

health and wellness write for us

Health and Wellness Write for Us: Guest Blogging Opportunities for Health Experts

Are you a passionate health and wellness expert with a knack for writing? Do you want to share your knowledge and reach a wider audience? Then you've come to the right place! This comprehensive guide explores the exciting opportunity of guest blogging on our health and wellness platform. We'll delve into what we're looking for in guest posts, the submission process, and the benefits for you as a contributing writer. Ready to get started? Let's dive into the world of "health and wellness write for us" opportunities!

What We're Looking For: Content Guidelines for Health and Wellness Guest Posts

Our platform thrives on providing high-quality, informative, and engaging content to our readers. We're searching for guest posts that are not only well-written but also offer genuine value. Here's a breakdown of our content guidelines:

1. **Topic Relevance:** We prioritize articles focused on various aspects of health and wellness. This includes, but isn't limited to:

Nutrition: Healthy recipes, dietary guidelines, weight management strategies, the impact of specific foods on health.

Fitness and Exercise: Workout routines, fitness tips for beginners and advanced athletes, the benefits of different exercise types.

Mental Wellness: Stress management techniques, mindfulness practices, overcoming anxiety and depression, promoting positive mental health.

Sleep Hygiene: Tips for improving sleep quality, understanding sleep disorders, creating a relaxing bedtime routine.

Holistic Wellness: Integrative approaches to health, exploring the connection between mind, body, and spirit.

Specific Health Conditions: In-depth discussions on particular health conditions (provided the writer possesses relevant expertise and avoids giving medical advice). Always prioritize factual accuracy and responsible reporting.

1. **Content Quality:** We demand high-quality writing that's well-researched, accurate, and easy to read. Your article should be:

Original and Unique: We strictly prohibit plagiarism. All content must be original and not published elsewhere.

Well-structured: Use clear headings, subheadings, bullet points, and other formatting elements to enhance readability.

Engaging and Informative: Write in a conversational tone, making complex topics easily understandable for a broad audience.

Data-driven: Support your claims with credible sources and cite them appropriately.

Free of promotional content: While you can mention your expertise and website (with a relevant link in your bio), avoid overt self-promotion or affiliate marketing within the article itself.

1. Technical Requirements:

Word Count: Aim for a minimum of 800 words. Longer, more comprehensive articles are always welcome.

SEO Optimization: Include relevant keywords naturally throughout your article. We encourage you to research popular keywords related to your chosen topic. However, don't stuff keywords – focus on creating high-quality content that readers will find valuable.

Images and Multimedia: High-quality images and other multimedia elements (videos, infographics) can significantly improve reader engagement. Ensure you have the rights to use any images you include.

Formatting: Use proper grammar, punctuation, and spelling.

The Submission Process: How to Contribute Your Health and Wellness Article

Submitting your guest post is straightforward:

1. **Pitch Your Idea:** Before writing a full article, send us a brief email outlining your proposed topic, a working title, and a short summary (around 150-200 words) of the content you plan to cover. This allows us to assess the suitability of your topic and avoid duplication.
2. **Write Your Article:** Once your pitch is approved, proceed with writing your article according to our guidelines.
3. **Submit Your Article:** Submit your completed article through our online submission form (link to be provided). Include all relevant information, such as your name, website, and a brief bio.
4. **Review and Publication:** We'll review your submission and notify you of our decision within [Number] business days. We reserve the right to edit

your article for style, grammar, and clarity. However, significant changes will be discussed with you beforehand.

Benefits of Guest Blogging on Our Platform

Contributing to our health and wellness blog offers numerous advantages:

Increased Visibility: Reach a wider audience of health-conscious readers interested in your area of expertise.

Backlinks to Your Website: Increase your website's domain authority and search engine ranking by including a link back to your site in your author bio.

Establish Yourself as an Authority: Position yourself as a trusted expert in the health and wellness field.

Networking Opportunities: Connect with other health and wellness professionals and potentially collaborate on future projects.

