

# quotes on mental health and wellness

## Quotes on Mental Health and Wellness: Finding Strength in Words

Are you feeling overwhelmed, stressed, or just plain lost? Sometimes, the simplest things can offer the most profound comfort. A single, well-chosen quote can resonate deeply, offering a sense of understanding and validation during challenging times. This blog post delves into the power of words and offers a curated collection of quotes on mental health and wellness, designed to inspire, uplift, and remind you that you're not alone. We'll explore quotes that address anxiety, depression, self-care, resilience, and the overall journey towards a healthier mind. Get ready to find solace and strength in these carefully selected words.

## The Power of Positive Affirmations: Quotes for Self-Compassion

Often, the greatest obstacle to mental well-being is our own inner critic. Negative self-talk can spiral into depression and anxiety, making it challenging to navigate daily life. That's where positive affirmations and uplifting quotes step in. These aren't just empty platitudes; they're tools to rewire your thinking and cultivate self-compassion.

"Self-care is not selfish. You can't pour from an empty cup." This quote perfectly encapsulates the importance of prioritizing your own well-being. It highlights the fact that you can't effectively support others if you're neglecting your own needs.

"Believe you can and you're halfway there." Theodore Roosevelt's words are a powerful reminder of the role of belief in achieving your goals. Mental wellness often involves overcoming self-doubt, and this quote offers a potent antidote.

"You are capable of amazing things." This simple yet profound statement combats feelings of inadequacy and empowers you to recognize your inherent strength and potential.

These quotes are designed to be a starting point. Write them down, repeat them to yourself, and let them permeate your subconscious. Remember, self-compassion is not a weakness; it's a superpower.

## Navigating Anxiety: Quotes for Calm and Perspective

Anxiety is a prevalent challenge in today's fast-paced world. Feeling overwhelmed, worried, and restless is a common experience, but it's crucial to remember that you're not alone in this struggle. These quotes offer comfort, perspective, and strategies for managing anxiety:

"Worrying doesn't empty tomorrow of its troubles; it empties today of its strength." This quote from Corrie ten Boom perfectly encapsulates the futility of excessive worrying. It reminds us to focus on the present and conserve our energy for dealing with challenges as they arise.

"Anxiety is a thief of joy." This simple statement highlights the insidious nature of anxiety, stealing the pleasure and contentment from life's moments. Recognizing this can be the first step towards reclaiming your joy.

"Breathe. It's okay. You're going to be okay." Sometimes, the simplest words offer the greatest comfort. This mantra is a reminder to take deep breaths, acknowledge your feelings, and trust in your ability to overcome your anxiety.

## **Overcoming Depression: Quotes for Hope and Resilience**

Depression can feel isolating and overwhelming, but it's essential to remember that you are not alone and that recovery is possible. These quotes offer hope, resilience, and a path towards healing:

"Depression is a common cold of mental illness. It happens to people of all ages and from all walks of life." This destigmatizes depression, emphasizing its prevalence and highlighting the fact that it's a treatable condition.

"Healing is a journey, not a destination." This quote underscores the process of recovery and reminds us that setbacks are a normal part of the journey towards better mental health.

"It's okay to not be okay." This simple yet powerful statement validates the experience of depression and offers permission to feel your emotions without judgment.

## **Embracing Self-Care: Quotes for Prioritizing Your Well-being**

Self-care is not a luxury; it's a necessity. It's the act of nurturing your physical, mental, and emotional well-being. These quotes inspire you to prioritize self-care and build healthy habits:

"Take care of your body. It's the only place you have to live." Jim Rohn's words highlight the importance of physical health as a foundation for mental well-being.

"Self-care isn't selfish. It's essential." This quote reiterates the significance of self-care, emphasizing that it's not a luxury but a crucial component of a healthy life.

"Find what nourishes your soul and do more of it." This encourages exploration and discovery of activities that bring you joy, peace, and rejuvenation.

## **Building Resilience: Quotes for Strength and Perseverance**

Resilience is the ability to bounce back from adversity. These quotes inspire you to cultivate resilience and overcome life's challenges:

"What doesn't kill you makes you stronger." This popular saying, while sometimes overused, contains a core truth: adversity can foster growth and resilience.

"Challenges are what make life interesting. Overcoming them is what makes life meaningful." This quote reframes challenges as opportunities for growth and self-discovery.

"The oak sleeps in the acorn; the bird waits in the egg; and in the highest vision of the soul a waking angel stirs. Dreams are the seedlings of realities." James Allen's words emphasize the potential within each of us, waiting to be nurtured and realized.

## **Conclusion**

The journey towards mental well-being is a personal one, filled with both highs and lows. But remember, you are not alone. The power of words, as demonstrated by these quotes on mental health and wellness, can provide comfort, inspiration, and strength along the way. Embrace these quotes, share them with others, and allow them to be a source of support and encouragement as you navigate your own path towards a healthier, happier you. Remember to seek professional help when needed.

## **FAQs**

Q1: Where can I find more quotes on mental health and wellness?

