

HEALTH AND WELLNESS ARTICLES FOR STUDENTS

HEALTH AND WELLNESS ARTICLES FOR STUDENTS: YOUR GUIDE TO THRIVING IN COLLEGE AND BEYOND

INTRODUCTION:

COLLEGE LIFE – EXCITING, CHALLENGING, AND OFTEN OVERWHELMING. JUGGLING CLASSES, SOCIAL LIFE, PART-TIME JOBS, AND MAYBE EVEN A RELATIONSHIP CAN LEAVE YOUR HEALTH AND WELLNESS TAKING A BACKSEAT. BUT PRIORITIZING YOUR WELL-BEING ISN'T A LUXURY; IT'S A NECESSITY FOR ACADEMIC SUCCESS, PERSONAL GROWTH, AND A FULFILLING LIFE. THIS COMPREHENSIVE GUIDE PROVIDES A COLLECTION OF HEALTH AND WELLNESS ARTICLES SPECIFICALLY TAILORED TO THE UNIQUE NEEDS AND CHALLENGES FACED BY STUDENTS. WE'LL EXPLORE PRACTICAL STRATEGIES FOR MANAGING STRESS, IMPROVING SLEEP, EATING HEALTHY ON A BUDGET, STAYING ACTIVE, AND BUILDING STRONG SOCIAL CONNECTIONS – ALL CRUCIAL ELEMENTS FOR THRIVING DURING YOUR COLLEGE YEARS AND BEYOND. LET'S DIVE IN AND EQUIP YOU WITH THE KNOWLEDGE AND TOOLS TO PRIORITIZE YOUR WELL-BEING.

1. STRESS MANAGEMENT FOR STUDENTS: TECHNIQUES TO TAME THE CHAOS

COLLEGE IS A PRESSURE COOKER. EXAMS, DEADLINES, AND SOCIAL PRESSURES CAN LEAD TO CHRONIC STRESS, IMPACTING YOUR MENTAL AND PHYSICAL HEALTH. THIS SECTION EXPLORES PROVEN STRESS MANAGEMENT TECHNIQUES SPECIFICALLY DESIGNED FOR STUDENTS:

MINDFULNESS AND MEDITATION: EVEN 5-10 MINUTES OF DAILY MINDFULNESS CAN SIGNIFICANTLY REDUCE STRESS LEVELS. APPS LIKE HEADSPACE AND CALM OFFER GUIDED MEDITATIONS TAILORED TO STUDENTS' BUSY SCHEDULES.

TIME MANAGEMENT TECHNIQUES: EFFECTIVE TIME MANAGEMENT IS KEY TO REDUCING STRESS. EXPLORE THE POMODORO TECHNIQUE, EISENHOWER MATRIX, OR OTHER METHODS TO PRIORITIZE TASKS AND AVOID LAST-MINUTE CRAMMING.

EXERCISE AS A STRESS RELIEVER: PHYSICAL ACTIVITY RELEASES ENDORPHINS, NATURAL MOOD BOOSTERS THAT COMBAT STRESS. FIND AN ACTIVITY YOU ENJOY – WHETHER IT'S JOINING AN INTRAMURAL SPORTS TEAM, HITTING THE GYM, OR SIMPLY GOING FOR A WALK.

HEALTHY COPING MECHANISMS: AVOID UNHEALTHY COPING MECHANISMS LIKE EXCESSIVE ALCOHOL CONSUMPTION, SUBSTANCE ABUSE, OR UNHEALTHY EATING HABITS. INSTEAD, FOCUS ON HEALTHY ALTERNATIVES SUCH AS SPENDING TIME IN NATURE, LISTENING TO MUSIC, OR TALKING TO A FRIEND.

SEEKING SUPPORT: DON'T HESITATE TO REACH OUT FOR SUPPORT. YOUR COLLEGE LIKELY OFFERS COUNSELING SERVICES, PEER SUPPORT GROUPS, OR OTHER RESOURCES TO HELP YOU MANAGE STRESS EFFECTIVELY.

1. FUELING YOUR BODY: HEALTHY EATING ON A STUDENT BUDGET

EATING HEALTHY DOESN'T HAVE TO BREAK THE BANK. THIS SECTION PROVIDES PRACTICAL TIPS FOR MAINTAINING A NUTRITIOUS DIET WHILE ON A STUDENT BUDGET:

MEAL PLANNING AND PREP: PLANNING YOUR MEALS AHEAD OF TIME CAN SAVE YOU MONEY AND ENSURE YOU'RE EATING HEALTHY OPTIONS. BATCH COOKING IS YOUR FRIEND!

