the nervous system causes of poor health, illness and injuries. Without using drugs, invasive techniques or surgery, Doctors of Chiropractic help the body naturally reverse current health problems and prevent future ones. Each year, 30 million people choose this proven form of healthcare and wellness care.

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approach of formalist and reader-response. An important text for all physical therapy students!
Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

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explore health and wellness: *Awaken Wellness: Taking Back the Power to Control Your Own Health* Nicole Rothman DC, 2020-06-29 Dr. Nicole Rothman wants to Awaken Wellness within you! In this book, you will: -Get Tools to Heal Your Gut -Discover the Keys to Reducing Your Stress -Gain Insight to Nutrition for Life for You and Your Family -Learn About the Five Requirements You Need for Detoxification -Find the Power of Movement, Awareness and Stillness Within Yourself 'Awaken Wellness' is both a simple blueprint and a tool for empowerment! - Donna Gates, M.Ed., ABAHP, International Bestselling Author of The Body Ecology Diet: Dr. Nicole not only has the knowledge and expertise to help you achieve true and lasting health, she actually lives out what she teaches. Her message reveals practical and actionable steps to take to become the very best you. Be prepared to be inspired! - Dr. Charles Webb, Author, Speaker, Founder of Freedom Practice Coaching 'Awaken Wellness' is a brilliantly structured manual to ignite the body back to health through the utilization of modalities such as stress reduction, gut health, nutrition, movement, and the healing of the mind. Also shared are the principles of my own True Cellular Detox strategies, and I am so proud to see my work manifest through the brilliance of Dr. Nicole's writing. Many lives will be restored to optimal health due to these unique approaches to wellness. - Dr. Daniel Pompa, Author, Speaker, Co-founder of Health Centers of the Future Dr. Nicole has done an excellent job at explaining the root cause of why people aren't feeling well. When you follow the steps in 'Awaken Wellness', by default your health will improve. - Ben Azadi, Founder of Keto Kamp Dr. Nicole

Rothman is a Doctor of Chiropractic in Boynton Beach, Florida, where she has helped thousands of people, adults and children, reclaim their health and lives through her Awaken Wellness programs. Dr. Nicole's greatest joy is helping someone take control of their health and heal themselves.

explore health and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

explore health and wellness: Book Alone Barbara Montgomery Dossey, Dossey, Lynn Keegan, 2012-03-08 Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. This market-leading resource in holistic nursing is published in cooperation with the American Holistic Nurses Association (AHNA). Each chapter is revised and updated by contributors from the best-selling Fifth Edition, as well as new thought leaders from the field of holistic nursing. Chapters begin with Nurse Healer Objectives that are divided into theoretical, clinical, and personal subject areas, and then conclude with Directions for Future Research and Nurse Healer Reflections to encourage readers to delve deeper into the material and reflect on what they have learned in each chapter. This text is organized by the five core values contained within the Standards of Holistic Nursing Practice: Core Value 1: Holistic Philosophy, Theories, and Ethics Core Value 2: Holistic Caring Process Core Value 3: Holistic Communication, Therapeutic Environment, a

explore health and wellness: The Menopause Revolution: Redefining Your Midlife with Purpose, Health, and Vitality Hellen Maya Smith, *The Menopause Revolution: Redefining Your Midlife with Purpose, Health, and Vitality* Menopause is more than just an end; it's a powerful new beginning. The Menopause Revolution is your comprehensive guide to navigating this significant life transition with confidence and grace. Blending traditional wisdom with modern science, this book offers practical advice on diet, exercise, hormone management, mental health, and self-care. Discover how to manage menopausal symptoms effectively, embrace emotional well-being, and maintain strong social connections. Learn from inspirational stories of women who have thrived post-menopause, and explore strategies to rediscover passions and set new life goals. Whether you're just entering perimenopause or are well into your postmenopausal years, this book provides the tools and insights you need to live a vibrant and fulfilling life.

explore health and wellness: The Cleveland Clinic Way: Lessons in Excellence from One of the World's Leading Health Care Organizations VIDEO ENHANCED EBOOK Toby Cosgrove, 2014-01-24 This is the future. Join the revolution. Transform your organization the Cleveland Clinic way. One of the best healthcare systems in the world. President Barack Obama American healthcare is in crisis. It doesn't have to be. There's a revolution going on right now. On the frontiers of medicine, some doctors have developed an approach for treating people that is more effective, more humane, and more affordable. It's an approach to healthcare that has captured the attention of the media and business elite--and the President of the United States. It's all happening