A1: You can find more inspiring quotes on websites dedicated to mental health, mindfulness apps, or by searching relevant keywords on social media platforms like Pinterest and Instagram.

Q2: Are these quotes scientifically backed?

A2: While these quotes don't represent scientific studies, the principles they embody are often supported by research in positive psychology and mental health. They offer encouragement and perspective, which are crucial elements of well-being.

Q3: Can quotes really help with mental health issues?

A3: Quotes can serve as a source of inspiration and motivation. They can remind you of your strength, provide comfort during difficult times, and promote self-compassion. However, they are not a replacement for professional help.

Q4: How can I use these quotes effectively?

A4: Write them down, repeat them to yourself daily, use them as screensavers or wallpapers, or share them with others who might benefit.

Q5: When should I seek professional help for mental health concerns?

A5: If you're experiencing persistent feelings of sadness, anxiety, hopelessness, or if your mental health is significantly impacting your daily life, it's crucial to seek help from a mental health professional. Don't hesitate to reach out to a therapist, counselor, or psychiatrist.

**quotes on mental health and wellness: The Unapologetic Guide to Black Mental Health**  
Rheeda 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 Rheeda 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.

**quotes on mental health and wellness: Emotional Wellness** Osho, 2007-04-03 How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in

the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, Emotional Wellness leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life’s inevitable ups and downs with far greater confidence and equilibrium. Discover: • The impact that fear, anger, and jealousy have on our lives • How emotions like guilt, insecurity, and fear are used to manipulate us • How to break out of unhealthy responses to strong emotions • How to transform destructive emotions into creative energy • The role of society and culture on our individual emotional styles Osho’s unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life.

**quotes on mental health and wellness: Happy Not Perfect** Poppy Jamie, 2021-06-08 A clear path to overcoming uncertainty, perfectionism, and fears of rejection so you can finally find peace with the past and create a happier, healthier future “Poppy’s powerful approach will help you take control of your thoughts so they don’t control you.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* Even before the pandemic brought on a crushing wave of stress, anxiety, isolation, life change, and financial struggle, there was already a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional life/work balance, many are burning out. Behind her Instagram-projected image of “happy wellness founder,” Poppy Jamie was also struggling mightily with perfectionism and life purpose. She began working with mental health experts and researchers to find practical tools to overcome her inner critic and rewire her mind. She discovered that it is possible to create new neural pathways in your brain to break patterns of avoidance, challenge fears of not being good enough, and turn failure around by stretching the mind with new, healthier thought habits. The old wiring (and habits) that you’ve been stuck with can be written-over. You can actually upgrade your headspace to make curiosity, vulnerability, compassion, and emotional flexibility your default settings. In the emphatic and trusted voice of Bridget Jones meets neuroscience, Poppy shares her Flexy Thoughts approach for changing how you react to emotional triggers and think of yourself while improving your mental and physical health, relationships, and vision of the future. Our emotional resilience may continue to be tested, but the new perspectives and strategies in *Happy Not Perfect* will help us bring confidence, adaptability, and acceptance to whatever comes next.

**quotes on mental health and wellness: Why We Sleep** Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

**quotes on mental health and wellness: Biomarkers in Psychiatry** Judith Pratt, Jeremy Hall, 2019-01-05 This volume addresses one of the Holy Grails in Psychiatry, namely the evidence for and potential to adopt ‘Biomarkers’ for prevention, diagnosis, and treatment responses in mental health conditions. It meshes together state of the art research from international renowned pre-clinical and clinical scientists to illustrate how the fields of anxiety disorders, depression, psychotic disorders, and autism spectrum disorder have advanced in recent years.

**quotes on mental health and wellness: Blue Mind** Wallace J. Nichols, 2014-07-22 A landmark book by marine biologist Wallace J. Nichols on the remarkable effects of water on our health and well-being. Why are we drawn to the ocean each summer? Why does being near water set our minds and bodies at ease? In *Blue Mind*, Wallace J. Nichols revolutionizes how we think about these questions, revealing the remarkable truth about the benefits of being in, on, under, or simply near water. Combining cutting-edge neuroscience with compelling personal stories from top athletes, leading scientists, military veterans, and gifted artists, he shows how proximity to water can improve performance, increase calm, diminish anxiety, and increase professional success. *Blue*

Mind not only illustrates the crucial importance of our connection to water; it provides a paradigm shifting blueprint for a better life on this Blue Marble we call home.

**quotes on mental health and wellness: 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.

**quotes on mental health and wellness: The Collected Schizophrenias** Esmé Weijun Wang, 2019-06-27 'Dazzling ... in her kaleidoscopic essays, memoir has been shattered into sliding and overlapping pieces ... mind-expanding' The New York Times Book Review Esmé Weijun Wang was officially diagnosed with schizoaffective disorder in 2013, although the hallucinations and psychotic episodes had started years before that. In the midst of a high functioning life at Yale, Stanford and the literary world, she would find herself floored by an overwhelming terror that 'spread like blood', or convinced that she was dead, or that her friends were robots, or spiders were eating holes in her brain. What happens when your whole conception of yourself is turned upside down? When you're aware of what is occurring to you, but unable to do anything about it? Written with immediacy and unflinching honesty, this visceral and moving book is Wang's story, as she steps both inside and outside of her condition to bring it to light. Following her own diagnosis and the many manifestations of schizophrenia in her life, she ranges over everything from how we label mental illness to her own use of fashion and make-up to present herself as high-functioning, from the failures of the higher education system to how factors such as PTSD and Lyme disease compounded her experiences. Wang's analytical, intelligent eye, honed as a former lab researcher at Stanford, allows her to balance research with haunting personal narrative. The Collected Schizophrenias cuts right to the core and provides unique insight into a condition long misdiagnosed and much misunderstood.

