

the wellness way raleigh

The Wellness Way Raleigh: Your Guide to Holistic Wellbeing in the City

Are you searching for a path to improved well-being in the vibrant city of Raleigh? Feeling overwhelmed by the hustle and bustle of daily life? Then you've come to the right place! This comprehensive guide dives deep into "The Wellness Way Raleigh," exploring the diverse range of holistic wellness options available to residents and visitors alike. We'll uncover hidden gems, explore popular establishments, and equip you with the knowledge to craft your own personalized wellness journey right here in the heart of North Carolina. Get ready to discover the secrets to a healthier, happier you in Raleigh!

Finding Your Center: Meditation and Mindfulness in Raleigh

Raleigh boasts a thriving community dedicated to mindfulness and meditation. Beyond the typical yoga studios (which we'll cover later), consider exploring these options for finding your inner peace:

Guided Meditation Centers: Several centers offer drop-in classes and workshops, perfect for beginners and experienced practitioners. Look for those specializing in specific techniques like Vipassanā or mindfulness-based stress reduction (MBSR). Check local event listings and community calendars for pop-up meditation sessions in parks and community centers.

Mindfulness Apps and Resources: Supplement your in-person experiences with the convenience of guided meditation apps. Many free and paid apps offer a range of meditations tailored to different needs and preferences. These can be invaluable for practicing mindfulness throughout your day, regardless of your location.

Nature's Embrace: Raleigh offers numerous parks and green spaces ideal for mindful walks and nature immersion. Simply taking time to appreciate the beauty of your surroundings can significantly reduce stress and promote a sense of calm. Explore the extensive trails at William B. Umstead State Park or enjoy a peaceful stroll along the Neuse River Greenway.

Nourishing Your Body: Healthy Eating and Culinary Delights in Raleigh

A holistic wellness journey is incomplete without mindful nutrition. Raleigh's culinary scene caters to a wide range of dietary preferences and health goals:

Farmers' Markets: Supporting local farmers and sourcing fresh, seasonal produce is a fantastic way to nourish your body with nutrient-rich foods. Raleigh boasts several thriving farmers' markets throughout the week, offering a vibrant selection of fruits, vegetables, and artisanal goods.

Health-Conscious Restaurants: From vegan and vegetarian options to restaurants focusing on organic

and locally sourced ingredients, Raleigh offers plenty of choices for healthy eating out. Look for restaurants emphasizing whole foods, lean proteins, and minimal processed ingredients. Don't hesitate to check online reviews and menus before visiting to ensure they align with your dietary needs.

Cooking Classes: Enhance your culinary skills and learn how to prepare healthy meals at home by taking a cooking class. Many culinary schools and community centers offer classes focused on healthy eating and specific dietary needs. This is a fantastic way to expand your repertoire of nutritious recipes and take control of your diet.

Moving Your Body: Fitness and Active Lifestyle in Raleigh

Physical activity is crucial for overall well-being. Raleigh provides countless opportunities to stay active and embrace an active lifestyle:

Yoga Studios: Numerous studios cater to various yoga styles, from gentle Hatha to invigorating Vinyasa. Many studios offer introductory classes and workshops for beginners, making it easy to find a style that suits you. Look for studios that prioritize community and offer a supportive learning environment.

Fitness Centers and Gyms: From large chain gyms to boutique fitness studios, Raleigh has a diverse range of fitness options. Explore different classes and workout styles to find what motivates and challenges you. Consider personal training to create a customized fitness plan tailored to your goals and fitness level.

Outdoor Activities: Take advantage of Raleigh's extensive green spaces and trails. Explore the numerous parks, walking trails, and biking paths. Join a local running group or simply enjoy a brisk walk or bike ride in nature.

Finding Balance: Spa Treatments and Holistic Therapies in Raleigh

Completing your wellness journey requires prioritizing relaxation and stress reduction. Raleigh offers several options for pampering and holistic therapies:

Massage Therapy: Numerous massage therapists and spas offer a variety of massage techniques, from Swedish massage to deep tissue work. Look for licensed and experienced therapists who can tailor a massage to your specific needs.

Acupuncture and Traditional Chinese Medicine: Explore the benefits of acupuncture and other traditional Chinese medicine practices. Several practitioners in Raleigh offer these therapies to address a range of health concerns and promote overall well-being.

Floatation Therapy: Experience the unique benefits of floatation therapy, which involves floating in a sensory deprivation tank. This can help reduce stress, improve sleep, and promote relaxation.