Build Your Portfolio: Add a high-quality piece of writing to your portfolio, showcasing your expertise and skills to potential clients or employers.

Conclusion: Become a Part of Our Health and Wellness Community

Contributing a guest post to our blog is a mutually beneficial experience. We gain valuable content to share with our readers, and you gain exposure, credibility, and networking opportunities. If you're passionate about health and wellness and have a talent for writing, we encourage you to submit your pitch. Let's work together to create engaging and informative content that benefits our shared community. Start your journey by sending us your "health and wellness write for us" pitch today!

Frequently Asked Questions (FAQs)

1. Do you pay contributors for guest posts? No, we currently offer guest posting opportunities on a non-compensated basis. However, we provide valuable exposure and backlinks to your website, which can lead to increased traffic and brand awareness.

1. How long does the review process typically take? We aim to review all submissions within [Number] business days.

1. Can I include affiliate links in my guest post? No, we do not allow affiliate links within guest posts. We focus on providing unbiased and informative content to our readers.
1. What if my article needs significant revisions? We'll contact you to discuss any substantial revisions required before publishing your article. We value your input and strive for collaboration.
1. What image formats do you accept? We generally accept high-resolution JPEG and PNG images. Please ensure you have the rights to use any images you include in your submission.

health and wellness write for us: *The Topography of Wellness* Sara Jensen Carr, 2021-06-15
The COVID-19 pandemic has re-ignited discussions of how architects, landscapes, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In *The Topography of Wellness*, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds of illness and the urban landscape.

health and wellness write for us: *Fitness Junkie* Lucy Sykes, Jo Piazza, 2017-07-11 A GMA SUMMER MUST-READ! From the bestselling authors of *The Knockoff*, an outrageously funny novel about one woman's attempt—through clay diets, naked yoga, green juice, and cultish workout classes—to win back her career, save her best friend, and lose thirty pounds. When Janey Sweet ... navigates topless yoga and ruthless cycling classes in Lucy Sykes and Jo Piazza's satire, she realizes she's better off without the green juice. —Us Weekly When Janey Sweet, CEO of a couture wedding gown company, is photographed in the front row of a fashion show eating a bruffin--the delicious love child of a brioche and a muffin--her best friend and business partner gives her an ultimatum: lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, and spinning to the screams of a Lycra-clad instructor with rage issues. As Janey eschews carbs, pays thousands of dollars to wellness gurus, and is harassed by her very own fitness bracelet, she can't help but wonder: Did she really need to lose weight in the first place?

health and wellness write for us: *How to Write a Wellness Book* Beth Brombosz, 2021-06-15
Planning Your Health & Wellness Book Made Easy! Writing a book is one of the best things you can

do for your health and wellness business. Let's face it: health and wellness is a very crowded niche, and it's hard to stand out from the crowd. That's exactly what your book will help you do. But how do you write a book that's actually good, a book that your readers won't hate? How do you write a book that doesn't suck? You follow a proven framework to write a book that gives readers real results, builds trust, and establishes you as a real expert. This workbook walks you through the process of planning a business-building health and wellness book that your readers will love. Using the Fast Author Framework?, you'll plan a book that drives readers to become clients and gives you instant authority and credibility at the same time. If you want to write a health and wellness book but you don't have time to waste writing a book that isn't good, *How to Write a Health and Wellness Book* is the book-planning workbook you've been looking for.

health and wellness write for us: Master Your Core Bohdanna Zazulak, 2022-03-29 The term core stability has been overhyped and misconstrued, leading people astray with endless crunches and swinging kettlebells, onto a fast track to injury and despair. Instead of following the latest injury-prone fad, you're about to discover a set of 50 science-based core exercises to tone your body and train your core for functional performance whether you're training for a world championship or just trying to walk without falling. Dr. Bohdanna Zazulak has devoted her career to figuring out why so many women get injured in sports and everyday life. What she discovered is that properly training your core muscles is the most important thing you can do to improve your health, build strength, and reduce your risk of injuries (for men and women). In this book, Dr. Zazulak explains in simple terms what core stability truly means from a scientific perspective, and how a stable core directly relates to less injuries, better performance, and better physical, mental, and emotional health.

