

january mental wellness month 2024

January Mental Wellness Month 2024: Prioritizing Your Mind This Year

January. The month of resolutions, fresh starts, and... often, a significant dip in mental wellbeing. The holiday cheer fades, the weather's bleak, and the pressure to achieve ambitious goals can feel overwhelming. But this January, let's change the narrative. This post dives deep into January Mental Wellness Month 2024, exploring practical strategies, resources, and crucial information to help you prioritize your mental health throughout the year, starting right now. We'll uncover actionable steps to cultivate a more mindful and resilient you. Get ready to equip yourself with the tools you need to thrive, not just survive, in 2024.

Understanding the Importance of January Mental Wellness Month 2024

While mental health awareness is crucial year-round, designating January as a focused month offers a powerful opportunity. It's a chance to collectively acknowledge the challenges many face and to promote proactive steps toward better mental wellbeing. The pressures of the new year, coupled with the post-holiday slump, make January a particularly vulnerable time. This dedicated month provides a platform to:

Reduce the stigma: Openly discussing mental health helps normalize seeking support and reduces the shame associated with mental health struggles.

Promote self-care: January Mental Wellness Month encourages individuals to prioritize their mental health through self-care practices, a crucial element often neglected in the busy hustle of daily life.

Raise awareness: It brings much-needed attention to the resources and support systems available to those who need them.

Foster community: Sharing experiences and connecting with others builds a sense of community and mutual support, reducing feelings of isolation.

Practical Steps for Improving Your Mental Wellbeing in January (and Beyond)

Now let's get practical. What concrete steps can you take to nurture your mental wellness throughout January and the rest of 2024? Here are some key areas to focus on:

1. Setting Realistic Goals: Ditch the Pressure

The new year often brings a torrent of unrealistic expectations. Instead of setting yourself up for failure with overly ambitious goals, focus on small, achievable steps. Break down larger objectives into manageable chunks. Celebrate your progress along the way, no matter how small. Remember, consistency is key, not perfection.

2. Prioritizing Self-Care: It's Not Selfish, It's Essential

Self-care isn't a luxury; it's a necessity. What does self-care look like for you? It's different for everyone. Explore different options:

Mindfulness and Meditation: Even five minutes of daily mindfulness can significantly reduce stress and anxiety.

Physical Activity: Exercise releases endorphins, which have mood-boosting effects. Find an activity you enjoy, whether it's walking, dancing, or yoga.

Healthy Eating: Nourishing your body with healthy food directly impacts your mental wellbeing.

Sufficient Sleep: Aim for 7-9 hours of quality sleep each night. Establish a relaxing bedtime routine.

Connecting with Loved Ones: Social connection is vital for mental health. Make time for meaningful interactions with family and friends.

3. Seeking Professional Support: Don't Hesitate to Ask for Help

If you're struggling, don't hesitate to seek professional help. There's no shame in admitting you need support. Mental health professionals can provide guidance, therapy, and coping mechanisms tailored to your specific needs. Utilize resources like your primary care physician, online therapy platforms, or mental health hotlines.

4. Mindful Digital Detox: Reclaim Your Time and Peace

The constant influx of information and notifications from our digital devices can be overwhelming. Schedule regular breaks from screens. Limit social media usage, especially before bed. Engage in activities that disconnect you from technology and reconnect you with yourself and the world around you.

5. Practicing Gratitude: Shifting Your Perspective

Focusing on the positive aspects of your life, no matter how small, can significantly impact your mental wellbeing. Keep a gratitude journal, express appreciation to others, and actively search for things to be thankful for. This simple practice can shift your perspective and boost your overall mood.

Resources for January Mental Wellness Month 2024 and Beyond

Many organizations and resources are dedicated to supporting mental wellness. Research local and national initiatives offering support groups, workshops, and online resources. Your primary care physician can also provide valuable referrals and guidance. Don't hesitate to explore the resources available to you.

Conclusion: Embracing a Mentally Healthy 2024

January Mental Wellness Month 2024 provides a crucial platform to prioritize your mental health. By implementing the strategies outlined above and utilizing available resources, you can cultivate a more resilient and mindful approach to life. Remember, mental wellbeing is an ongoing journey, not a destination. Be kind to yourself, celebrate your progress, and never hesitate to reach out for support when you need it. Make this year the year you prioritize your mental health above all else.