Connecting with Community: Social Wellness in Raleigh

Connecting with others is a critical aspect of overall well-being. Raleigh provides numerous opportunities to build social connections and cultivate a sense of community:

Community Events: Take advantage of Raleigh's vibrant calendar of events. Attend concerts, festivals, farmers' markets, and other community gatherings to meet new people and connect with your surroundings.

Volunteer Opportunities: Contributing to your community can be a rewarding way to connect with others and make a difference. Numerous organizations in Raleigh offer volunteer opportunities, allowing you to give back while forging new relationships.

Social Clubs and Groups: Explore the many social clubs and groups catering to diverse interests, from hiking and biking clubs to book clubs and art groups. Joining a group centered around your interests is a wonderful way to expand your social circle and connect with like-minded individuals.

Conclusion

Embarking on a wellness journey is a deeply personal experience. "The Wellness Way Raleigh" offers a wealth of options to support your unique path to improved well-being. By incorporating mindfulness practices, healthy eating, regular exercise, relaxation techniques, and strong community connections, you can cultivate a lifestyle that supports both your physical and mental health. Remember, it's a journey, not a race, so be patient with yourself and celebrate your progress along the way. Raleigh provides the resources and support you need to thrive.

FAQs

1. Are there any free wellness resources available in Raleigh? Yes! Many parks offer free spaces for yoga, meditation, and walking. Check local community centers for free or low-cost classes. Also, utilizing free apps for meditation and mindfulness is a great start.
1. How do I find a reputable yoga studio in Raleigh? Read online reviews, check certifications of instructors, and attend a trial class before committing to a membership. Look for studios that emphasize community and offer a variety of class levels.
1. What are some affordable options for healthy eating in Raleigh? Farmers' markets provide fresh produce at competitive prices. Look for lunch specials at health-conscious restaurants, and prioritize cooking at home using whole foods.

1. Is there a specific guide or map for wellness resources in Raleigh? While there isn't a single, official map, utilizing online search tools and reviewing local event calendars will help you discover a wealth of resources.

1. How can I integrate wellness into my busy schedule? Schedule wellness activities like you would any other important appointment. Start small, even 10-15 minutes of mindfulness a day can make a difference. Prioritize activities that you genuinely enjoy to maintain consistency.

the wellness way raleigh: *Yoga as Medicine* Yoga Journal, Timothy McCall, 2007-07-31 The definitive book of yoga therapy, this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine, who is both a practicing yogi and a Western-trained physician. Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit; explains what yoga does and who can benefit from it (virtually everyone!); and provides lavishly illustrated and minutely detailed instructions on starting a yoga practice geared to your fitness level and your health status. *Yoga as Medicine* offers a wealth of practical information, including how to: •Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness •Master the art of becoming more in tune with your body •Communicate more effectively with your doctor •Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications •Practice safely Find an instructor and a style of yoga that are right for you. With twenty chapters devoted to the work of individual master teachers, including such well-known figures as Patricia Walden, John Friend, and Rodney Yee, *Yoga as Medicine* shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions, ranging from arthritis to chronic fatigue, depression, heart disease, HIV/AIDS, infertility, insomnia, multiple sclerosis, and obesity. Defining yoga as "a systematic technology to improve the body, understand the mind, and free the spirit," Dr. McCall shows the way to a path that can truly alter your life. An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.

the wellness way raleigh: *A Wellness Way of Life* Gwen Robbins, Debbie Powers, Sharon Burgess, 1994 This practical how-to book gives students the information they need to make decisions affecting their well-being, emphasizing self-responsibility and lifestyle management.

the wellness way raleigh: *Waiting to Derail* Thomas O'Keefe, 2018-06-26 Long before the Grammy nominations, sold-out performances at Carnegie Hall, and Hollywood friends and lovers, Ryan Adams fronted a Raleigh, North Carolina, outfit called Whiskeytown. Lumped into the burgeoning alt-country movement, the band soon landed a major label deal and recorded an instant classic: *Strangers Almanac*. That's when tour manager Thomas O'Keefe met the young musician. For the next three years, Thomas was at Ryan's side: on the tour bus, in the hotels, backstage at the venues. Whiskeytown built a reputation for being, as the *Detroit Free Press* put it, half band, half soap opera, and Thomas discovered that young Ryan was equal parts songwriting prodigy and drunken buffoon. Ninety percent of the time, Thomas could talk Ryan into doing the right thing. Five percent of the time, he could cover up whatever idiotic thing Ryan had done. But the final five percent? Whiskeytown was screwed. Twenty-plus years later, accounts of Ryan's legendary antics are still passed around in music circles. But only three people on the planet witnessed every Whiskeytown show from the release of *Strangers Almanac* to the band's eventual breakup: Ryan, fiddle player Caitlin Cary, and Thomas O'Keefe. Packed with behind-the-scenes road stories, and,

yes, tales of rock star debauchery, *Waiting to Derail* provides a firsthand glimpse into Ryan Adams at the most meaningful and mythical stage of his career.