BUDGET-FRIENDLY GROCERY SHOPPING: STICK TO YOUR GROCERY LIST, COMPARE PRICES, AND OPT FOR AFFORDABLE, NUTRITIOUS FOODS LIKE BEANS, LENTILS, RICE, AND SEASONAL FRUITS AND VEGETABLES.

SMART SNACKING: KEEP HEALTHY SNACKS ON HAND TO AVOID UNHEALTHY IMPULSE BUYS. THINK FRUITS, NUTS, YOGURT, OR WHOLE-GRAIN CRACKERS.

COOKING BASICS: LEARN A FEW SIMPLE, HEALTHY RECIPES THAT YOU CAN EASILY PREPARE IN YOUR DORM ROOM OR APARTMENT.

UTILIZING CAMPUS RESOURCES: MANY COLLEGES OFFER DISCOUNTED MEAL PLANS OR HAVE FOOD BANKS TO ASSIST STUDENTS FACING FOOD INSECURITY.

1. SLEEP HYGIENE FOR STUDENTS: PRIORITIZING REST AND RECOVERY

SLEEP DEPRIVATION IS A COMMON PROBLEM AMONG STUDENTS, IMPACTING ACADEMIC PERFORMANCE, MOOD, AND OVERALL HEALTH. THIS SECTION COVERS ESSENTIAL SLEEP HYGIENE PRACTICES:

CREATING A RELAXING BEDTIME ROUTINE: ESTABLISH A CONSISTENT SLEEP SCHEDULE, EVEN ON WEEKENDS, TO REGULATE YOUR BODY'S NATURAL SLEEP-WAKE CYCLE.

OPTIMIZING YOUR SLEEP ENVIRONMENT: ENSURE YOUR BEDROOM IS DARK, QUIET, AND COOL. INVEST IN COMFORTABLE BEDDING AND BLACKOUT CURTAINS IF NEEDED.

LIMITING SCREEN TIME BEFORE BED: THE BLUE LIGHT EMITTED FROM ELECTRONIC DEVICES CAN INTERFERE WITH SLEEP. PUT AWAY YOUR PHONE AND LAPTOP AT LEAST AN HOUR BEFORE BEDTIME.

MANAGING CAFFEINE AND ALCOHOL INTAKE: AVOID CAFFEINE AND ALCOHOL CLOSE TO BEDTIME, AS THESE SUBSTANCES CAN DISRUPT SLEEP.

SEEKING PROFESSIONAL HELP: IF YOU'RE STRUGGLING WITH INSOMNIA OR OTHER SLEEP DISORDERS, DON'T HESITATE TO SEEK PROFESSIONAL HELP.

1. PHYSICAL ACTIVITY AND FITNESS FOR COLLEGE STUDENTS

STAYING ACTIVE IS CRUCIAL FOR BOTH PHYSICAL AND MENTAL HEALTH. THIS SECTION OFFERS PRACTICAL WAYS TO INCORPORATE PHYSICAL ACTIVITY INTO YOUR BUSY STUDENT SCHEDULE:

FINDING ACTIVITIES YOU ENJOY: DON'T FORCE YOURSELF TO DO ACTIVITIES YOU HATE. EXPLORE DIFFERENT OPTIONS UNTIL YOU FIND SOMETHING YOU GENUINELY ENJOY.

UTILIZING CAMPUS FITNESS FACILITIES: MANY COLLEGES OFFER FREE OR DISCOUNTED ACCESS TO FITNESS CENTERS AND RECREATIONAL FACILITIES.

JOINING INTRAMURAL SPORTS: INTRAMURAL SPORTS ARE A GREAT WAY TO SOCIALIZE AND STAY ACTIVE.

INCORPORATING PHYSICAL ACTIVITY INTO YOUR DAILY ROUTINE: TAKE THE STAIRS INSTEAD OF THE ELEVATOR, WALK OR BIKE TO CLASS WHENEVER POSSIBLE, AND INCORPORATE SHORT BURSTS OF ACTIVITY THROUGHOUT YOUR DAY.

FINDING FREE OR LOW-COST FITNESS OPTIONS: EXPLORE FREE WORKOUT VIDEOS ONLINE, JOIN A RUNNING CLUB, OR HIKE IN A NEARBY PARK.