Frequently Asked Questions (FAQs)

1. Where can I find mental health resources in my area? You can contact your primary care physician, search online for mental health services in your area, or utilize resources like the National Alliance on Mental Illness (NAMI) website.
1. Is online therapy as effective as in-person therapy? Online therapy can be just as effective as in-person therapy for many individuals, offering convenience and accessibility. The effectiveness depends on the individual's needs and the therapist's expertise.
1. How can I help a friend or family member struggling with their mental health? Offer your support, listen without judgment, encourage them to seek professional help, and connect them with available resources.
1. What are some signs that I might need professional help for my mental health? Persistent feelings of sadness, hopelessness, anxiety, changes in sleep or appetite, loss of interest in activities, and difficulty concentrating are all potential indicators.
1. Is it normal to feel down during January? Many people experience a dip in mood during January due to various factors including weather, post-holiday blues, and the pressure of new year's resolutions. If these feelings persist or become overwhelming, it's crucial to seek support.

january mental wellness month 2024: A Mind that Found Itself Clifford Whittingham Beers, 1923 The publication of this work resulted in a public outcry in the 1900's that began an inquiry into the state of U.S. mental health care and psychiatric services. It contributed significantly to the mental hygiene movement and to establish the National Committee for Mental Hygiene

january mental wellness month 2024: Chase's Calendar of Events 2021 Editors of Chase's, 2020-10-27 Find out what's going on any day of the year, anywhere across the globe! The world's date book since 1957, Chase's is the definitive, authoritative, day-by-day resource of what the world is celebrating and commemorating. From national days to celebrity birthdays, from historical anniversaries to astronomical phenomena, from award ceremonies and sporting events to religious festivals and carnivals, Chase's is the must-have reference used by experts and professionals—a one-stop shop with 12,500 entries for everything that is happening now or is worth remembering from the past. Completely updated for 2021, Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips. 2021 is packed with special events and observances, including National days and public holidays of every nation on Earth The 400th anniversary of the Plymouth pilgrim Thanksgiving The 200th independence anniversary from Spain of its Central and South American colonies. The 100th anniversary of the Tulsa Race Massacre Scores of new special days, weeks and months Birthdays of new world leaders, office holders, and breakout stars And much more! All from the reference book that Publishers Weekly calls one of the most impressive reference volumes in the world.

january mental wellness month 2024: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

january mental wellness month 2024: You are Not Alone , 1992

january mental wellness month 2024: Your Complete 2024 Personal Horoscope Iris Quinn, 2023-07-08 A COMPREHENSIVE HOROSCOPE ASTROLOGICAL GUIDE FOR ALL ZODIAC SIGNS Are you wondering what 2024 holds for you? Embark on an extraordinary cosmic voyage as we dive into the enchanting depths of 2024. Guided by the celestial wisdom of an experienced astrologer, diviner, and fortune teller, this captivating guidebook unveils the profound cosmic twists and turns that await us in the coming year. Unlock the mysteries of the cosmos and embark on a transformative journey with Your Complete 2024 Personal Horoscope. This comprehensive guidebook offers monthly astrological prediction forecast readings tailored to your zodiac sign, providing invaluable insights into love, romance, money, finances, career, health, spirituality, and more. With expert precision and a deep understanding of astrological aspects, this book reveals the celestial forces that shape your destiny. Each month, discover the unique influences and cosmic energies that will guide your path, helping you navigate life's challenges and make the most of its abundant opportunities. But that's not all - Your Complete 2024 Personal Horoscope goes a step further by unveiling the seven lucky best days in every month. These are the magical moments when the stars align in perfect harmony, offering you the greatest potential for success, love, and personal growth. Be ready to seize these auspicious days and manifest your dreams into reality. The zodiac astrology book also has all you need to know about each sign, including relationship compatibility for lovers in a relationship before marriage. Crafted with precision, this book is an indispensable resource for astrology enthusiasts and those seeking cosmic guidance. The accurate and personalized monthly forecasts provide practical advice and empower you to make informed decisions, while the inclusion of the seven best days adds an extra layer of excitement and opportunity to your astrological journey. Ignite the flames of passion in your love life, attract

abundance and financial prosperity, propel your career to new heights, nurture your well-being, and connect with your spiritual essence. Your Complete 2024 Personal Horoscope is your trusted companion, illuminating your path to self-discovery and empowerment. With a user-friendly format and expertly crafted astrological insights, this book caters to both beginners and seasoned astrology enthusiasts. This guidebook is a must-read and perfect gift item for friends, lovers, and family. It is comprehensive and perfect even for beginners in the world of astrology. Let the wisdom of the cosmos be your guide, and unlock your true potential in 2024. Embark on a celestial adventure and tap into the power of the stars. Your Complete 2024 Personal Horoscope will inspire, enlighten, and empower you to create a life filled with joy, love, and fulfillment. This horoscope astrological guide contains: All about the planets, elements, and astrology in general 12 zodiac signs and their Personality profile, traits, etc. General 2024 astrology forecast Relationship compatibility for all zodiac signs 7 lucky best days every month from the Cosmos. Monthly forecasts on love, money, career, health, and more Get this horoscope prediction for 2024 and know what to expect for what should be a wonderful and exciting new year.