the wellness way raleigh: The 2010 Raleigh North Carolina Area Real Estate Guide

Michael Regan, 2009-12-15 Everything you need to know about Raleigh area real estate. Insider tips about buying and selling real estate in the Raleigh, NC area. Information about surrounding towns, and which is best for you and your family, including interviews with buyers who moved to the area within the last five years. Insight into employment opportunities, schools, health care, recreational and cultural activities, shopping, places of worship, climate, transportation, and more!

the wellness way raleigh: *Unequal Treatment* Institute of Medicine, Board on Health Sciences Policy, Committee on Understanding and Eliminating Racial and Ethnic Disparities in Health Care, 2009-02-06 Racial and ethnic disparities in health care are known to reflect access to care and other issues that arise from differing socioeconomic conditions. There is, however, increasing evidence that even after such differences are accounted for, race and ethnicity remain significant predictors of the quality of health care received. In *Unequal Treatment*, a panel of experts documents this evidence and explores how persons of color experience the health care environment. The book examines how disparities in treatment may arise in health care systems and looks at aspects of the clinical encounter that may contribute to such disparities. Patients' and providers' attitudes, expectations, and behavior are analyzed. How to intervene? *Unequal Treatment* offers recommendations for improvements in medical care financing, allocation of care, availability of language translation, community-based care, and other arenas. The committee highlights the potential of cross-cultural education to improve provider-patient communication and offers a detailed look at how to integrate cross-cultural learning within the health professions. The book concludes with recommendations for data collection and research initiatives. *Unequal Treatment* will be vitally important to health care policymakers, administrators, providers, educators, and students as well as advocates for people of color.

the wellness way raleigh: *Telemedicine* Institute of Medicine, Committee on Evaluating Clinical Applications of Telemedicine, 1996-10-08 Telemedicine—the use of information and telecommunications technologies to provide and support health care when distance separates the participants—is receiving increasing attention not only in remote areas where health care access is troublesome but also in urban and suburban locations. Yet the benefits and costs of this blend of medicine and digital technologies must be better demonstrated before today's cautious decision-makers invest significant funds in its development. *Telemedicine* presents a framework for evaluating patient care applications of telemedicine. The book identifies managerial, technical, policy, legal, and human factors that must be taken into account in evaluating a telemedicine program. The committee reviews previous efforts to establish evaluation frameworks and reports on results from several completed studies of image transmission, consulting from remote locations, and other telemedicine programs. The committee also examines basic elements of an evaluation and considers relevant issues of quality, accessibility, and cost of health care. *Telemedicine* will be of immediate interest to anyone with interest in the clinical application of telemedicine.

the wellness way raleigh: *The Shaggy Donkey* Amber Peay, 2021-08-02 Parents are searching for resources, and *The Shaggy Donkey Children's Book* is a positive and encouraging reflection of a True Story of Resiliency for Children, Co-created by Children. Made with love by a mother, father and their two daughters, *The Shaggy Donkey* has something for everyone! Turn the pages to discover what *The Shaggy Donkey* has to say about resiliency to children, and his unique gift he has to share with them! Visit TheShaggyDonkey.com for more resiliency resources! As a mama, we hope to find ways to teach our children about important character qualities such as kindness and resilience and it can be so hard to find resources! I loved reading this charming story to my 4 children and watching the smiles cross their faces as they learned the story of Shaggy Donkey. As we watch *The Shaggy Donkey* transform from a lonely hopeless animal to a loved and confident pet, my kids can hear how they have unique gifts that can help others. I am delighted to add this book to our library, and look forward to reading it through many times and being reminded

that we can transform any obstacle to an opportunity. Thank you, Shaggy Donkey, for reminding my family about the importance of spreading kindness! Brittany L. Pediatric Speech Language Pathologist

The Shaggy Donkey is a beautiful story about finding the good in ourselves and embracing the valuable gift of love. It's so important to instill the importance of taking care of living creatures for our children and this story nails it. One experience is all it takes to change a child, and sometimes a whole family for the rest of their lives. Must read!! Justine S. Children's Teacher and Business Owner