1. BUILDING A STRONG SOCIAL SUPPORT NETWORK

STRONG SOCIAL CONNECTIONS ARE VITAL FOR MENTAL WELL-BEING. THIS SECTION FOCUSES ON BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS:

CONNECTING WITH PEERS: JOIN CLUBS, ATTEND SOCIAL EVENTS, AND PARTICIPATE IN GROUP ACTIVITIES TO MEET NEW PEOPLE AND BUILD FRIENDSHIPS.

UTILIZING CAMPUS RESOURCES: TAKE ADVANTAGE OF CAMPUS RESOURCES LIKE STUDENT ORGANIZATIONS, SUPPORT GROUPS, AND COUNSELING SERVICES.

MAINTAINING RELATIONSHIPS WITH FAMILY AND FRIENDS: STAY CONNECTED WITH YOUR LOVED ONES BACK HOME. REGULAR PHONE CALLS, VIDEO CHATS, OR VISITS CAN HELP REDUCE FEELINGS OF LONELINESS AND ISOLATION.

SETTING HEALTHY BOUNDARIES: IT'S OKAY TO SAY NO TO SOCIAL EVENTS OR ACTIVITIES THAT DRAIN YOUR ENERGY OR COMPROMISE YOUR WELL-BEING.

SEEKING HELP WHEN NEEDED: DON'T HESITATE TO REACH OUT FOR HELP IF YOU'RE STRUGGLING WITH FEELINGS OF LONELINESS,

ISOLATION, OR DEPRESSION.

CONCLUSION:

PRIORITIZING YOUR HEALTH AND WELLNESS AS A STUDENT IS AN INVESTMENT IN YOUR ACADEMIC SUCCESS, PERSONAL GROWTH, AND OVERALL WELL-BEING. BY INCORPORATING THE STRATEGIES DISCUSSED IN THESE HEALTH AND WELLNESS ARTICLES FOR STUDENTS, YOU CAN NAVIGATE THE CHALLENGES OF COLLEGE LIFE WITH GREATER RESILIENCE, ACHIEVE YOUR ACADEMIC GOALS, AND BUILD A FOUNDATION FOR A HEALTHY AND FULFILLING FUTURE. REMEMBER, TAKING CARE OF YOURSELF IS NOT SELFISH; IT'S ESSENTIAL.

FAQs:

1. Q: I'M ALWAYS TIRED. WHAT CAN I DO TO IMPROVE MY ENERGY LEVELS? A: PRIORITIZE SLEEP, EAT A BALANCED DIET, STAY HYDRATED, AND INCORPORATE REGULAR PHYSICAL ACTIVITY. CONSIDER GETTING YOUR BLOOD WORK CHECKED TO RULE OUT ANY UNDERLYING MEDICAL CONDITIONS.
1. Q: HOW CAN I MANAGE MY ANXIETY BEFORE EXAMS? A: PRACTICE RELAXATION TECHNIQUES LIKE DEEP BREATHING, MEDITATION, OR PROGRESSIVE MUSCLE RELAXATION. BREAK DOWN LARGE TASKS INTO SMALLER, MANAGEABLE CHUNKS, AND SEEK SUPPORT FROM FRIENDS, FAMILY, OR A COUNSELOR.
1. Q: I'M STRUGGLING TO MAKE HEALTHY CHOICES ON A TIGHT BUDGET. ANY ADVICE? A: PLAN YOUR MEALS, COOK AT HOME AS MUCH AS POSSIBLE, BUY IN BULK WHEN POSSIBLE, AND CHOOSE AFFORDABLE, NUTRITIOUS OPTIONS LIKE BEANS, LENTILS, AND SEASONAL PRODUCE.
1. Q: I'M FEELING OVERWHELMED AND ISOLATED. WHERE CAN I FIND SUPPORT? A: REACH OUT TO YOUR COLLEGE'S COUNSELING SERVICES, STUDENT SUPPORT GROUPS, OR A TRUSTED FRIEND OR FAMILY MEMBER. DON'T HESITATE TO SEEK PROFESSIONAL HELP IF NEEDED.
1. Q: HOW CAN I BALANCE MY STUDIES WITH MY SOCIAL LIFE AND SELF-CARE? A: USE A PLANNER OR CALENDAR TO SCHEDULE STUDY TIME, SOCIAL EVENTS, AND SELF-CARE ACTIVITIES. PRIORITIZE TASKS, LEARN TO SAY NO TO COMMITMENTS THAT OVERWHELM YOU, AND REMEMBER THAT SELF-CARE IS NOT SELFISH; IT'S ESSENTIAL FOR YOUR WELL-BEING AND ACADEMIC SUCCESS.