january mental wellness month 2024: The Unapologetic Guide to Black Mental Health Rheedra Walker, 2020-05-01 An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedra Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

january mental wellness month 2024: *The Medicare Handbook* , 1988

january mental wellness month 2024: *Mental Wellbeing and Psychology* Sue Barker, 2019-12-18 *Mental Wellbeing and Psychology* unpacks the philosophical and psychological need to understand ourselves through an exploration of historical archives and artistic creativity. This focuses on some practical, evidence-based approaches to developing mental wellbeing. The book uses phenomenological psychology to explore the materials developed by the Stiwadio Arts group and offers an understanding of one's experiences of their world, recognising that these are embodied and perceived within a temporal and relational place. It offers examples for developing mental health and wellbeing interventions for charities, private care and the NHS. It provides an evidence base for the use of creativity and historical resources in mental health care. This book will be of great interest for academics, researchers and post-graduate students in the field of mental wellbeing, nursing and mental health nursing, occupational therapy and social work.

january mental wellness month 2024: *ABC of Mental Health* Teifion Davies, Tom Craig, 2009-07-06 Mental health services have changed completely in the UK, and the new edition of *ABC of Mental Health* has been thoroughly updated and revised to reflect this. Providing clear practical advice on how to recognise, diagnose and manage mental disorders successfully and safely, with sections on selecting drugs and psychological treatments, and improving compliance, *ABC of Mental Health* also contains information on the major categories of mental health disorders, the mental

health needs of vulnerable groups (such as the elderly, children, homeless and ethnic minorities) and the psychological treatments. Fully up to date with recent mental health legislation, this new edition is as comprehensive as it is invaluable. By covering the mental health needs of special groups, this ABC equips GPs, hospital doctors, nurses, counsellors and social workers with all the information they need for the day to day management of patients with mental health problems.

january mental wellness month 2024: *The Precipice of Mental Health* Achea Redd, 2022-05-03 The mental health crisis is worse than ever: In an age of increasing isolation, insecurity, and loss, people are suffering, and not everyone is able to afford or access the help that they need. Mental health activist Achea Redd wants to change that, because for her, it's personal. Though Redd seemingly led a charmed life as the daughter of a pastor and wife of NBA legend and former Olympian Michael Redd, the mother of two battled debilitating mental illness. In *The Precipice of Mental Health*, Redd shares her remarkably reflective story about the societal issues of mental health and her personal mental health struggles, including eating disorders, panic attacks, suicidal ideation, and the impact COVID-19 had on her battle. --

january mental wellness month 2024: *Happy Healthy You* KJ Landis, 2017-08-15 The successful life coach and author of *Superior Self* offers concrete, easy-to-follow strategies for bringing more health and happiness into your life. With our hectic modern lives, it's easy to feel drained and worn down. But when we stop to consider what's tapping our energy most, we discover that old habits, unconscious patterns, and past experiences are dragging us down and blocking our self-growth. In *Happy Healthy You*, life coach KJ Landis helps identify how, why, and where we get ourselves stuck, and how we can utilize the drama and trauma of the past as a springboard to becoming our most authentic, vibrant selves. We all face a lot of stress in our day to day lives. Over time, those stressors can build into a major obstacle, causing us to retreat into survival mode. And when you're only surviving, you're not thriving. KJ Landis knows the story all too well—because she lived it herself. Now, she provides the playbook for tackling the blockages in our lives and moving beyond them to a life of happiness and health. In this book you will learn: • The root of what keeps us “stuck” in our lives • How to use the Negative Thought Pot to rid ourselves of self-deprecating beliefs • How hormones and epigenetics affect mental and physical wellness • The role of nutrition in our day-to-day health • Therapeutic movement as a mode of healing • The power of self-care through restorative practices • And much, much more!

january mental wellness month 2024: *It's Kind of a Funny Story* Ned Vizzini, 2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

january mental wellness month 2024: *Behavioral Neurogenetics* John F. Cryan, Andreas Reif, 2012-05-04 This book covers a wide array of topics relevant to behavioral genetics from both a preclinical and clinical standpoint. Indeed in juxtaposing both areas of research the reader will appreciate the true translational nature of the field. Topics covered range from technical advances in genetic analysis in humans and animals to specific descriptions of advances in schizophrenia, attention disorders, depression and anxiety disorders, autism, aggression, neurodegeneration and neurodevelopmental disorders. The importance of gene-environment interactions is emphasised and the role of neuroimaging in unravelling the functional consequences of genetic variability described. This volume will be valued by both the basic scientist and clinician alike who may use it as a detailed reference book. It will also be of use to the novice to the field, to whom it will serve as an in-depth introduction to this exciting area of research.