Our resilience after a painful past is a testament to the gift of Grace we receive from God. Take it from The Shaggy Donkey; until his Rescuer came to change his neglectful circumstances, he lived in pain and fear. As he followed his new Master out of his dark and lonely barn, he began to sense a joy he never knew. Eventually, in his new home where love grew on trees, The Shaggy Donkey couldn't help but hee-haw with joy and ease. Jenny M. Children's Teacher

the wellness way raleigh: *The 12 Stages of Healing* Donald M. Epstein, Nathaniel Altman, 2023-02-01

The 12 Stages of Healing is an extraordinary new approach to healing the mind and body. Dr. Epstein, founder and creator of Network Spinal, offers fascinating insights into the complex relationship between mind, emotions, and body, and shows us how to promote greater health in our bodies and harmony in our relationships. Have you, or someone you love, experienced . . . A recurring sickness, healing crisis, or life-threatening illness? · A feeling of emptiness and longing for no apparent reason? · A major trauma, emotional hardship, or life-changing event? · A feeling of being stuck in a pattern of self-destructive behavior? After observing thousands of people in both private practice and public seminars, Dr. Epstein discovered 12 basic rhythms, or stages of consciousness, shared by all humanity. Each stage of healing has a distinct “rite of passage” that helps us to reunite with aspects of ourselves that are traumatized, alienated, forgotten, abused, shamed, or unforgiven. Each stage also has a characteristic pattern of breath, movement, and touch that can help us to reconnect with the natural, internal rhythms of our body, and experience a greater sense of joy and well-being. “Donald Epstein is an extraordinary healer. In my 25 years of traveling the globe, I’ve never seen anyone who is able to produce the impact he does in such a short period of time. He opens our hearts to new possibilities for individuals and humanity.” — Tony Robbins, Peak Performance Coach and best-selling author of *Unlimited Power*

the wellness way raleigh: *Major Labels* Kelefa Sanneh, 2021-10-05

One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year “One of the best books of its kind in decades.” —The Wall Street Journal

An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop. Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career’s worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn’t transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, *Major Labels* pays in full.

the wellness way raleigh: *Living Well* Allan Moseley, 2017-09-16

Wise proverbs stick with us and help us navigate life. Our financial decisions might be guided by a penny saved is a penny

earned, or we might remember not to be lazy from the early bird catches the worm. God has given us a book filled with such memorable wisdom--the Old Testament book of Proverbs. In *Living Well*, you'll look at a different topic in each chapter and learn how Proverbs can guide us to live wiser, more God-honoring lives. Whether in our finances or our relationships, our approach to work or play, following the way of wisdom is often countercultural, but always best. *Living Well* gives us the blueprint for such a life--starting with God's own wisdom from the book of Proverbs.

the wellness way raleigh: Orthopedic Massage Whitney W. Lowe, 2009-04-08 Fully updated and revised *Orthopedic Massage* has been written for those interested in understanding and applying massage as an intervention for soft-tissue disorders. Recent research into the physiological effects of massage has strengthened the justification for its use in the treatment of soft-tissue pain and injury conditions. Orthopedic soft-tissue problems are common among the general population, whether from sports, occupational activities, or chronic pain. This text presents a comprehensive and in-depth look at the physiological nature of these conditions and the massage treatments most effective for their relief. A particular contribution this text makes is its validation for the role of massage in treating orthopedic conditions. In addition, it aims to help the clinician understand the relationship between the soft tissues to which they apply their techniques and the overall orthopedic disorder affecting their clients. Although written chiefly for massage practitioners, the lessons it teaches are relevant to any practitioner who is concerned with the treatment of soft-tissue injuries. Includes detailed technical information, extensive illustrations, and reliable reference material essential to everyday practice. Provides a comprehensive approach to treatment of common soft tissue pain and injury. Explains common orthopedic problems in detail, addressing biomechanics, kinesiology, and anatomy. Provides an in-depth discussion of the physiologic rationale for soft tissue treatments and explains those most effective for each condition. Integrates treatment approaches from across the field and gives detailed, easy-to-follow steps for their application. Compares traditional treatments with soft tissue manipulation for each problem discussed. Clearly links anatomy, physiology, and biomechanics with clinical practice. Designed for quick and easy reference with more than 200 high-quality full colour illustrations and numerous photos of treatment techniques. New clinical case studies and tips illustrate the techniques discussed. Now presented in full colour. New step-by-step photographs depict the techniques described in full detail. Increased artwork and photographs make learning more visual. Case studies demonstrate techniques and management in clinical practice. Clinical hints and tips throughout. Greater guidance in treatment strategies to include 'Treatment Approaches' and 'Rehabilitation Protocol Considerations'.