Health and wellness articles for students: Mental Health, Substance Use, and Wellbeing in Higher Education National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as

high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. *Mental Health, Substance Use, and Wellbeing in Higher Education* lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

health and wellness articles for students: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body* makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

health and wellness articles for students: The Campus Cure Marcia Morris, 2018-01-02 Did you know that one of four college students was diagnosed with a mental health disorder in the last year? College students are experiencing anxiety, depression, alcohol abuse, and other mental health issues at alarming rates in a landscape of growing academic, social, and financial pressures. As a college mental health psychiatrist for over two decades and a mother of two twenty-somethings, Marcia Morris has witnessed the ways problems can derail students from their goals, while parent interventions at critical junctures can help get students back on track. *The Campus Cure: A Parent Guide to Mental Health and Wellness for College Students* is a first aid guide to your child's

emotional health, preparing you to handle the mental health problems and emotional ups and downs many young adults experience in college. With anecdotes and the latest scientific literature, this book will increase your awareness of common problems, pressures, and crises in college; illustrate how you can support your child and collaborate with campus resources; and provide stories of hope to parents who often feel alone and overwhelmed when their child experiences a mental health problem. While you have the passion to help your child, this book will provide you with the tools to guide your child toward health and happiness in the college years.

health and wellness articles for students: *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.

health and wellness articles for students: Reopening K-12 Schools During the COVID-19 Pandemic National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Board on Science Education, Standing Committee on Emerging Infectious Diseases and 21st Century Health Threats, Committee on Guidance for K-12 Education on Responding to COVID-19, 2020-11-08 The COVID-19 pandemic has presented unprecedented challenges to the nation's K-12 education system. The rush to slow the spread of the virus led to closures of schools across the country, with little time to ensure continuity of instruction or to create a framework for deciding when and how to reopen schools. States, districts, and schools are now grappling with the complex and high-stakes questions of whether to reopen school buildings and how to operate them safely if they do reopen. These decisions need to be informed by the most up-to-date evidence about the SARS-CoV-2 virus that causes COVID-19; about the impacts of school closures on students and families; and about the complexities of operating school buildings as the pandemic persists. *Reopening K-12 Schools During the COVID-19 Pandemic: Prioritizing Health, Equity, and Communities* provides guidance on the reopening and operation of elementary and secondary schools for the 2020-2021 school year. The recommendations

of this report are designed to help districts and schools successfully navigate the complex decisions around reopening school buildings, keeping them open, and operating them safely.

health and wellness articles for students: Graduate STEM Education for the 21st Century National Academies of Sciences, Engineering, and Medicine, Policy and Global Affairs, Board on Higher Education and Workforce, Committee on Revitalizing Graduate STEM Education for the 21st Century, 2018-09-21 The U.S. system of graduate education in science, technology, engineering, and mathematics (STEM) has served the nation and its science and engineering enterprise extremely well. Over the course of their education, graduate students become involved in advancing the frontiers of discovery, as well as in making significant contributions to the growth of the U.S. economy, its national security, and the health and well-being of its people. However, continuous, dramatic innovations in research methods and technologies, changes in the nature and availability of work, shifts in demographics, and expansions in the scope of occupations needing STEM expertise raise questions about how well the current STEM graduate education system is meeting the full array of 21st century needs. Indeed, recent surveys of employers and graduates and studies of graduate education suggest that many graduate programs do not adequately prepare students to translate their knowledge into impact in multiple careers. Graduate STEM Education for the 21st Century examines the current state of U.S. graduate STEM education. This report explores how the system might best respond to ongoing developments in the conduct of research on evidence-based teaching practices and in the needs and interests of its students and the broader society it seeks to serve. This will be an essential resource for the primary stakeholders in the U.S. STEM enterprise, including federal and state policymakers, public and private funders, institutions of higher education, their administrators and faculty, leaders in business and industry, and the students the system is intended to educate.

health and wellness articles for students: *The Science of Effective Mentorship in STEMM* National Academies of Sciences, Engineering, and Medicine, Policy and Global Affairs, Board on Higher Education and Workforce, Committee on Effective Mentoring in STEMM, 2020-01-24 Mentorship is a catalyst capable of unleashing one's potential for discovery, curiosity, and participation in STEMM and subsequently improving the training environment in which that STEMM potential is fostered. Mentoring relationships provide developmental spaces in which students' STEMM skills are honed and pathways into STEMM fields can be discovered. Because mentorship can be so influential in shaping the future STEMM workforce, its occurrence should not be left to chance or idiosyncratic implementation. There is a gap between what we know about effective mentoring and how it is practiced in higher education. *The Science of Effective Mentorship in STEMM* studies mentoring programs and practices at the undergraduate and graduate levels. It explores the importance of mentorship, the science of mentoring relationships, mentorship of underrepresented students in STEMM, mentorship structures and behaviors, and institutional cultures that support mentorship. This report and its complementary interactive guide present insights on effective programs and practices that can be adopted and adapted by institutions, departments, and individual faculty members.