january mental wellness month 2024: *52-Week Mental Health Journal* Cynthia Catchings, 2021-08-10 Nurture your well-being through a year of journaling and self-reflection Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your

mood, and set goals both big and small. With a focused prompt for every day of the year, the 52-Week Mental Health Journal helps you navigate four core pillars of good mental health—calm and resiliency, connection and engagement, goals and purpose, and healthy living—so you can thrive in every area of your life. This yearlong mental health journal includes: Journal prompts for mental health—Take just a few minutes each day to reduce stress, increase your connection to others, and discover deeper meaning in your life. Evidence-based methods—The exercises in this mental health journal are rooted in research-supported techniques like mindfulness and cognitive behavioral therapy. Inspiring quotes—Find wisdom and motivation with poignant words from philosophers, artists, writers, and more. Discover a clear path to improved well-being with the 52-Week Mental Health Journal.

january mental wellness month 2024: Lost Connections Johann Hari, 2020-11-12 THE INTERNATIONAL BESTSELLER: A radically new way of thinking about depression and anxiety 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions - ones that offer real hope.

january mental wellness month 2024: Healing Thomas Insel, MD, 2022-02-22 A bold, expert, and actionable map for the re-invention of America's broken mental health care system. "Healing is truly one of the best books ever written about mental illness, and I think I've read them all. —Pete Earley, author of Crazy As director of the National Institute of Mental Health, Dr. Thomas Insel was giving a presentation when the father of a boy with schizophrenia yelled from the back of the room, "Our house is on fire and you're telling me about the chemistry of the paint! What are you doing to put out the fire?" Dr. Insel knew in his heart that the answer was not nearly enough. The gargantuan American mental health industry was not healing millions who were desperately in need. He left his position atop the mental health research world to investigate all that was broken—and what a better path to mental health might look like. In the United States, we have treatments that work, but our system fails at every stage to deliver care well. Even before COVID, mental illness was claiming a life every eleven minutes by suicide. Quality of care varies widely, and much of the field lacks accountability. We focus on drug therapies for symptom reduction rather than on plans for long-term recovery. Care is often unaffordable and unavailable, particularly for those who need it most and are homeless or incarcerated. Where was the justice for the millions of Americans suffering from mental illness? Who was helping their families? But Dr. Insel also found that we do have approaches that work, both in the U.S. and globally. Mental illnesses are medical problems, but he discovers that the cures for the crisis are not just medical, but social. This path to healing, built upon what he calls the three Ps (people, place, and purpose), is more straightforward than we might imagine. Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward. The fruit of a lifetime of expertise and a global quest for answers, Healing is a hopeful, actionable account and achievable vision for us all in this time of mental health crisis.

january mental wellness month 2024: Your Complete Scorpio 2024 Personal Horoscope Iris Quinn, 2023-08-02 A COMPREHENSIVE SCORPIO HOROSCOPE ASTROLOGICAL GUIDE Are you wondering what 2024 holds for you? Embark on an extraordinary cosmic voyage as we dive into the enchanting depths of 2024. Guided by the celestial wisdom of an experienced astrologer, diviner, and fortune teller, this captivating guidebook unveils the profound cosmic twists and turns that await us in the coming year. Unlock the mysteries of the cosmos and embark on a transformative journey with Your Complete Scorpio 2024 Personal Horoscope. This comprehensive guidebook offers

monthly astrological prediction forecast readings tailored to your zodiac sign, providing invaluable insights into love, romance, money, finances, career, health, spirituality, and more. With expert precision and a deep understanding of astrological aspects, this book reveals the celestial forces that shape your destiny. Each month, discover the unique influences and cosmic energies that will guide your path, helping you navigate life's challenges and make the most of its abundant opportunities. But that's not all - Your Complete Scorpio 2024 Personal Horoscope goes a step further by unveiling the seven best days in every month. These are the magical moments when the stars align in perfect harmony, offering you the greatest potential for success, love, and personal growth. Be ready to seize these auspicious days and manifest your dreams into reality. The zodiac astrology book also has all you need to know about each sign, including relationship compatibility for lovers in a relationship before marriage. Crafted with precision, this book is an indispensable resource for astrology enthusiasts and those seeking cosmic guidance. The accurate and personalized monthly forecasts provide practical advice and empower you to make informed decisions, while the inclusion of the seven best days adds an extra layer of excitement and opportunity to your astrological journey. Ignite the flames of passion in your love life, attract abundance and financial prosperity, propel your career to new heights, nurture your well-being, and connect with your spiritual essence. Your Complete Scorpio 2024 Personal Horoscope is your trusted companion, illuminating your path to self-discovery and empowerment. With a user-friendly format and expertly crafted astrological insights, this book caters to both beginners and seasoned astrology enthusiasts. This guidebook is a must-read and perfect gift item for friends, lovers, and family. It is comprehensive and perfect even for beginners in the world of astrology. Let the wisdom of the cosmos be your guide, and unlock your true potential in 2024. Embark on a celestial adventure and tap into the power of the stars. Your Complete Scorpio 2024 Personal Horoscope will inspire, enlighten, and empower you to create a life filled with joy, love, and fulfillment. This horoscope astrological guide contains: Scorpio zodiac sign and its Personality profile, traits, etc. Relationship compatibility for all zodiac signs 7 lucky best days every month from the Cosmos. Monthly forecasts on love, money, career, health, and more Get this horoscope prediction for 2024 and know what to expect for what should be a wonderful and exciting new year.