**quotes on mental health and wellness: Brave Brain: 365 Quotes about Hope and Healing for Mental Health Recovery** Sarah S. Davis, 2019-12-17 The first and only book of inspirational quotes specifically created for mental health healing and recovery. Brave Brain: 365 Quotes about Hope and Healing for Mental Health Recovery is a must-have gift for anyone struggling with mental illness and addiction, curated and edited by the #1 bestselling author of A Reader's Library of Book Quotes. This crucial resource for the mental health community is a carefully sourced collection of relatable wisdom: with no repeat quotes. Find the best quotes for working through depression, anxiety, bipolar, BPD, and other challenges in this thoughtfully conceptualized anthology of 300+ quotations.

A gift for therapists, psychiatrists, social workers, counselors, and rehab workers, this book makes the perfect addition to waiting rooms. Or treat yourself to this essential self care tool as a great companion to self-help workbooks, mental health journals, and mood trackers. This mental health awareness book was developed by a librarian and writer who draws on her own history of mental illness. **Brave Brain** features: A diversity of perspectives about the mental health experience The quotes in this book come from an all-star group of advocates, psychologists, artists, performers, writers, and leaders are included, like J.K. Rowling, Martin Luther King, Jr., Winston Churchill, Eckhart Tolle, and Marilyn Monroe, to name a few. Find a range of opinions, humor, and encouragement that reflect the entire spectrum of the mental health experience. Clean organization by theme The 365 quotes are arranged in eleven chapters that cover topics like Hope, Courage, Self-Compassion, Grit, Community, and more. It's easy to find the right quote for the right mood that meets your needs. Or follow the 365 quotes, one-per-day layout to make mental wellness a part of your everyday routine This book has a unique structure. The first part organizes the quotes into eleven themed chapters, while in the second part, the quotes are divided into 365 days for a quote-per-day. Whether you want to intensely study one theme or just contemplate one quote a day, **Brave Brain** has you covered. Comprehensive list of mental health resources Wondering where to get help? Want to learn more about psychology and mental health? **Brave Brain** includes a detailed list of resources in the back, with more than 100 websites, podcasts, blogs, books, support groups, hotlines, and other sources of help. And authority Selected and compiled by Sarah S. Davis, M.S.L.S., a librarian, writer, and mental health advocate whose writing about mental illness has appeared on PsychCentral, AllPsych, Book Riot, Kirkus Reviews, Electric Literature, and many others. Plus: Black and white photographs are included with each chapter.

**quotes on mental health and wellness: Poems of Healing** Karl Kirchwey, 2021-03-30 A remarkable Pocket Poets anthology of poems from around the world and across the centuries about illness and healing, both physical and spiritual. From ancient Greece and Rome up to the present moment, poets have responded with sensitivity and insight to the troubles of the human body and mind. **Poems of Healing** gathers a treasury of such poems, tracing the many possible journeys of physical and spiritual illness, injury, and recovery, from John Donne's "Hymne to God My God, In My Sicknesse" and Emily Dickinson's "The Soul has Bandaged moments" to Eavan Boland's "Anorexic," from W.H. Auden's "Miss Gee" to Lucille Clifton's "Cancer," and from D.H. Lawrence's "The Ship of Death" to Rafael Campo's "Antidote" and Seamus Heaney's "Miracle." Here are poems from around the world, by Sappho, Milton, Baudelaire, Longfellow, Cavafy, and Omar Khayyam; by Stevens, Lowell, and Plath; by Zbigniew Herbert, Louise Bogan, Yehuda Amichai, Mark Strand, and Natalia Toledo. Messages of hope in the midst of pain—in such moving poems as Adam Zagajewski's "Try to Praise the Mutilated World," George Herbert's "The Flower," Wisława Szymborska's "The End and the Beginning," Gwendolyn Brooks' "when you have forgotten Sunday: the love story" and Stevie Smith's "Away, Melancholy"—make this the perfect gift to accompany anyone on a journey of healing. Everyman's Library pursues the highest production standards, printing on acid-free cream-colored paper, with full-cloth cases with two-color foil stamping, decorative endpapers, silk ribbon markers, European-style half-round spines, and a full-color illustrated jacket.