at Cleveland Clinic, one of the most innovative, forward-looking medical institutions in the nation. In this groundbreaking book, the man who leads this global organization, Toby Cosgrove, MD, reveals how the Clinic works so well and argues persuasively for why it should be the model for the nation. He details how Cleveland Clinic focuses on the eight key trends that are shaping the future of medicine. Readers will learn: Why group practices provide not only better--but cheaper--care Why collaborative medicine is more effective How big data can be harnessed to improve the quality of care and lower costs How cooperative practices can be the wellspring of innovation Why empathy is crucial to better patient outcomes Why wellness of both mind and body depends on healthcare, not sickcare How care is best provided in different settings for greater comfort and value How tailor-made care treats a person instead of a disease This enhanced eBook includes 8 videos that include interviews with the doctors and executives who helped shape the Cleveland Clinic's successful strategy. It also includes visuals of patients/doctor interactions and the hospital's facilities. At its core is Cleveland Clinic's emphasis on patient care and patient experience. A refreshingly positive and practical vision of healthcare, *The Cleveland Clinic Way* is essential reading for healthcare and business executives, medical professionals, industry analysts, and policymakers. It gives leaders lessons they can apply to their own organizations to achieve results and empowers average Americans to make more informed healthcare decisions. PRAISE FOR THE CLEVELAND CLINIC WAY A brilliant doctor and leader lays out practical and thought-provoking prescriptions for America's healthcare future. A must-read. -- Jack Welch, former Chairman and CEO of General Electric Company *The Cleveland Clinic Way* is what the healthcare system in this country needs: honesty about the challenges, optimism about our ability to address them, and a focus on solutions. A must-read for healthcare leaders, it's written in clear, inclusive language that makes it just as valuable for the rest of us. -- John Chambers, Chairman and CEO of Cisco A pioneer in American healthcare, Toby Cosgrove shows just how the diligence and innovative thinking behind Cleveland Clinic has helped solve fundamental problems most other places barely touch. There are lessons here for everyone--patient, physician, and policymaker alike. -- Atul Gawande, MD, professor at Harvard Medical School and bestselling author of *The Checklist Manifesto* Toby Cosgrove frames the eight important trends that will transform the U.S. healthcare system. *The Cleveland Clinic Way* is a good road map for those who want to make the U.S. healthcare system better. -- Jeffrey Immelt, Chairman and CEO of General Electric Company

explore health and wellness: Leaders of the Pack Julie Kumble, Donald F. Smith, 2017-03-15 Veterinary medicine has undergone sweeping changes in the last few decades. Women now account for 55 percent of the active veterinarians in the field, and nearly 80 percent of veterinary students are women. However, average salaries have dropped as this shift has occurred, and even with women in the vast majority, only 25 percent of leadership roles are held by women. These trends point to gender-based inequality that veterinary medicine, a profession that tilts so heavily toward women, is struggling to address. How will the profession respond? What will this mean for our students and schools? What will it mean for our pets entrusted to veterinarian care? Who has succeeded in these situations? Who is taking action to lead change? What can we learn from them to lead the pack in our lives? *Leaders of the Pack*, by Julie Kumble and Dr. Donald Smith, explores key themes in leadership and highlights women in veterinary medicine whose stories embody those themes. In it, Kumble and Smith cull over three years of interviews to profile a wide variety of women as they share triumphs and challenges, lucky as well as tough breaks, and the sound advice and words that inspired them to take their careers in unanticipated directions. By sharing unique stories that illuminate different paths to leadership and reflecting on best practices through commentary and research, *Leaders of the Pack* will allow more female leaders to create wider pathways to the top of their profession.

explore health and wellness: *The Handbook of Wellness Medicine* Waguhi William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

explore health and wellness: Investing in the Health and Well-Being of Young Adults

National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

explore health and wellness: The Collective Spirit of Aging Across Cultures Halaevalu F.Ofahengaue Vakalahi, Gaynell M. Simpson, Nancy Giunta, 2014-01-28 The collective, inclusive, and intersectional framework used in this book speaks to the significance of understanding aging across diverse cultures from multiple perspectives, but still as a shared human experience. The underlying message of the book is that although we are unique and different in our aging processes, we are ultimately connected through this physical, mental and spiritual experience of aging. Thus, regardless of whether we are service providers, service recipients, educators or merely fellow human beings, it is important that we approach the aging experience through a collective lens for discovering and sharing resources as we age; honoring the past while simultaneously accepting that the future is here. A few select examples of key findings from this collaborative work are as follows. First, despite progress in the field, certain issues remain to be addressed including the challenges of racism and sexism, mistreatment, the digital divide, poverty, and other social and economic crises in urban and rural communities as they relate to our aging population. Second, the need for sustaining a sense of independence among the aged and interdependence among supportive systems is warranted. Third, our elders continue to benefit from culturally competent services community-based health interventions and social services that addresses normative and emerging challenges for them. Fourth, spirituality in both indigenous and contemporary perspectives remains important for our elders' development and quality of life.

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