health and wellness write for us: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

health and wellness write for us: The Write Way to Wellness Kathleen Adams, 2000

health and wellness write for us: *The Nix* Nathan Hill, 2016-08-30 Winner of the Art Seidenbaum Award for First Fiction A New York Times 2016 Notable Book Entertainment Weekly's #1 Book of the Year A Washington Post 2016 Notable Book A Slate Top Ten Book NEW YORK TIMES BESTSELLER "The Nix is a mother-son psychodrama with ghosts and politics, but it's also a tragicomedy about anger and sanctimony in America. . . . Nathan Hill is a maestro." —John Irving From the suburban Midwest to New York City to the 1968 riots that rocked Chicago and beyond, *The Nix* explores—with sharp humor and a fierce tenderness—the resilience of love and home, even in times of radical change. It's 2011, and Samuel Andresen-Anderson—college professor, stalled writer—has a Nix of his own: his mother, Faye. He hasn't seen her in decades, not since she abandoned the family when he was a boy. Now she's re-appeared, having committed an absurd crime that electrifies the nightly news, beguiles the internet, and inflames a politically divided

country. The media paints Faye as a radical hippie with a sordid past, but as far as Samuel knows, his mother was an ordinary girl who married her high-school sweetheart. Which version of his mother is true? Two facts are certain: she's facing some serious charges, and she needs Samuel's help. To save her, Samuel will have to embark on his own journey, uncovering long-buried secrets about the woman he thought he knew, secrets that stretch across generations and have their origin all the way back in Norway, home of the mysterious Nix. As he does so, Samuel will confront not only Faye's losses but also his own lost love, and will relearn everything he thought he knew about his mother, and himself.

health and wellness write for us: 131 Method Chalene Johnson, 2019-04-16 Chalene Johnson, New York Times best-selling author and award-winning entrepreneur who's built and sold several multimillion-dollar lifestyle companies, offers a revolutionary fitness program with proven success based on her successful online program of the same name. Diets are dumb. You aren't. Your personalized plan for gut health, wellness, and weight loss You're smart. You're sick of gimmicks and trendy diets that leave you with frustration and a slower metabolism. The 131 Method gets to the root of the problem--gut health--and delivers a personalized solution to wellness, hormone balance, and permanent weight loss based on the Nobel Prize-winning science of autophagy and diet phasing. Finally, a science-based solution that's actually doable! Following her own health scare, health and wellness expert Chalene Johnson set out to understand the science and individuality of metabolism. Working with renowned researchers, doctors, and registered dietitians, she developed a simplified 3-phase plan for health promoting weight loss. This proven methodology was tested with more than 25,000 individuals. Now she distills the essentials of her hugely successful online program into the 131 Method book. 1 Objective (set by you!), 3 Weeks of Diet Phasing, and 1 Week to Fast and Refuel. 131 Method guides you through Chalene's three-phase, 12-week solution, helping you personalize every step of the way. You'll: • Lose weight without slowing your metabolism • Improve gut health and boost immunity • Fix cravings and reset hormones • Discover 100 delicious, easy recipes The 131 Method isn't a one size fits all diet, it's how to eat a diet that works! You'll get everything you need to change your thinking, transform your body, and improve your life . . . for good!

health and wellness write for us: 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.

health and wellness write for us: Natural Causes Barbara Ehrenreich, 2018-04-10 From the celebrated author of Nickel and Dimed, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, Natural Causes describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But Natural Causes goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, Natural Causes examines the

ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

health and wellness write for us: Health & Wellness Mark Finley, Peter N. Landless, 2014 Health and Wellness: Secrets That Will Change Your Life shows you spectacularly simple ways to avoid such chronic killers as cancer, diabetes, heart disease, and obesity You'll learn how good nutrition heals the body and boosts the mind; how purpose increases resilience; how love and forgiveness mend the heart! Health and Wellness caught the attention of award-winning documentary filmmaker Martin Doblmeier. While there are countless self-help books on the market today, Health and Wellness: Secrets That Will Change Your Life stands apart because it speaks from proven success. Contained in these insightful chapters is an emphasis on making wise choices about the riches entrusted to each of us-a body that has the potential to heal itself, a mind capable of the extraordinary, and a spirit that longs to be reunited with the Creator. This book not only offers a road map for a healthier, more productive life-it provides the greatest gift of all: the reason for the journey. Book jacket.

health and wellness write for us: *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

health and wellness write for us: Ellie and the Harpmaker Hazel Prior, 2019-08-06 A rich, heartwarming and charming debut novel that reminds us that sometimes you find love in the most unexpected places. Dan Hollis lives a happy, solitary life carving exquisite Celtic harps in his barn in the countryside of the English moors. Here he can be himself, away from social situations that he doesn't always get right or completely understand. On the anniversary of her beloved father's death, Ellie Jacobs takes a walk in the woods and comes across Dan's barn. She is enchanted by his collection. Dan gives her a harp made of cherrywood to match her cherry socks. He stores it for her, ready for whenever she'd like to take lessons. Ellie begins visiting Dan almost daily and quickly learns that he isn't like other people. He makes her sandwiches precisely cut into triangles and repeatedly counts the (seventeen) steps of the wooden staircase to the upstairs practice room. Ellie soon realizes Dan isn't just different; in many ways, his world is better, and he gives her a fresh perspective on her own life.

health and wellness write for us: *The Writing Cure* Stephen J. Lepore, Joshua M. Smyth, 2002-01-01 The Writing Cure presents groundbreaking research on the cognitive, emotional, and developmental pathways through which disclosure influences health. Although writing has been a popular therapeutic technique for years, only recently have researchers subjected it to rigorous

scientific scrutiny.

health and wellness write for us: *Student-Engaged Assessment* Laura Greenstein, Mary Ann Burke, 2020-06-30 This book feasibly translates validated research and best practices in assessment so that the reader can incorporate the best practices of assessment into practical routines in schools and the classroom. Readers of this book will strengthen their knowledge and skills in selecting, designing, and using assessments that enable all learners to actively participate and monitor their own progress towards learning objectives. This book is intended to be a hands-on guide for educators and students on the best and most effective practices for supporting students in their role as self-assessors. It develops sequentially from ensuring that students are assessment ready, to engaging students in assessment, and ultimately empowering students as assessors. Readers can also rely on the book to help them improve specific aspects of self-assessment that are most important in their setting and for their students.

health and wellness write for us: *Fitness cycling* Brian J. Sharkey, Steven E. Gaskill, 2013
Grade level: 9, 10, 11, 12, s, t.

health and wellness write for us: *Christian Paths to Health and Wellness* Peter Walters, John Byl, 2021 Christian Paths to Health and Wellness, Third Edition, is a faith-based text that helps students explore and apply key concepts of holistic health and wellness. A new web study guide assists students in retaining and using what they learn.

health and wellness write for us: *U.S. Health in International Perspective* National Research Council, Institute of Medicine, Board on Population Health and Public Health Practice, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Understanding Cross-National Health Differences Among High-Income Countries, 2013-04-12 The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, peer countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

health and wellness write for us: *The Artist's Way Morning Pages Journal* Julia Cameron, 2016-11-08 Elegantly repackaged, The Morning Pages Journal is one of The Artist's Way's most effective tools for cultivating creativity, personal growth, and change. Now more compact and featuring spiral binding to make for easier use, these Morning Pages invite you to do three pages daily of longhand writing, strictly stream-of-consciousness, which provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. This daily writing, coupled with the twelve-week program outlined in The Artist's Way, will help you discover and recover your personal creativity, artistic confidence, and productivity. The Artist's Way Morning Pages Journal includes an introduction by Julia Cameron, complete instructions on how to use the Morning Pages and benefit fully from their daily use, and inspiring quotations that will guide you through the process.