**quotes on mental health and wellness: No Such Thing as Normal** Bryony Gordon, 2021-01-07 'Mental illness has led to some of the worst times of my life... but it has also led to some of the most brilliant. Bad things happen, but good things can come from them. And strange as it might sound, my mental health has been vastly improved by being mentally ill.' From depression and anxiety to personality disorders, one in four of us experience mental health issues every year and, in these strange and unsettling times, more of us than ever are struggling to cope. In **No Such Thing As Normal**, Bryony offers sensible, practical advice, covering subjects such as sleep, addiction, worry, medication, self-image, boundary setting, therapy, learned behaviour, mindfulness and, of course - as the founder of Mental Health Mates - the power of walking and talking. She also strives to equip those in need of help with tools and information to get the best out of a poorly funded system that can be both frightening and overwhelming. The result is a lively, honest and direct guide to mental

health that cuts through the Instagram-wellness bubble to talk about how each of us can feel stronger, better and just a little bit less alone.

**quotes on mental health and wellness:** *Mental Fitness* Shawn Talbott, 2021-09-14 Mental wellness issues are at an all-time high, and most quick-fixes fail to provide a long-term solution. While billions of dollars are spent annually on feel-better products, most exclusively target the brain and come with a slew of damaging side effects. Mental Fitness outlines the groundbreaking research on the gut-brain-heart axis to improve mood, thinking, and energy through nutrition, mindset, and movements.

**quotes on mental health and wellness:** *Social Media Wellness* Ana Homayoun, 2017-07-27 Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. Tips From Teens On Promoting Social Media Wellness Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of *The Gift of Failure* This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *NYTimes*, *How to Help Kids Disrupt 'Bro Culture'* *Pacific Standard*, *Holier Than Thou IPO: Snapchat and Effective Parenting* *Parenttoolkit.com*, *Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat* *Los Angeles Review of Books*, *Life and Death 2.0: When Your Grandmother Dies Online* *Chicago Tribune*, *Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking?* *Today Show*, *9 Tips to Help Teens Manage Their Social Media Footprint* *5 Ways Parents Can Help Kids Balance Social Media with the Real World*

**quotes on mental health and wellness:** *The Beauty Myth* Naomi Wolf, 2009-03-17 The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of the flawless beauty.

**quotes on mental health and wellness:** *The Unknown Poe* Edgar Allan Poe, 1980-06 An anthology of fugitive writings by Edgar Allan Poe, with appreciations by Charles Baudelaire, Stephane Mallarme, Paul Valery, J.K. Huysmans.

**quotes on mental health and wellness:** *MindJournal* Ollie Aplin, 2017-05-04 The simple aim of this book is to help and support you through life. It is a tool to help you be a stronger version of the man you already are. Back in the day, keeping a journal was the manly thing to do. All the great thinkers, writers and explorers of the past kept a journal on a regular basis - from Ernest Hemmingway to Bruce Lee. It was a simple habitual practice; a clever therapeutic outlet,

particularly for men, that has been lost. This book aims to bring it back. While the gym strengthens your body, think about this book as a workout for your mind. This is brain training to build a positive mental attitude and, ultimately, a better and more resilient you. Contains three interactive sections: Warm Up, Hurdles and Strength, each with prompts, challenges and motivators to help get you started. Plus the MindManual, which offers further support, checks and advice to keep your brain training on track.

**quotes on mental health and wellness:** The Great Big Fitness Quote Book Cameron M. Clark, 2015-01-17 To All Personal Trainers, Training Clients, Crossfitters and more! Here's the perfect gift for a client or yourself! Finally, a book with a motivational fitness quote for every day of the year!!! Getting fit is all about reaching for, achieving, and sustaining a commitment to take care of yourself for the rest of your life. - Dara Torres (Olympic Gold Medalist) Rather than finding reasons why something cannot be done, though you know it needs to be done, get on with doing it. See problems as challenges. - Stuart McRobert (Fitness Writer) I know a lot of people say: 'If I had the money then I'd be able to achieve health, fitness, peace of mind and joy.' I can't say it enough times: your health account and your bank account are synonymous. - Jack LaLanne (Fitness Guru) For most of us, getting in shape is not easy. It involves a certain level of planning, discipline and most importantly motivation! Enter 'The Great Big Fitness Quote Book' compiled by Cameron M. Clark. A book of over 365 inspirational quotes that actually apply to health, fitness, nutrition and well-being. Think about it that's a new motivational quote for EVERY DAY OF THE YEAR! Finally, a book that collects the inspirational words of many of the best and most successful coaches, trainers, athletes, martial artists and other accomplished individuals into one handy volume you can access at any time! Make NO mistake! This is not your 'run-of-the-mill' book of 'inspirational' quotes taken from a few different Internet websites and then collected into one volume. There are a ton of those for sale already. Instead, this is a combination of many previously-Internet-published quotes and some that have never been published online. In fact, when Clark was looking for a resource like 'The Great Big Fitness Quote Book, ' he found one book with 'motivational quotes' on fitness that included a quote from one of the most notorious totalitarian dictators of the 20th Century. This led Clark to realize two things: that these quote books were not well-researched and that there would be a need for a book that actually compiled quotes that were applicable to health, wellness and fitness. With over 365 inspirational quotes, this is a collection that makes it easy for you to use a different quote each day to get yourself into the kind of physical shape you have always wanted to attain. This book takes on all areas of Health and Fitness such as Aging, Exercise, Fat Loss, Goal Setting, Nutrition, Overcoming Obstacles and Stress among so many others with motivational words from Olympic athletes like Dara Torres, Picabo Street and Jesse Owens. You'll also find words of wisdom from popular fitness trainers like Bob Harper, Kim Lyons, Chris Powell and Jillian Michaels. Other fitness gurus quoted include Arnold Schwarzenegger, Jack LaLanne and Stuart McRobert. There are also quotes from martial artists like the legendary Bruce Lee, Georges St. Pierre and the first female UFC Champion, Ronda Rousey. Organized into nearly 50 different categories, these individually-numbered quotations are effective to read within context and easy for you to return to read again and again whenever the need for inspiration arises. Also included as a special bonus at the end of this book, there is a brief biographical information on each man and woman quoted, such as their occupation, their achievements along with the titles of some of the published works they may have written. Clark felt this information is useful in helping the reader to seek out the source of this wisdom and more importantly know they won't be reposting or quoting tyrannical dictators who oppressed their own people. The Great Big Fitness Quote Book is a 'must' for any practitioner of exercise and sports be they an amateur powerlifter, a busy mom looking for a quick workout or the aspiring athlete who just wants to take it to the next level.