january mental wellness month 2024: The Inner Level Richard Wilkinson, Kate Pickett, 2020-01-21 A groundbreaking investigation of how inequality infects our minds and gets under our skin Why are people more relaxed and at ease with each other in some countries than others? Why do we worry so much about what others think of us and often feel social life is a stressful performance? Why is mental illness three times as common in the USA as in Germany? Why is the American dream more of a reality in Denmark than the USA? What makes child well-being so much worse in some countries than others? As *The Inner Level* demonstrates, the answer to all these is inequality. In *The Spirit Level* Richard Wilkinson and Kate Pickett put inequality at the center of public debate by showing conclusively that less equal societies fare worse than more equal ones across everything from education to life expectancy. *The Inner Level* now explains how inequality affects us individually, altering how we think, feel and behave. It sets out the overwhelming evidence that material inequities have powerful psychological effects: when the gap between rich and poor increases, so does the tendency to define and value ourselves and others in terms of superiority and inferiority. A deep well of data and analysis is drawn upon to empirically show, for example, that low social status leads to elevated levels of stress hormones, and how rates of anxiety, depression and addictions are intimately related to the inequality which makes that status paramount. Wilkinson and Pickett describe how these responses to hierarchies evolved, and why the impacts of inequality on us are so severe. In doing so, they challenge the conception that humans are inescapably competitive and self-interested. They undermine, too, the idea that inequality is the product of natural differences in individual ability. This book draws together many of the most urgent problems facing societies today, but it is not just an index of our ills. It demonstrates that societies based on fundamental equalities, sharing and reciprocity generate much higher levels of well-being, and lays out the path towards them.

january mental wellness month 2024: *The End of Mental Illness* Daniel G. Amen, MD
Daniel G. Amen, 2020 New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the mental illness label--damaging and devastating on its own--can often prevent sufferers from getting the help they need. Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life. *The End of Mental Illness* will help you discover: Why labeling someone as having a mental illness is not only inaccurate but harmful Why standard treatment may not have helped you or a loved one--and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad How to identify your brain type and what you can do to optimize your particular type Where to find the kind of health provider who understands and uses the new paradigm of brain health

january mental wellness month 2024: *Emotionally Naked* Anne Moss Rogers, Kimberly H. McManama O'Brien, 2021-08-24 Discover effective strategies to help prevent youth suicide In *Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*, trainer, speaker, and suicide loss survivor Anne Moss Rogers, and clinical social worker and researcher, Kimberly O'Brien, PhD, LICSW, empower middle and high school educators with the knowledge and skills to leverage their relationships with students to reduce this threat to life. The purpose of this book is not to turn teachers into therapists but given the pervasive public health problem of suicide in our youth, it's a critical conversation that all educators need to feel comfortable having. Educators will learn evidence-based concepts of suicide prevention, plus lesser known innovative strategies and small culture shifts for the classroom to facilitate connection and healthy coping strategies, the foundation of suicide prevention. Included is commentary from teachers, school psychologists, experts in youth suicidology, leaders from mental health nonprofits, program directors, and students. In addition, readers will find practical tips, and sample scripts, with innovative activities that can be incorporated into teaching curricula. You'll learn about: The teacher's role in suicide prevention, intervention, postvention, collaboration The different and often cryptic ways students indicate suicidality What to do/say when a student tells you they are thinking of suicide Small shifts that can create a suicide-prevention classroom/school environment How to address a class of grieving students and the empty desk syndrome Link to a download of resources, worksheets, activities, scripts, quizzes, and more Who is it for: Middle/high school teachers and educators, school counselors, nurses, psychologists, coaches, and administrators, as well as parents who wish to better understand the complex subject of youth suicide.

january mental wellness month 2024: *Beyond Mental Illness* David Moyer, LCSW, 2014-02 *Beyond Mental Illness* presents a bold vision for assessing and treating the mentally ill. It envisions a health-care system where, instead of assessing and treating behavior-based labels, professionals assess and treat biological markers. Part I, *How We Got Here*, examines the evolution of the current diagnostic system and cultural factors that keep professionals and patients trapped. Part II, *Where We Are Going*, gives examples of measurable, science-based and treatable biological markers. Diagnoses are based on these markers. Similar diagnoses could provide a foundation for more effective assessments and treatments. This is the final book in *The Transformation Trilogy*, a series of three books that address deficiencies and recommend solutions to the current mental health care delivery system. Portions of the book are highly technical. The other books in the trilogy include *10 Ways to Keep your Brain from Screaming Ouch!* and *Too good to be True? Nutrients Quiet the Unquiet Brain*, revised in 2014 into eBook format as *Nutrients Quiet the Unquiet Brain*,