health and wellness write for us: *Eat Pretty* Jolene Hart, 2014-02-25 Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each

paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

health and wellness write for us: Well Sandro Galea, 2019 In a stirring and radical new treatise from one of America's most respected voices in health and medicine, Well examines the subtle factors that determine who gets to be healthy in the United States. Physician Sandro Galea reckons with our country's many fraught relationships—with history, money, pain, and pleasure, which are in turn augmented by factors like luck, compassion, and values—in terms of how they determine the health of those in the world's richest country. Well represents a radical new approach to Americans' ingrained understanding of health. It examines the forces that are not typically part of the health discussion—but should be—and is a clarion call for where the country goes from here—

health and wellness write for us: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In Wellness by Design, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

health and wellness write for us: Mental Health and Wellbeing in the Workplace Gill Hasson, Donna Butler, 2020-06-22 ***HIGHLY COMMENDED - HR & MANAGEMENT - BUSINESS BOOK AWARDS 2021*** Provides guidance for both employers and staff on promoting positive mental health and supporting those experiencing mental ill health in the workplace The importance of good mental health and wellbeing in the workplace is a subject of increased public awareness and governmental attention. The Department of Health advises that one in four people will experience a mental health issue at some point in their lives. Although a number of recent developments and initiatives have raised the profile of this crucial issue, employers are experiencing challenges in promoting the mental health and wellbeing of their employees. Mental Health & Wellbeing in the Workplace contains expert guidance for improving mental health and supporting those experiencing mental ill health. This comprehensive book addresses the range of issues surrounding mental health and wellbeing in work environments - providing all involved with informative and practical assistance. Authors Gill Hasson and Donna Butler examine changing workplace environment for improved wellbeing, shifting employer and employee attitudes on mental health, possible solutions to current and future challenges and more. Detailed, real-world case studies illustrate a variety of associated concerns from both employer and employee perspectives. This important guide: Explains why understanding mental health important and its impact on businesses and employees Discusses why and how to promote mental health in the workplace and the importance of having an effective 'wellbeing strategy' Provides guidance on managing staff experiencing mental ill health Addresses dealing with employee stress and anxiety Features resources for further support if experiencing mental health issues Mental Health & Wellbeing in the Workplace is a valuable resource for those in

the workplace wanting to look after their physical and mental wellbeing, and those looking for guidance in managing staff with mental health issues.

health and wellness write for us: The Miracle Morning (Updated and Expanded Edition)

Hal Elrod, 2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. "So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you've always wanted." —Mel Robbins, New York Times bestselling author of The High 5 Habit and The 5 Second Rule Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

health and wellness write for us: Just the Right Dose Marijke Vroomen Durning Rn,

2015-02-02 In Just the Right Dose: Your Smart Guide to Prescription Drugs & How to Take Them Safely, you'll find answers to the most common questions about over-the-counter and prescription medications, as well as tips on topics such as: - Understanding your prescription - Why it's important to follow the directions, - What types of pills you should never break or chew, and why - The most common types of medicines (such as cream, suppositories, injections) - Remembering to take your medications - Swallowing that pill or capsule - Getting rid of unused drugs - And more!

health and wellness write for us: Making Piece Beth M. Howard, 2012-04-01

You will find my story is a lot like pie, a strawberry-rhubarb pie. It's bitter. It's messy. It's got some sweetness, too. Sometimes the ingredients get added in the wrong order, but it has substance, it will warm your insides, and even though it isn't perfect, it still turns out okay in the end. When journalist Beth M. Howard's young husband dies suddenly, she packs up the RV he left behind and hits the American highways. At every stop along the way—whether filming a documentary or handing out free slices on the streets of Los Angeles—Beth uses pie as a way to find purpose. Howard eventually returns to her Iowa roots and creates the perfect synergy between two of America's greatest icons—pie and the American Gothic House, the little farmhouse immortalized in Grant Wood's famous painting, where she now lives and runs the Pitchfork Pie Stand. Making Piece powerfully shows how one courageous woman triumphs over tragedy. This beautifully written memoir is, ultimately, about hope. It's about the journey of healing and recovery, of facing fears, finding meaning in life again, and moving forward with purpose and, eventually, joy. It's about the nourishment of the heart and soul that comes from the simple act of giving to others, like baking a homemade pie and sharing it with someone whose pain is even greater than your own. And it tells of the role of fate, second chances and the strength found in community.