**quotes on mental health and wellness:** Ikigai Héctor García, Francesc Miralles, 2017-08-29 INTERNATIONAL BESTSELLER • 2 MILLION+ COPIES SOLD WORLDWIDE “Workers looking for more fulfilling positions should start by identifying their ikigai.” —Business Insider “One of the unintended—yet positive—consequences of the [pandemic] is that it is forcing people to reevaluate

their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.” —Forbes Find your ikigai (pronounced ee-key-guy) to live longer and bring more meaning and joy to all your days. “Only staying active will make you want to live a hundred years.” —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world’s longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you’re good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It’s the reason we get up in the morning. It’s also the reason many Japanese never really retire (in fact there’s no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they’ve found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world’s Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn’t want to find happiness in every day?

**quotes on mental health and wellness:** *It All Starts with You* Trent Shelton, 2015-05-19 *It All Starts with You* by Trent Shelton is a one-of-a-kind 300+ page journal filled with some of Trent's most popular quotes, along with thought provoking questions and action items to help lead people to change. About the Author: To some, he's a motivational speaker. To others, he's a previous NFL football player, but to Trent Shelton, he is just a man who wants to help lives. Born in Little Rock, Arkansas, raised in Fort Worth, Texas, as a child, all Trent wanted to be when he grew up was a professional football player. While he achieved his childhood dream, the former NFL player's career was a shaky one where he felt incomplete while constantly chasing after worldly things to temporarily fulfill the voids in his life. It wasn't until Trent hit his lowest point, after being released from multiple NFL teams along with the birth of his son, that he decided to work on becoming the best person he could be. In March of 2009, Trent picked up his iPhone and started sharing two-minute videos of his progress as a means of helping him stay accountable while bettering his life. He ended each of his videos with *It's RehabTime*. A couple years later, those two-minute videos evolved into RehabTime Organization, a 501(c)3 nonprofit with a mission to lead people to change through hope and faith. Today, on average, Trent reaches over 35 million people a week through his daily messages and videos. The motivational speaker has over 4 million Facebook fans, Instagram followers, and Twitter followers, all of which he refers to as his community of Rehabbers. Trent is the best-selling author of three life-application books and a life-application journal, *It All Starts with You*. By following his calling, Trent has been able to travel all over the world to share his testimony and offer people messages of change and hope. Although Trent was motivated to become a better man by the birth of his son and through many of life's adversities he faced, he calls his greatest accomplishment helping people strengthen their relationship with Jesus Christ through RehabTime. While the former professional athlete once dreamed about a lasting career in the league, he now knows that God's vision for his life is better than he could have ever imagined. [TrentShelton.com](http://TrentShelton.com) - [RehabTime.Org](http://RehabTime.Org)

**quotes on mental health and wellness:** *The Truth About Broken* Hannah Blum, 2019-12-16 At the age of 20, Hannah Blum went from Prom Queen to a mental patient in the blink of an eye, but what she believed would be the end was only just the beginning. In her first book, *The Truth About Broken: The Unfixed Version of Self-Love*, Hannah Blum redefines what it means to love yourself and takes readers on an unforgettable journey towards embracing what makes them different. It's self-love from the perspective of someone living with a mental illness in a society that has labeled her and others as broken. A collection of captivating true stories that will never leave you after reading. Hannah features her quotes and poetry that have gained global attention across social media and online platforms in the book. This is not your typical self-love book. If you are struggling with loving yourself, regardless if you have a mental illness, this book is for you.