january mental wellness month 2024: The Corporate Athlete Jack L. Groppe, Jim Loehr, 1999-12-28 As Jack Groppe so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. . . . This book is a must read for all those striving for the gold.-Arthur M. Blank, CEO and President, The Home Depot Wow! This is an incredible book. Every person in business should read The Corporate Athlete from cover to cover and apply it every day.-Brian Tracy, author of Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed Today's corporate world is much like the world of professional sports-it is fiercely competitive and mentally and physically demanding, and it requires constant, vigilant training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. In this book, top business consultant, trainer, and lecturer Jack Groppe shows you how to use the training mentality of elite professional athletes. Based on the latest scientific research, The Corporate Athlete shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the parallels between sports and business, Jack Groppe reveals the integral roles that nutrition, fitness, and self-improvement-mental, physical, and emotional-play in giving Corporate Athletes their winning edge. It's an edge that's crucial if you need to come to a meeting fresh off the plane, pull out all the stops on a big presentation, cut the major deals-and still have the energy to enjoy time with family and friends. This practical and beneficial 21-day program will give you, no matter how overworked you are, the stamina and commitment to develop a world-class career. Learn to: * Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. * Be on when you need to be on * Respond to change, adversity, and crisis more constructively * Display more positivity and confidence * Eat properly on the road, in the air, and before and during business meetings * Slow down the aging process Take advantage of the same secrets that Dr. Groppe has used to help high-stress professionals-from Olympic athletes and NHL stars to fast-lane executives at major companies like Morgan Stanley Dean Witter, Estée Lauder, and Bristol-Myers Squibb-get themselves in fighting shape. Here is the program that will train you to perform at the highest possible levels in both your professional and your family life-because taking optimum care of yourself, mentally and physically, is the best way to take care of business. Outstanding . . . The Corporate Athlete is a truly comprehensive program to help you achieve both your personal and your professional goals. It will help you take control of your life and effect positive physical, mental, and spiritual change.-Darlene Hamrock, Regional Vice President, Clinique Why do so many top performers call themselves Corporate Athletes? Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. The Corporate Athlete is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment.-Leonard Lauder, Chairman and Chief Executive Officer of the Estée Lauder Companies, Inc. This is the book to teach you how to perform your job at the highest level possible while maintaining maximal health and happiness.-Jim Courier, French Open champion and former world No. 1 tennis player

january mental wellness month 2024: Assessing Mental Health and Psychosocial Needs and Resources World Health Organization, 2013 Mental health and psychosocial support (MHPSS) is a term used to describe a wide range of actions that address social, psychological and psychiatric problems that are either pre-existing or emergency-induced. These actions are carried out in highly different contexts by organizations and people with different professional backgrounds, in different sectors and with different types of resources. All these different actors--and their donors--need practical assessments leading to recommendations that can be used immediately to improve people's mental health and well-being. Although a range of assessment tools exist, what has been missing is an overall approach that clarifies when to use which tool for what purpose. This document offers an approach to assessment that should help you review information that is already available and only collect new data that will be of practical use, depending on your capacity and the phase of the humanitarian crisis. This document is rooted in two policy documents, the IASC Reference Group's (2010) Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should

Humanitarian Health Actors Know? and the Sphere Handbook's Standard on Mental Health (Sphere Project, 2011). It is written primarily for public health actors. As the social determinants of mental health and psychosocial problems occur across sectors, half of the tools in the accompanying toolkit cover MHPSS assessment issues relevant to other sectors as well as the health sector.

january mental wellness month 2024: Insane Consequences D. J. Jaffe, 2017 In this in-depth critique of the mental healthcare system, a leading advocate for the mentally ill argues that the system fails to adequately treat the most seriously ill. He proposes major reforms to bring help to schizophrenics, the severely bipolar, and others--

january mental wellness month 2024: What Made Maddy Run Kate Fagan, 2017-08-01 The heartbreaking story of college athlete Madison Holleran, whose life and death by suicide reveal the struggle of young people suffering from mental illness today in this #1 New York Times Sports and Fitness bestseller. If you scrolled through the Instagram feed of 19-year-old Maddy Holleran, you would see a perfect life: a freshman at an Ivy League school, recruited for the track team, who was also beautiful, popular, and fiercely intelligent. This was a girl who succeeded at everything she tried, and who was only getting started. But when Maddy began her long-awaited college career, her parents noticed something changed. Previously indefatigable Maddy became withdrawn, and her thoughts centered on how she could change her life. In spite of thousands of hours of practice and study, she contemplated transferring from the school that had once been her dream. When Maddy's dad, Jim, dropped her off for the first day of spring semester, she held him a second longer than usual. That would be the last time Jim would see his daughter. What Made Maddy Run began as a piece that Kate Fagan, a columnist for espnW, wrote about Maddy's life. What started as a profile of a successful young athlete whose life ended in suicide became so much larger when Fagan started to hear from other college athletes also struggling with mental illness. This is the story of Maddy Holleran's life, and her struggle with depression, which also reveals the mounting pressures young people -- and college athletes in particular -- face to be perfect, especially in an age of relentless connectivity and social media saturation.