health and wellness write for us: Healthy Habits Suck Dayna Lee-Baggley, 2019-07-01

A realistic read that will prod even the most stubborn fast-food eating couch potato to take action toward a healthier lifestyle. —Library Journal Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. If you're someone who gets up every morning and can't wait for your run, considers eating sweet potatoes a splurge, and sets aside thirty minutes before work to meditate—this book isn't for you. If you're someone who thinks about getting

up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time—let alone meditate—then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to. With this funny, in-your-face guide, you won't find advice on how to "enjoy" exercise, or tips for making broccoli and kale taste as good as donuts and ice cream. What you will find are solid skills to help you actually do the healthy things you know you should be doing. Using these skills—based in acceptance and commitment therapy (ACT) and neuroscience—you'll learn to find the motivation you're really craving to adopt healthy habits, even if they do suck. You'll also discover how to accept self-criticism, develop self-compassion, and live a more meaningful life. This book not only acknowledges that many healthy habits suck, it uses science to explain why we want the things we want (junk food), crave the things we crave (sugar), and dislike the things we dislike (exercise). At the end, you'll feel validated in feeling like these things are the absolute worst. But you'll also find the motivation to do them anyway.

health and wellness write for us: Eat Smarter Shawn Stevenson, 2020-12-29 Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In *Eat Smarter*, nutritionist, bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. *Eat Smarter* will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself.

health and wellness write for us: *Wellpreneur* Amanda Cook, 2017-02-23 Why do some wellness entrepreneurs find freedom, flexibility and a healthy income online - while others get stuck spinning their wheels, never finding clients or making sales? It's not about who has the best website, or who spends more time on social media. The secret is in the system. Wellpreneurs who find clients online have a system in place that failing wellpreneurs don't. This system brings more of the right people to your website, and turns them into paying clients. It's this proven, step-by-step system you'll learn in this book. *Wellpreneur* is a guide to nailing your niche and finding more clients online, written just for wellness entrepreneurs. If you're a health coach, yoga teacher, personal trainer, nutritionist or other wellness professional, you'll: Get total clarity on your target market, so you know exactly who you're serving (and why). Learn the proven five-step Organic Growth System to attract ideal prospects to your website and turn them into paying clients. Peek inside the businesses of successful wellpreneurs, to learn how they grew profitable wellness businesses online. Streamline your online marketing, so you can spend less time marketing, and more time doing work you love!

health and wellness write for us: *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 write for us: *Why They Can't Write* John Warner, 2020-03-17 An important challenge to what currently masquerades as conventional wisdom regarding the teaching of writing. There seems to be widespread agreement that—when it comes to the writing skills of college students—we are in the midst of a crisis. In *Why They Can't Write*, John Warner, who taught writing at the college level for two decades, argues that the problem isn't caused by a lack of rigor, or smartphones, or some generational character defect. Instead, he asserts, we're teaching writing wrong. Warner blames this on decades of educational reform rooted in standardization, assessments, and accountability. We have done no more, Warner argues, than conditioned students to perform writing-related simulations, which pass temporary muster but do little to help students develop their writing abilities. This style of teaching has made students passive and disengaged. Worse yet, it hasn't prepared them for writing in the college classroom. Rather than making choices and thinking critically, as writers must, undergraduates simply follow the rules—such as the five-paragraph essay—designed to help them pass these high-stakes assessments. In *Why They Can't Write*, Warner has crafted both a diagnosis for what ails us and a blueprint for fixing a broken system. Combining current knowledge of what works in teaching and learning with the most enduring philosophies of classical education, this book challenges readers to develop the skills, attitudes, knowledge, and habits of mind of strong writers.