**quotes on mental health and wellness: 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.

**quotes on mental health and wellness: North of Boston** Robert Frost, 2004-09 Purchase one of 1st World Library's Classic Books and help support our free internet library of downloadable eBooks. 1st World Library-Literary Society is a non-profit educational organization. Visit us online at [www.1stWorldLibrary.ORG](http://www.1stWorldLibrary.ORG) - SOMETHING there is that doesn't love a wall, That sends the frozen-ground-swell under it, And spills the upper boulders in the sun; And makes gaps even two can pass abreast. The work of hunters is another thing: I have come after them and made repair Where they have left not one stone on a stone, But they would have the rabbit out of hiding, To please the yelping dogs. The gaps I mean, No one has seen them made or heard them made, But at spring mending-time we find them there. I let my neighbour know beyond the hill; And on a day we meet to walk the line And set the wall between us once again. We keep the wall between us as we go. To each the boulders that have fallen to each. And some are loaves and some so nearly balls We have to use a spell to make them balance: Stay where you are until our backs are turned! We wear our fingers rough with handling them. Oh, just another kind of out-door game, One on a side. It comes to little more: There where it is we do not need the wall: He is all pine and I am apple orchard. My apple trees will never get across And eat the cones under his pines, I tell him.

**quotes on mental health and wellness: Resilience** Eric Greitens, 2015 A masterpiece of warrior wisdom: how to be resilient, how to overcome obstacles not by positive thinking or self-esteem, but by positive action. The bestselling author, Navy SEAL, and humanitarian Eric Greitens offers a self-help book unlike any other.

**quotes on mental health and wellness: ALS Awareness Relationships: Attention To Significant Others, Family & Friends** Laurence Donelson III, 2024-04-04 *ALS Awareness Relationships: Attention to Significant Others, Family & Friends* is a compassionate guide for those touched by ALS. It begins with an **introduction** to the importance of awareness and a brief overview of ALS. The book delves into the **impact of ALS**, sharing personal stories and case studies that highlight the challenges faced by patients and their loved ones. Navigating the complex web of **relationships** affected by ALS, the book offers insights into the changing dynamics within families and the challenges faced by significant others. It emphasizes the creation of strong **support systems**, providing a list of resources and organizations for caregivers. Communication is key, and the book discusses **techniques** for maintaining strong relationships, alongside

communication aids and technology. It also addresses the often-overlooked aspect of **\*\*self-care for caregivers\*\***, offering strategies for managing stress and the importance of self-care routines. The book encourages **\*\*advocacy and involvement\*\*** in the ALS community, suggesting ways to become an advocate and organize community events. It shares **\*\*stories of hope and resilience\*\***, providing messages of hope and inspiration from the ALS community. Concluding with reflections on the journey and the future of ALS awareness, the book also includes a comprehensive **\*\*resources section\*\*** with a list of ALS associations and educational materials for further reading. This book is an essential resource for anyone seeking to understand and support those affected by ALS.

**quotes on mental health and wellness:** Anxiety Sonali Gupta, 2020-05-01 Do you know the difference between anxiety and stress? What can you do when you have a panic attack? How do you know when it's time to get help? Anxiety is a mental health crisis that has gripped over three crore Indians. In *Anxiety: Overcome It and Live without Fear*, clinical psychologist Sonali Gupta delves into the condition, using case studies to identify how anxiety can be triggered at work, in relationships, and by social media. Gupta shares a unique glimpse into this mental health condition in India, especially among Gen Z and millennials. Recommending strategies and techniques for anxiety-prone readers, this book will help you confront your fears and take control of your life.

**quotes on mental health and wellness:** Eat Better, Feel Better Giada De Laurentiis, 2021-03-16 #1 NEW YORK TIMES BESTSELLER • Giada De Laurentiis shares how her unique approach to wellness completely transformed her relationship with food—featuring 100 recipes to boost gut health and immunity and nourish your mind, body, and spirit. This book is the culmination of a ten-year journey. . . . I've made a conscious effort to take control of my health because it had finally become impossible to ignore the fact that the choices (or lack thereof ) I'd been making for the past twenty years just weren't working for me anymore. In Giada's most personal book yet, she gives you an inside look at her path to wellness and how she maintains a balanced life. Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. She shows you her own process of reconfiguring her diet to control inflammation—and how you can use the same steps to turn your life around. Giada also includes information on how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot—which she follows several times a year—and offers more than two dozen dairy-free, sugar-free, and gluten-free recipes to accompany the plan, as well as a 21-day menu outline that makes good, healthy cooking easy to implement at home. Even though it's so much more than a cookbook, *Eat Better, Feel Better* also offers 100 new recipes, from Italian-influenced ones like Fusilli with Chicken and Broccoli Rabe and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce to her everyday healthy favorites including Quinoa Pancakes; Sheet Pan Parmesan Shrimp and Veggies; Roasted Cauliflower and Baby Kale Salad; and Chocolate and Orange Brown Rice Treats. *Eat Better, Feel Better* is the perfect jumpstart to wellness.

**quotes on mental health and wellness:** Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated

the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

**quotes on mental health and wellness: *The Border of Paradise*** Esme Weijun Wang, Esmé Weijun Wang, 2016 Tells the story of the neurotic David Nowak who lives with his wife and children in the Northern California wilderness giving his family an insular and idyllic existence.