health and wellness articles for students: *The College Wellness Guide* Casey Rowley Barneson, The Princeton Review, 2021-09-28 A brand new guide that helps overwhelmed students manage their mental, physical, and social health, and reach and maintain a healthy balance in their college lives. Every year, nearly two million students arrive at college campuses, ready to embark on the best four years of their lives. Yet the reality is that the current cohort of students is one of the most stressed, anxious, and depressed ever. These stressors have real effects on students' grades, social life, and physical health. And the stakes are high! Students with the right community and support services have better outcomes, from increased chances of on-time graduation, to greater ability to take on head-start opportunities (like internships) that have deep impact on post-college life. The Princeton Review is proud to introduce *The Campus Wellness Guide*, an innovative new book that provides a mix of information, resources, and self-assessment activities to help students reach and maintain their overall health. The book includes: Information on how to assess your

college fit academically and socio-emotionally Self-assessment activities that students can use to ID their specific stressors and ways to alleviate those issues Sections on physical, mental, and social wellness, each with data-backed insights and research to help define the issues and strategies for handling Proactive activities for student use, with reflection prompts to help develop roadmaps toward a healthier status quo Wellness highlights, e.g., information on colleges with exceptional track records in specific wellness issues Resources for national and college-specific help

health and wellness articles for students: *Wellbeing in Higher Education* Marcus A. Henning, Christian U. Krägeloh, Rachel Dryer, Fiona Moir, Rex Billington, Andrew G. Hill, 2018-04-09 Academic staff and students within higher education settings are confronted by a learning environment that is academically stimulating, informative, career-focused and socially rich, which can be intensely competitive and highly charged. Within this learning environment, academic staff and students are often at risk of compromising their wellbeing in their pursuit of academic excellence. This book provides an examination of the key areas that are important to the sustenance of wellbeing within higher education settings, with a view to promoting healthy learning environments. The chapter authors are predominantly working in the Asia-Pacific rim, but the book also includes more universal perspectives. The synthesis of the issues covered in the book is crucial to the understanding of higher education as not only an environment for gaining knowledge and skills relevant for success in academic and career domains, but also as an environment for developing socially adept and authentic communication skills. The ideas presented in this book will further assist academic staff and students to consider ways to more fully participate in their learning environment so that they can optimize their valuable contributions to the professional communities they serve.

health and wellness articles for students: *Nurses With Disabilities* Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

health and wellness articles for students: *A Design Thinking, Systems Approach to Well-Being Within Education and Practice* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

health and wellness articles for students: *Student Mental Health and Wellbeing in Higher Education* Nicola Barden, Ruth Caleb, 2019-08-26 Good mental health is essential for students to manage the challenges that university life presents. This book offers pragmatic guidance to support academic and student services staff in engaging with this critical issue, both in terms of being proactive within their role to promote a positive approach to wellbeing, and understanding how to care appropriately for students who may not be flourishing in the university environment. Key topics include: · The pressure points and transitions of student life · The crucial role of departmental and academic staff · How to make mental health policies work · The legal obligations and limits of student support · Creating the conditions for confident support

health and wellness articles for students: *Medical Student Well-Being* Dana Zappetti, Jonathan D. Avery, 2019-06-04 This book tackles the most common challenges that medical students experience that lead to burnout in medical school by carefully presenting guidelines for assessment,

management, clinical pearls, and resources for further references. Written by national leaders in medical student wellness from around the country, this book presents the first model of care for combating one of the most serious problems in medicine. Each chapter is concise and follows a consistent format for readability. This book addresses many topics, including general mental health challenges, addiction, mindfulness, exercise, relationships and many more of the important components that go into the making of a doctor. Medical Student Well-being is a vital resource for all professionals seeking to address physician wellness within medical schools, including medical students, medical education professionals, psychiatrists, addiction medicine specialists, hospitalists, residents, and psychologists.