january mental wellness month 2024: Chase's Calendar of Events 2024 Editors of Chase's, 2023-10-15 Find out what's going on any day of the year, anywhere across the globe! Since 1957, Chase's Calendar of Events lists everything worth knowing and celebrating for each day of the year: 12,500 holidays, national days, historical milestones, famous birthdays, festivals, sporting events and more. Publishers Weekly has cited it as one of the most impressive reference volumes in the world. Library Journal named the 67th edition (A 2024 Starred Review) an invaluable resource for trivia fans, planners, media professionals, teachers, and librarians." From national days to celebrity birthdays, from historical milestones to astronomical phenomena, from award ceremonies and sporting events to religious festivals and carnivals, Chase's is the must-have reference used by experts and professionals—a one-stop shop with 12,500 entries for everything that is happening now or is worth remembering from the past. Completely updated for 2024, Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips. 2024 is packed with special events and observances, including National days and public holidays of every nation on Earth Scores of new special days, weeks and months--such as International Day of Zero Waste or World Eel Day Famous birthdays of new world leaders, lauded authors and breakout celebrities Info on the 2024 Great North American Eclipse. Info on the restoration and reopening of Notre-Dame de Paris. Info on milestone anniversaries, such as the 300th birth anniversary of Immanuel Kant, the 250th anniversary of the First Continental Congress, the 100th birth anniversary of James Baldwin and more. Information on such special events as the International Year of Camelids and the Paris Olympics or Euro 2024. And much more!

january mental wellness month 2024: Trading Twelves Ralph Ellison, Albert Murray, 2010-04-28 This absorbing collection of letters spans a decade in the lifelong friendship of two remarkable writers who engaged the subjects of literature, race, and identity with deep clarity and passion. The correspondence begins in 1950 when Ellison is living in New York City, hard at work on his enduring masterpiece, *Invisible Man*, and Murray is a professor at Tuskegee Institute in

Alabama. Mirroring a jam session in which two jazz musicians trade twelves—each improvising twelve bars of music around the same musical idea—their lively dialog centers upon their respective writing, the jazz they both love so well, on travel, family, the work literary contemporaries (including Richard Wright, James Baldwin, William Faulkner and Ernest Hemingway) and the challenge of racial inclusiveness that they wish to pose to America through their craft. Infused with warmth, humor, and great erudition, *Trading Twelves* offers a glimpse into literary history in the making—and into a powerful and enduring friendship.

january mental wellness month 2024: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. *The Health Effects of Cannabis and Cannabinoids* provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

january mental wellness month 2024: The Mental Hygiene Movement Clifford Whittingham Beers, 1917

january mental wellness month 2024: Mind Body and Sport NCAA, 2014-11-01

january mental wellness month 2024: *Trends and Applications in Knowledge Discovery and Data Mining* Zhaoxia Wang,

january mental wellness month 2024: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup’s research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers’ unique demands. Gallup’s 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers’ potential; and hire great managers to implement the positive change their organizations need not only to survive – but to thrive.

january mental wellness month 2024: *Cracked, Not Broken* Kevin Hines, 2013 This work is about the art of living mentally well. Told through the first-hand experience of mental health

advocate, activist and speaker Kevin Hines (who has bipolar disorder), the story is an honest account of the struggle to live mentally well, and teach others how to do t...

january mental wellness month 2024: Mental Health Strong Erin Ramachandran, 2019-05-20 Do you feel hopeless, tired, and worn out? Do you feel as though you're losing your own mind? Are you ready to give up on your marriage because of your spouse's mental health or addiction challenge? Twenty percent of the US adult population is diagnosed with a mental health condition each year. Fifty percent of the US adult population is married. Twenty to 80 percent of marriages where a mental health condition exists are more likely to end in divorce depending upon the diagnosis. In Mental Health Strong, Erin Ramachandran and her husband, Keith, believe their purpose is to help marriages affected by this 20/50/80 statistic not merely survive but thrive. They encourage marriages impacted by mental health or addiction challenges to work toward being Mental Health Strong. Written from the perspective of a spouse whose partner battles multiple mental health conditions, this guide offers real-life, faith-based, practical examples and resources. Mental Health Strong leverages more than fifty resources that have worked for Erin as she lives with the realities of her husband's mental illness day in and day out. Erin shares steps, which include prayers and Bible verses, that spouses can adopt to walking resiliently alongside their partners against the backdrop of a mental health condition.