**quotes on mental health and wellness: *The Noonday Demon*** Andrew Solomon, 2014-09-16 The author offers a look at depression in which he draws on his own battle with the illness and interviews with fellow sufferers, researchers, doctors, and others to assess the complexities of the disease, its causes and symptoms, and available therapies. This book examines depression in personal, cultural, and scientific terms. He confronts the challenge of defining the illness and describes the vast range of available medications, the efficacy of alternative treatments, and the impact the malady has on various demographic populations, around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by emerging biological explanations for mental illness. He takes readers on a journey into the most pervasive of family secrets and contributes to our understanding not only of mental illness but also of the human condition.

**quotes on mental health and wellness: *Smart People Don't Diet*** Charlotte N. Markey, 2015-02-11 Being on a diet is a miserable experience for most people, and it rarely leads to the desired goal of shedding fat. In fact, studies show that dieters often gain weight rather than lose it, because the intensity, restrictions, and short duration of most diets means they are ill - equipped to produce long - term effects. In *Smart People Don't Diet*, Dr Charlotte N. Markey presents a refreshingly different perspective, addressing the underlying causes of weight gain and offering proven strategies for lasting weight management. This book will show you how to eat well, lose weight, and keep it off - without dieting. The gimmicks don't work, but Dr Markey's reasonable, accessible advice will help you get - and stay - healthy.

**quotes on mental health and wellness: *In Gratitude*** Jenny Diski, 2016-05-17 National Book Critics Circle Award Finalist A New York Times Notable Book of the Year Transcendently disobedient, the most existence-affirming and iconoclastic defense a writer could mount against her own extinction. --Heidi Julavits, New York Times Book Review From one of the great anomalies of contemporary literature (The New York Times Magazine) comes a breathtaking memoir about terminal cancer and the author's relationship with Nobel Prize winner Doris Lessing. In July 2014, Jenny Diski was diagnosed with inoperable lung cancer and given two or three years to live. She didn't know how to react. All responses felt scripted, as if she were acting out her part. To find the response that felt wholly her own, she had to face the clichés and try to write about it. And there was another story to write, one she had not yet told: that of being taken in at age fifteen by the author Doris Lessing, and the subsequent fifty years of their complex relationship. In the pages of the London Review of Books, to which Diski contributed for the last quarter century, she unraveled her history with Lessing: the fairy-tale rescue as a teenager, the difficulties of being absorbed into an unfamiliar family, the modeling of a literary life. Swooping from one memory to the next--alighting on the hysterical battlefield of her parental home, her expulsion from school, the drug-taking twenty-something in and out of psychiatric hospitals--and telling all through the lens of living with terminal cancer, through what she knows will be her final months, Diski paints a portrait of two extraordinary writers--Lessing and herself. From a wholly original thinker comes a book like no other: a cerebral, witty, dazzlingly candid masterpiece about an uneasy relationship; about memory and writing, ingratitude and anger; about living with illness and facing death.

**quotes on mental health and wellness: *Boy Meets Depression*** Kevin Breel, 2015-09-15 Note to Self: When you feel f&\*ed up: Stop. Breathe. Talk to someone. Tell them stuff. Stop being an asshole and thinking you're going to get through it alone. Problems are like broken pipes: they need

a person to fix them. Oh, and clean your room, you filthy animal. Kevin Breel burst into the public's awareness when at 19 his TED talk became a worldwide phenomenon. Through the lens of his own near suicide, he shared his profoundly vulnerable story of being young, male and depressed in a culture that has no place for that. **BOY MEETS DEPRESSION** is a book that explores what it means to struggle and tells an honest, heartfelt story about how a meaningful life isn't found in perfection, it's found in our ability to heal and accept the dark parts of ourselves.

**quotes on mental health and wellness: Mental Wellness in Adults with Down Syndrome**

Dennis McGuire, Brian Chicoine, 2021 This thoroughly updated second edition of **MENTAL WELLNESS IN ADULTS WITH DOWN SYNDROME** is upbeat and accessible in tone, yet encyclopedic in scope. The size of the book reflects both the breadth of the authors' knowledge--acquired as cofounders of the first medical clinic dedicated solely to the care of adults with Down syndrome--and the number of psychosocial issues and mental disorders that can affect people with Down syndrome. It's the go-to guide for parents, health practitioners, and caregivers who support teens and adults with Down syndrome. **MENTAL WELLNESS** emphasizes that understanding and appreciating both the strengths and challenges of people with Down syndrome is the key to promoting good mental health. It shows readers how to distinguish between bona fide mental health issues and common characteristics of Down syndrome--quirks or coping strategies. For example, although talking to oneself can be a sign of psychosis, many adults with Down syndrome use self-talk as an effective problem-solving strategy. The second edition includes new chapters on sensory issues (written by Dr. Katie Frank) and regression, expanded and now separate chapters on communication, concrete thinking, and visual memory, and an extensively updated chapter on Alzheimer's disease citing abundant new research. Other chapters cover a range of conditions and assessment and treatment options: What Is Normal? Self-Esteem & Self-Image Self-Talk Grooves & Flexibility Life-Span Issues Social Skills Mood & Anxiety Disorders Obsessive-Compulsive Disorder Psychotic Disorders Eating Refusal Challenging Behavior Self-Injurious Behavior Autism Tics, Tourette Syndrome & Stereotypies While it's not inevitable that people with Down syndrome will experience mental health problems, certain biological differences and environmental stressors can create greater susceptibility. Assessment and treatment options are detailed for each condition. With this guide, caregivers will be able to foster good mental health and troubleshoot challenging mental health issues.