the wellness way raleigh: Songs of America Jon Meacham, Tim McGraw, 2019-06-11 NEW YORK TIMES BESTSELLER • A celebration of American history through the music that helped to shape a nation, by Pulitzer Prize winner Jon Meacham and music superstar Tim McGraw “Jon Meacham and Tim McGraw form an irresistible duo—connecting us to music as an unsung force in our nation's history.”—Doris Kearns Goodwin Through all the years of strife and triumph, America has been shaped not just by our elected leaders and our formal politics but also by our music—by the lyrics, performers, and instrumentals that have helped to carry us through the dark days and to celebrate the bright ones. From “The Star-Spangled Banner” to “Born in the U.S.A.,” Jon Meacham and Tim McGraw take readers on a moving and insightful journey through eras in American history and the songs and performers that inspired us. Meacham chronicles our history, exploring the stories behind the songs, and Tim McGraw reflects on them as an artist and performer. Their perspectives combine to create a unique view of the role music has played in uniting and shaping a nation. Beginning with the battle hymns of the revolution, and taking us through songs from the defining events of the Civil War, the fight for women's suffrage, the two world wars, the Great Depression, the civil rights movement, the Vietnam War, and into the twenty-first century, Meacham and McGraw explore the songs that defined generations, and the cultural and political climates that produced them. Readers will discover the power of music in the lives of figures such as Harriet Tubman, Franklin Roosevelt, Eleanor Roosevelt, and Martin Luther King, Jr., and will learn more about some of our most beloved musicians and performers, including Marian Anderson, Elvis

Presley, Sam Cooke, Aretha Franklin, Bob Dylan, Duke Ellington, Carole King, Bruce Springsteen, and more. Songs of America explores both famous songs and lesser-known ones, expanding our understanding of the scope of American music and lending deeper meaning to the historical context of such songs as "My Country, 'Tis of Thee," "God Bless America," "Over There," "We Shall Overcome," and "Blowin' in the Wind." As Quincy Jones says, Meacham and McGraw have "convened a concert in Songs of America," one that reminds us of who we are, where we've been, and what we, at our best, can be.

the wellness way raleigh: Create Your Own Light Travis Howze, 2020-05-25 From taking human life to being assigned to the body recovery team of nine brother firefighters, including one of his best friends, U.S. Marine, former Police Officer and Firefighter Travis Howze was plagued with extreme Post Traumatic Stress, Depression and Survivors Guilt from a lifetime of very traumatic exposures dating back to early childhood. Victorious in the fight for his very own life at just three months old, his struggle to survive was just the beginning. Years later, he would defeat the very silent and deadly killer, PTSD, but not before it caused massive carnage and collateral damage to his personal and professional life. From Class Clown to professional Stand-Up Comedian and Speaker, Travis' UNBELIEVABLY GRIPPING, uncensored autobiography is a MUST READ that takes you on an emotional roller coaster ride through the eyes of an emergency responder. Follow Travis through countless horrific events, from funny stories inside of the Firehouse, Patrol Car, and Marine Corps, to Stand-Up Comedy Stages and the dark places first responders have to go to in their mind to survive. This true, hard-hitting story is about staying in the fight. It's about never quitting yourself, always getting up, doing the things you love, and how the power of perspective, attitude, ownership and acceptance can lead to LIFE CHANGING personal growth and a more PURPOSEFUL LIFE.

the wellness way raleigh: The Hush John Hart, 2018-02-27 A new novel from John Hart--

the wellness way raleigh: The Stateless Mind - Beauty of Mental Wellness Mohammed Shahriar Hussain, 2023-03-24 In this book, 'Stateless Mind: The Beauty of Mental Wellness', we make an attempt to dive into the often-overlooked topic of mental wellness and its crucial role in our overall well-being. Our minds are a powerful tool, yet so often we find ourselves trapped in negative thought patterns and overwhelmed by stress and anxiety. Through personal anecdotes and expert insights, we explore the various facets of mental wellness and the steps we can take to achieve a stateless mind - a place of peace and balance. This book is not only a guide to better mental health, but a call to action to prioritize our mental well-being and live a more fulfilling life.