january mental wellness month 2024: I Am New Zealand: Aotearoa Through Many Eyes Random House New Zealand, 2018-10 What's your vision of New Zealand? An inner-city street in the rain, a campervan under a clear and starry night sky, a high-octane sport or a traffic jam of sheep? This book collects a range of personal views of Aotearoa from photographers, both amateur and professional, along with their thoughts on what makes New Zealand. When Nikon invited the photographic community to build an image map of the nation online (at iamnewzealand.co.nz) there was an amazing response and many creative and inspiring photographs were posted. This collection offers a range of those that truly say I AM NEW ZEALAND. All royalties from the sale of this book will go to the Mental Health Foundation of New Zealand.

january mental wellness month 2024: Bedlam Kenneth Paul Rosenberg, 2019-10-01 A psychiatrist and award-winning documentarian sheds light on the mental-health-care crisis in the United States. When Dr. Kenneth Rosenberg trained as a psychiatrist in the late 1980s, the state mental hospitals, which had reached peak occupancy in the 1950s, were being closed at an alarming rate, with many patients having nowhere to go. There has never been a more important time for this conversation, as one in five adults--40 million Americans--experiences mental illness each year. Today, the largest mental institution in the United States is the Los Angeles County Jail, and the last refuge for many of the 20,000 mentally ill people living on the streets of Los Angeles is L.A. County Hospital. There, Dr. Rosenberg begins his chronicle of what it means to be mentally ill in America today, integrating his own moving story of how the system failed his sister, Merle, who had schizophrenia. As he says, I have come to see that my family's tragedy, my family's shame, is America's great secret. Dr. Rosenberg gives readers an inside look at the historical, political, and economic forces that have resulted in the greatest social crisis of the twenty-first century. The culmination of a seven-year inquiry, Bedlam is not only a rallying cry for change, but also a guidebook for how we move forward with care and compassion, with resources that have never before been compiled, including legal advice, practical solutions for parents and loved ones, help finding community support, and information on therapeutic options.

january mental wellness month 2024: The Wim Hof Method Wim Hof, 2022-04-14 THE SUNDAY TIMES BESTSELLING PHENOMENON 'I've never felt so alive' JOE WICKS 'The book will change your life' BEN FOGLE My hope is to inspire you to retake control of your body and life by unleashing the immense power of the mind. 'The Iceman' Wim Hof shares his remarkable life story and powerful method for supercharging your strength, health and happiness. Refined over forty years and championed by scientists across the globe, you'll learn how to harness three key elements of Cold, Breathing and Mindset to master mind over matter and achieve the impossible. 'Wim is a legend of the power ice has to heal and empower' BEAR GRYLLS 'Thor-like and potent...Wim has

radioactive charisma' RUSSELL BRAND

january mental wellness month 2024: The Blue Zones of Happiness: Secrets of the World's Happiest Places Dan Buettner, 2017-10-19 In this inspiring book, Buettner offers game-changing tools for setting up your life to be the happiest it can be. In these illuminating pages, you'll: Meet the world's Happiness All-Stars--inspiring individuals born in places around the world that nurture happiness as well as Americans boosting well-being in their own communities. Discover how the three strands of happiness -- joy, purpose, and satisfaction -- weave together in different ways to make Denmark, Costa Rica, and Singapore some of the world's happiest places. Use the Blue Zones Happiness Test to pinpoint areas in your life where change could bring more happiness--and then find practical steps to make those changes. Learn the Top 10 ways to create happiness, as revealed by a panel of the world's leading experts convened specifically for this project

january mental wellness month 2024: The Anxious Lawyer Jeena Cho, Karen Gifford, 2022-08-15 The Anxious Lawyer provides a straightforward 8-week introductory program on meditation and mindfulness, created by lawyers for lawyers. The program draws on examples from Cho and Gifford's professional and personal lives to create an accessible and enjoyable entry into practices that can reduce anxiety, improve focus and clarity, and enrich the quality of life.

january mental wellness month 2024: Skywatch Astrology 2024 Datebook Ellen Kimble, Good timing is often the deciding factor in the success or failure of events in our lives. The information in this Datebook includes a comprehensive outline of the energies, which are determined by the movement of planets entering zodiac signs, significant lunar events, and the retrograde and direct motions of the planets of each month. This takes into account the 357 planetary aspects and 370 Moon aspects. Catch up on the more in-depth analysis in the daily Skywatch posts on the specific aspects. Lance's 47th year of studying astrology would have been truly remarkable, and I am honored to continue in his footsteps. I opened his computer to all his technical analysis pointing to my birth chart. The mantle has been passed, and in his memory and in honor of his unique style, I aspire to continue this fascinating journey. Delve into the precious insights he shared in his last Datebook letter, and discover the value and joy of exploring what lies ahead in your own year. Let the adventure begin! Remember, astrology serves as a guide, helping us navigate life's ebbs and flows. Use the planetary aspects to hone your timing and gain insight, but also trust your intuition. After all, every individual's experience of these transits is unique.

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