**quotes on mental health and wellness: You're Doing Just Fine** Charlotte Eriksson, *The Glass Child*, 2015-12-16 Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more. You're doing just fine. Named after the poem that has been shared over 400,000 times on Tumblr, this is the third book from young author and songwriter Charlotte Eriksson. A collection of prose and poetry with the theme of hope, recovery and finding beauty in the darkness. An exploration of the life of a young artist with an aching heart, urged by a wanderlust that leads and directs, and the simple task of learning how to live with yourself. Charlotte knows her reader so well that it feels like she's writing my very own journal.

**quotes on mental health and wellness: The Joy of Movement** Kelly McGonigal, 2021-03-02 Now in paperback. The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming,

weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

**quotes on mental health and wellness:** Headcase Stephanie Schroeder, Teresa Theophano, 2019-01-08 Headcase is a groundbreaking collection of personal reflections and artistic representations illustrating the intersection of mental wellness, mental illness, and LGBTQ identity, as well as the lasting impact of historical views equating queer and trans identity with mental illness. The featured pieces offer personal views from both providers and clients, often one and the same, about their experiences. In the anthology, readers will access the inner thoughts of contributors who collectively document the difficulty of navigating flawed healthcare systems that limit affordable access to genuinely affirming, effective services. Traversing boundaries of race and ethnic identity, age, gender identity, and socioeconomic status, Headcase appeals to LGBTQ communities and, specifically, LGBTQ mental health consumers and their friends, families, and comrades.

**quotes on mental health and wellness: The Burden of Sympathy** David A. Karp, 2002-05-23 What are the limits of sympathy in dealing with another person's troubles? Where do we draw the line between caring for a loved one, and being swallowed up emotionally by the obligation to do so? Quite simply, what do we owe each other? In this vivid and thoughtful study, David Karp chronicles the experiences of the family members of the mentally ill, and how they draw boundaries of sympathy to avoid being engulfed by the day-to-day suffering of a loved one. Working from sixty extensive interviews, the author reveals striking similarities in the experiences of caregivers: the feelings of shame, fear, guilt and powerlessness in the face of a socially stigmatized illness; the frustration of navigating the complex network of bureaucracies that govern the mental health system; and most of all, the difficulty negotiating an appropriate level of involvement with the mentally ill loved one while maintaining enough distance for personal health. Throughout the narratives, Karp sensitively explores the overarching question of how people strike an equilibrium between reason and emotion, between head and heart, when caring for a catastrophically ill person. The Burden of Sympathy concludes with a critical look at what it means to be a moral and caring person at the turn of the century in America, when powerful cultural messages spell out two contradictory imperatives: pursue personal fulfillment at any cost and care for the family at any cost. An insightful, deeply caring look at mental illness and at the larger picture of contemporary values, The Burden of Sympathy is required reading for caregivers of all kinds, and for anyone seeking broader understanding of human responsibility in the postmodern world.

**quotes on mental health and wellness: Quotes Of Wisdom To Live By** Brian Michael Good, 2015-11-13 Time is in short supply. Recharge your life with over 365 quotes thematically arranged in seventy chapters for daily living to encourage and guide you through difficult and challenging times. Quotes Of Wisdom To Live By provides the reader encouragement, comfort, and peace by finding the right words of wisdom at the right time.

**quotes on mental health and wellness: Self Care Zine: Food** Rachelle Abellar, 2014-11-19 This issue of the Self Care Zine is 56 pages of comics, illustrations, recipes, personal stories, tips, and resources all related to how we use food as self care.

**quotes on mental health and wellness: Shoot the Damn Dog** Sally Brampton, 2011-08-01 'This brave and moving memoir challenges all the clichés about mental illness ... All who know the pain of depression will find the book immensely useful, and so will their friends and relations' Sunday Times 'Brave and honest ... It must have been terribly painful to write it. But, golly, am I glad

that Sally Brampton did' Independent Shoot the Damn Dog blasts the stigma of depression as a character flaw and confronts the illness Winston Churchill called 'the black dog', a condition that humiliates, punishes and isolates its sufferers. It is a personal account of a journey through severe depression as well as being a practical book, suggesting ideas about what might help. With its raw, understated eloquence, it will speak volumes to anyone whose life has been haunted by depression, as well as offering help and understanding to those whose loved ones suffer from this difficult illness. This updated edition includes a beautiful and moving afterword by Sally Brampton's daughter, Molly Powell, following her mother's death in 2016.

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