health and wellness write for us: *The Art of Rest* Claudia Hammond, 2019-11-21 Shortlisted for the British Psychological Society Book Award for Popular Science Much of value has been written about sleep, but rest is different; it is how we unwind, calm our minds and recharge our bodies. *The Art of Rest* draws on ground-breaking research Claudia Hammond collaborated on: 'The Rest Test', the largest global survey into rest ever undertaken, completed by 18,000 people across 135 different countries. The survey revealed how people get rest and how it is directly linked to your sense of wellbeing. Counting down through the top ten activities which people find most restful, Hammond explains why rest matters, examines the science behind the results to establish what really works and offers a roadmap for a new, more restful and balanced life.

health and wellness write for us: *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.

health and wellness write for us: Wellness & Writing Connections John Frank Evans, 2009-12 Two of the top experts in the field of writing and wellness join with 15 others to show us how writing is used to heal physical illness, emotional trauma, and spiritual pain.

health and wellness write for us: Care Without Coverage Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

health and wellness write for us: 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 write for us: BrainStorm Sara Schley, 2022-01-03 Sara Schley is the founder of a consulting business and has worked with hundreds of renowned companies worldwide. She's a proud mother, grandmother, community leader and has been married for twenty-six years. She also has a bipolar II brain. Fearing the stigma, she kept this secret for decades. Until now. In her acclaimed memoir *BrainStorm: From Broken to Blessed on the Bipolar Spectrum*, Sara tells her life-changing story to help end the bipolar stigma, optimize brain health, and save lives. At twenty-one, as a senior in college, Sara was a scholar-athlete who seemed to have it all. Then, like the flip of a switch, she had her first brain breakdown: A tailspin into a living hell. It was terrifying. It took her twenty-five years and five psychiatrists to get the diagnosis that saved her life: Sara is on the bipolar spectrum with a bipolar II brain. If you've never heard of the bipolar spectrum, you're not alone: Most healthcare professionals still don't know it exists. Misdiagnosis results and the wrong medications make broken brains worse. However, bipolar exists on a broad spectrum. Understanding this changes everything: With the correct diagnosis, medication, support, and self-care, people who have experienced severe, persistent depression—which is actually a form of bipolar—can live rich, full lives. Sara's life is proof. The self-care disciplines Sara has honed over forty

years of living with her bipolar II brain can help anyone who experiences anxiety, stress, or depression heal. Read this book to transform your life or that of someone you love.

health and wellness write for us: Dr. Ouellette's Anti-Inflammatory Pain Relief Diet Second Edition Dr. Victor Jean Ouellette, 2014-06-28 INSIDE THE COVERS - Dr. Ouellette's Poison-Food List - Five stories that explain how this diet works - Fifty nine lists to help you with good health - TWENTY WAYS to check for food reactions - TEN THINGS you can do to help yourself with a food problem - Factors that increase your need for vitamins and minerals - Fifteen TOP phyto foods - The top five WORST foods - Animal, plant, and herbal sources of Omega 3 oils - Quick tips to reduce aging - Some menus to help you get started - Better body function - Better brain function - How to slow up weight loss on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet For People in desperate pain. Anybody can give this diet three days. Try it and see how you feel

health and wellness write for us: Change Your Mind Change Your Life Christine Bradstreet, 2020-07-30 A 30-day journal to help you define what you want with a day-by-day guide to get you there. This is a place to record your action steps, ponder an inspirational thought, and write out your ideas or feelings.

health and wellness write for us: The American Directory of Writer's Guidelines Stephen Blake Mettee, Michelle Doland, Doris Hall, 2005-12 Perhaps the best-kept secret in the publishing industry is that many publishers--both periodical publishers and book publishers--make available writer's guidelines to assist would-be contributions. Written by the staff at each publishing house, these guidelines help writers target their submissions to the exact needs of the individual publisher. The American Directory of Writer's Guidelines is a compilation of the actual writer's guidelines for more than 1,600 publishers. A one-of-a-kind source to browse for article, short story, poetry and book ideas.

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