health and wellness articles for students: *Taking Action Against Clinician Burnout* National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. *Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being* builds upon two groundbreaking reports from the past twenty years, *To Err Is Human: Building a Safer Health System* and *Crossing the Quality Chasm: A New Health System for the 21st Century*, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

health and wellness articles for students: *The Oxford Handbook of Work Engagement, Motivation, and Self-Determination Theory* Marylene Gagne PhD, 2014-06-09 Self-determination theory is a theory of human motivation that is being increasingly used by organizations to make strategic HR decisions and train managers. It argues for a focus on the quality of workers' motivation over quantity. Motivation that is based on meaning and interest is showed to be superior to motivation that is based on pressure and rewards. Work environments that make workers feel competent, autonomous, and related to others foster the right type of motivation, goals, and work values. *The Oxford Handbook of Work Motivation, Engagement, and Self-Determination Theory* aims to give current and future organizational researchers ideas for future research using self-determination theory as a framework, and to give practitioners ideas on how to adjust their programs and practices using self-determination theory principles. The book brings together self-determination theory experts and organizational psychology experts to talk about past and future applications of the theory to the field of organizational psychology. The book covers a wide range of topics, including: how to bring about commitment, engagement, and passion in the workplace; how to manage stress, health, emotions and violence at work; how to encourage safe and sustainable behavior in organizations; how factors like attachment styles, self-esteem, person-environment fit, job design, leadership, compensation, and training affect work motivation; and how work-related values and goals are forged by the work environment and affect work outcomes.

health and wellness articles for students: *Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth* National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Fostering Healthy Mental, Emotional, and Behavioral Development Among Children and Youth, 2020-01-18 Healthy mental, emotional, and behavioral (MEB) development is a critical foundation for a productive adulthood. Much is known about strategies to support families and communities in strengthening the MEB development of children and youth, by promoting healthy development and also by preventing and mitigating disorder, so that young

people reach adulthood ready to thrive and contribute to society. Over the last decade, a growing body of research has significantly strengthened understanding of healthy MEB development and the factors that influence it, as well as how it can be fostered. Yet, the United States has not taken full advantage of this growing knowledge base. Ten years later, the nation still is not effectively mitigating risks for poor MEB health outcomes; these risks remain prevalent, and available data show no significant reductions in their prevalence. *Fostering Healthy Mental, Emotional, and Behavioral Development in Children and Youth: A National Agenda* examines the gap between current research and achievable national goals for the next ten years. This report identifies the complexities of childhood influences and highlights the need for a tailored approach when implementing new policies and practices. This report provides a framework for a cohesive, multidisciplinary national approach to improving MEB health.

health and wellness articles for students: The Social Benefits of Education Jere R. Behrman, Nevzer Stacey, 2010-08-04 For decades, the primary argument in justifying education has been based on its direct economic effects. Yet education also provides social benefits for individuals and society at large, including a better way of taking care of ourselves, and consequently creating a better society to live in. Though it is difficult to quantify these social benefits, a more systematic analysis would improve our understanding of the full effects of education and provide a basis for considering related policies. The Office of Research of the United States Department of Education commissioned a series of papers on measuring these effects of education. Those papers, revised and updated, are collected here. Kenneth J. Arrow provides perspective on education and preference formation, and Jere R. Behrman considers general conceptual and measurement issues in assessing the social benefits of education and policies related to education. These issues are taken up by experts in four fields--health, parenting, the environment, and crime. Themes addressed include measurement issues regarding what we mean by education and its benefits; basic analytical issues in assessing the impact of education on these social benefits using behavioral data; and whether the social benefits of education justify public policy interventions. Jere R. Behrman is William R. Kenan Jr. Professor of Economics, University of Pennsylvania. Nevzer G. Stacey is Senior Research Analyst, Office of Educational Research, U.S. Department of Education.

health and wellness articles for students: National Health Education Standards Joint Committee on National Health Education Standards, 2007 Concluding a two-year review and revision process supported by the American Cancer Society and conducted by an expert panel of health education professionals, this second edition of the National Health Education Standards is the foremost reference in establishing, promoting, and supporting health-enhancing behaviors for students in all grade levels. These guidelines and standards provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress; provide students, families, and communities with concrete expectations for health education; and advocate for quality health education in schools, including primary cancer prevention for children and youth.

health and wellness articles for students: Mental Health and Wellbeing , 2011 Provides a significant overview of the matter of mental health and wellbeing with particular reference to educational contexts ... Presents an authoritative and diverse account of: links between wellbeing and learning; interventions and initiatives in the field; evidence based practice guidelines; policy and practice examples. -- Back cover.

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report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

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