the wellness way raleigh: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1986 , 1988

the wellness way raleigh: What You Need to Know about Leukemia , 1994

the wellness way raleigh: Teaching and Learning STEM Richard M. Felder, Rebecca Brent, 2024-03-19 The widely used STEM education book, updated Teaching and Learning STEM: A Practical Guide covers teaching and learning issues unique to teaching in the science, technology, engineering, and math (STEM) disciplines. Secondary and postsecondary instructors in STEM areas need to master specific skills, such as teaching problem-solving, which are not regularly addressed in other teaching and learning books. This book fills the gap, addressing, topics like learning objectives, course design, choosing a text, effective instruction, active learning, teaching with technology, and assessment—all from a STEM perspective. You'll also gain the knowledge to implement learner-centered instruction, which has been shown to improve learning outcomes across disciplines. For this edition, chapters have been updated to reflect recent cognitive science and empirical educational research findings that inform STEM pedagogy. You'll also find a new section on actively engaging students in synchronous and asynchronous online courses, and content has been substantially revised to reflect recent developments in instructional technology and online course development and delivery. Plan and deliver lessons that actively engage students—in person or online Assess students' progress and help ensure retention of all concepts learned Help students develop skills in problem-solving, self-directed learning, critical thinking, teamwork, and communication Meet the learning needs of STEM students with diverse backgrounds and identities

The strategies presented in Teaching and Learning STEM don't require revolutionary time-intensive changes in your teaching, but rather a gradual integration of traditional and new methods. The result will be a marked improvement in your teaching and your students' learning.

the wellness way raleigh: Prescribing Together Warren A. Kinghorn, M.D., Th.D., Abraham M. Nussbaum, M.D., M.T.S., 2021-06-01 What if, rather than being dispensers of medication, mental health clinicians and primary care clinicians treating mental disorders were collaborators with patients in the prescribing relationship? To prescribe more effectively and to achieve health equity, Warren Kinghorn and Abraham Nussbaum argue, it's necessary--and in *Prescribing Together*, they offer a roadmap for making it a reality. In these pages, readers will find practical introductions to key concepts, from cultural formation and structural competency to collaborative deprescribing, and profiles, enlivened by personal anecdotes, of a diverse group of accomplished clinicians that offer evidence-based strategies for building strong alliances in the context of 13 mental disorder categories, including generalized anxiety disorder, major depressive disorder, borderline personality disorder, and neurocognitive disorders. By focusing on how, rather than what, to prescribe, this book makes room for patients' lived experiences and interpersonal and social contexts, returning to them a sense of agency and empowering them to set meaningful goals and to be active participants in their own flourishing.

the wellness way raleigh: Studying the Organisation and Delivery of Health Services Pauline Allen, Nick Black, Aileen Clarke, Naomi Fulop, Stuart Anderson, 2004-08-02 Research into the delivery and organisation of health care is a vital component in the improvement of health services. This unique reader brings together thirty examples of high-quality SDO research, from a range of disciplines, to illustrate the use of qualitative and quantitative approaches, and primary and secondary research.

the wellness way raleigh: Studying the Organisation and Delivery of Health Services Aileen Clarke, 2004 Publisher description

the wellness way raleigh: Livingood Daily Livingood, 2017-12-24 America takes 75% of the world's medications and seven out of ten people die of chronic and preventable diseases. The health care system meant to remedy this problem is now the third leading cause of death itself. This exists because we often ignore our health or assume we are healthy until disease hits. Then once disease hits we manage the sickness with drugs and surgeries. That's not health care, that's sick care. This book is the guide to experience real health. If you manage sickness and disease you get sickness and disease, if you build health you get health.

the wellness way raleigh: Unspeakable Carole Boston Weatherford, 2021-02-02 Winner of the Coretta Scott King Book Awards for Author and Illustrator A Caldecott Honor Book A Sibert Honor Book Longlisted for the National Book Award A Kirkus Prize Finalist A Boston Globe-Horn Book Honor Book A must-have—Booklist (starred review) Celebrated author Carole Boston Weatherford and illustrator Floyd Cooper provide a powerful look at the Tulsa Race Massacre, one of the worst incidents of racial violence in our nation's history. The book traces the history of African Americans in Tulsa's Greenwood district and chronicles the devastation that occurred in 1921 when a white mob attacked the Black community. News of what happened was largely suppressed, and no official investigation occurred for seventy-five years. This picture book sensitively introduces young readers to this tragedy and concludes with a call for a better future. Download the free educator guide here: <https://lernerbooks.com/download/unspeakableteachingguide>

the wellness way raleigh: The Reverse Coloring Book™ Kendra Norton, 2021-08-31 Coloring books became a thing when adults discovered how relaxing and meditative they were. Jigsaw puzzles roared back into popularity as an immersive activity, not to mention a great alternative to television. How exciting is it, then, to introduce an activity that tops them both: reverse coloring, which not only confers the mindful benefits of coloring and puzzling but energizes you to feel truly creative, even when you're weary and just want to zone out. It's so simple, yet so profoundly satisfying. Each page in *The Reverse Coloring Book* has the colors, and you draw the lines. Created by the artist Kendra Norton, these beautiful and whimsical watercolors provide a gentle visual guide

so open-ended that the possibilities are limitless. Trace the shapes, draw in figures, doodle, shade, cover an area with dots. Be realistic, with a plan, or simply let your imagination drift, as if looking at clouds in the sky. Each page is an invitation to slow down, let go, and thoughtfully (or thoughtlessly) let your pen find its way over the image. The Reverse Coloring Book includes 50 original works of art, printed on sturdy paper that's single-sided and perforated. And unlike with traditional coloring books, all you need is a pen.

the wellness way raleigh: The Book of Wellness Donald B. Ardell, 1996 Is it possible that your fitness level, the quality of your diet, your sense of humour, your capacity for modifying stress, your ability to fashion and sustain a satisfying and healthful lifestyle are all connected to a deeper psychological variable? Dr. Ardell says, Yes! Without question! As America's leading advocate of wellness, Dr. Ardell urges physicians and health promoters to spend less energy promoting fitness, nutrition, and stress management, and a lot more effort encouraging people to ponder the meaning and purpose of their lives. He provides specific tips from 100 of America's top health and wellness leaders for discovering and enjoying meaning and purpose at work and elsewhere; valuable check lists and assessments for addressing spirituality without religion, dogmas, or creeds; and examples of activities that can nurture an environment in which people are comfortable exploring their ideas, concerns, feelings, and impressions. Once you realise that there is no meaning of life you can begin to create, invent, and discover exciting purposes that give your work, life, and play its own special meaning. He'll also help you to organise an approach or mindset for doing just that!

the wellness way raleigh: Untouchable Jayne Ann Krentz, 2019 A man's quest to find answers for those who are haunted by the past leads him deeper into the shadows in this electrifying New York Times bestseller from the author of Promise Not to Tell. Quinton Zane is back. Jack Lancaster, consultant to the FBI, has always been drawn to the coldest of cold cases, the kind that law enforcement either considers unsolvable or else has chalked up to accidents or suicides. As a survivor of a fire, he finds himself uniquely compelled by arson cases. His almost preternatural ability to get inside the killer's head has garnered him a reputation in some circles--and complicated his personal life. The more cases Jack solves, the closer he slips into the darkness. His only solace is Winter Meadows, a meditation therapist. After particularly grisly cases, Winter can lead Jack back to peace. But as long as Quinton Zane is alive, Jack will not be at peace for long. Having solidified his position as the power behind the throne of his biological family's hedge fund, Zane sets out to get rid of Anson Salinas's foster sons, starting with Jack.

the wellness way raleigh: The 100 Best Nonfiction Books of All Time Robert McCrum, 2018 Beginning in 1611 with the King James Bible and ending in 2014 with Elizabeth Kolbert's 'The Sixth Extinction', this extraordinary voyage through the written treasures of our culture examines universally-acclaimed classics such as Pepys' 'Diaries', Charles Darwin's 'The Origin of Species', Stephen Hawking's 'A Brief History of Time' and a whole host of additional works --

the wellness way raleigh: Choosing Life: One man's journey through alcoholism and depression to wellness and self-discovery Blue Andrews, 2022-08-18 Choosing Life is the courageous and compelling story of Blue Andrews, who fell into debilitating depression and then worked his way back to become stronger than ever. This book is about trial, persistence, discovery, and hope—hope that no matter how dark things get, you can feel better and life can be beautiful. Andrews opens by sharing a life that seemingly had it all—family, friendships, career success, material wealth—yet was also filled with trauma, excessive drinking, self-doubt, and suicidal thinking. Through his eye-opening and brutally honest storytelling, he shows what it's like to appear one way on the outside and feel completely different on the inside. Andrews then brings us along as he figures out his own recovery journey, during which he finds a level of health he may never have had otherwise. With insight only achieved through experience, he shares his perspectives on alcoholism and grieving, acknowledges the value of accepting support, discusses the importance of discovering self, and unveils what life can feel like after overcoming mental illness. Engaging, inspiring, and relatable, this book will be beneficial to anyone suffering the impacts of alcoholism and/or depression.

the wellness way raleigh: Yoga Journal , 1998-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

the wellness way raleigh: A Woman's Guide to De-Stress for Success Tiffany Lowe-Payne, Natasha T. Brown, 2016-04-02 Do you feel fed up, overwhelmed, overworked or just completely ?stressed out? If you've answered yes, you are not alone. In today's world full of daily schedules, deadlines and demands, women are much more likely to experience major stress as they multi-task through life. The problem is that stress can make you sick! In fact, many of the illnesses that drive patients to the doctor's office have chronic stress as a major underlying factor, and after reading this book you'll understand why. In A Woman's Guide To De-Stress For Success, board certified family physician and stress expert Dr. Tiffany Lowe-Payne combines her medical knowledge with her personal experiences as a successful doctor, wife and mother of two, to help busy women find balance and transform their lives from the inside out. This is the most practical guide for today's modern woman, filled with important medical information, interactive exercises and spiritual guidance to inform you, inspire you and help you live at your best mind, body and spirit. Let Dr. Tiffany transform you!

the wellness way raleigh: Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954 , 2003

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

the wellness way raleigh: National Five Digit Zip Code and Post Office Directory , 2004

the wellness way raleigh: What Your Doctor May Not Tell You About(TM):

Hypothyroidism Ken Blanchard, Marietta Abrams Brill, 2004-01-01 A groundbreaking, proven approach for successfully diagnosing and treating the millions with hypothyroidism. Depression, weight gain, fatigue, headaches, memory lapses, hair loss—these are just some of the vague, often debilitating symptoms that plague the more than 13 million patients with hypothyroidism. The typical blood test for diagnosis is often inaccurate, leaving many to suffer through ineffective treatment. But now, there is a solution: Dr. Blanchard's groundbreaking program draws on emerging research, medical facts, and three decades of clinical experiences as an endocrinologist. This individualized program uses questionnaires and charts to help diagnose sufferers through symptoms, not only lab results. It then treats patients of all ages with the safe but little used T3 hormone in combination with the more common T4 hormone. Also including specific nutritional advice and alternative treatments, this is the one program for sufferers of hypothyroidism that really works!

the wellness way raleigh: Trump and Me Mark Singer, 2016 An updated portrait of the business mogul and presidential candidate, written by his ... chronicler and the author of Funny Money, traces Trump's rise as [a] ... tribune of populist rage--NoveList.

the wellness way raleigh: Orchids , 2003

the wellness way raleigh: Chasing My Cure David Fajgenbaum, 2019-09-10 LOS ANGELES TIMES AND PUBLISHERS WEEKLY BESTSELLER • The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure—and became a champion for a new approach to medical research. “A wonderful and moving chronicle of a doctor’s relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine.”—Siddhartha Mukherjee, New York Times bestselling author of The Emperor of All Maladies and The Gene David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina.

But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic play to second the game into overtime. Miraculously, Fajgenbaum survived—only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for *Chasing My Cure* “A page-turning chronicle of living, nearly dying, and discovering what it really means to be invincible in hope.”—Angela Duckworth, #1 New York Times bestselling author of *Grit* “[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum’s stirring account of his illness will inspire readers.”—Publishers Weekly

the wellness way raleigh: *Sleep for Success! Everything You Must Know About Sleep but Are Too Tired to Ask* Dr. James B. Maas, Rebecca S. Robbins, 2011-01-28 Given the present, stress-inducing state of the economy and the world, there has never been a better time to provide a wake-up call on how to relax, get centered, get 8 hours of sleep and be happier and more successful. Recent research has shown us that when we get enough sleep, we are able to accomplish more in less time and with less stress and greater health. We don't need a 26-hour day. With more efficient and effective sleep habits, in our book, 24 hours is more than adequate. Our proposition is simple and compelling. Do you want to be healthier, more productive, energetic, creative, organized, efficient, and constantly expanding your potential? Do you want to be less stressed, happier, have a better relationship with yourself and others, and a deeper sense of well-being? What if you could take a few small steps every day that would enable you to eventually achieve all these things? You can. In fact, it's easy. *Sleep for Success!*, a convincing, psychological approach to changing attitudes and behaviors, is written for anyone who wants to get a great night's sleep, feel wide-awake and be a peak performer all day. It pertains to executives, students, parents, athletes, children and senior citizens. If you're human, chances are that you are at least somewhat sleep deprived. *Sleep for Success!* can change your life literally overnight.

the wellness way raleigh: *The Faces of Poverty in North Carolina* Gene R. Nichol, 2021-11-01 More than 1.5 million North Carolinians today live in poverty. More than one in five are children. Behind these sobering statistics are the faces of our fellow citizens. This book tells their stories. Since 2012, Gene R. Nichol has traveled the length of North Carolina, conducting hundreds of interviews with poor people and those working to alleviate the worst of their circumstances. In an afterword to this new edition, Nichol draws on fresh data and interviews with those whose voices challenge all of us to see what is too often invisible, to look past partisan divides and preconceived notions, and to seek change. Only with a full commitment as a society, Nichol argues, will we succeed in truly ending poverty, which he calls our greatest challenge.

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