

wellness topics for december

Wellness Topics for December: Embrace the Cozy Season with Self-Care

December. The air crackles with festive cheer, the scent of pine fills the homes, and the year winds down to a close. But amidst the holiday hustle, it's easy to lose sight of your well-being. This December, let's shift the focus back to you. This comprehensive guide explores a range of wellness topics perfect for navigating the unique challenges and opportunities of the holiday season. We'll delve into practical tips and strategies to help you prioritize your mental, physical, and emotional health, ensuring you emerge from December feeling refreshed and rejuvenated, not depleted and stressed. Prepare to embrace the cozy season with mindful self-care!

1. Managing Holiday Stress: Finding Your Calm Amidst the Chaos

December often brings a whirlwind of activities: shopping, parties, travel, family gatherings. While these events can be enjoyable, the sheer volume can lead to overwhelming stress. This section provides actionable strategies for navigating this period with grace.

Prioritize and Delegate: Create a realistic to-do list, breaking down large tasks into smaller, manageable steps. Don't be afraid to ask for help – delegate tasks to family members or friends.

Set Boundaries: Learning to say "no" is crucial. Don't overcommit yourself. Protect your time and energy by politely declining invitations or activities that will add unnecessary stress.

Practice Mindfulness and Meditation: Incorporate daily mindfulness exercises, even if it's just for 5-10 minutes. Meditation apps like Headspace or Calm can guide you through simple practices to reduce anxiety and promote relaxation.

Engage in Stress-Reducing Activities: Find activities that help you unwind and de-stress. This could be anything from reading a book, taking a warm bath, listening to calming music, or spending time in nature.

2. Boosting Immunity During Cold and Flu Season: Protecting Your Health

December is peak cold and flu season. Strengthening your immune system is crucial for staying healthy throughout the holidays.

Prioritize Sleep: Aim for 7-9 hours of quality sleep each night. Sleep is essential for immune function and overall well-being.

Eat a Nutritious Diet: Focus on consuming a balanced diet rich in fruits, vegetables, and

whole grains. These provide essential vitamins and minerals that support your immune system.

Stay Hydrated: Drink plenty of water throughout the day. Dehydration can weaken your immune system.

Practice Good Hygiene: Wash your hands frequently, avoid touching your face, and cover your coughs and sneezes.

3. Nourishing Your Body with Festive, Healthy Recipes: Holiday Eating Made Easy

The holiday season is synonymous with delicious food, but it's easy to overindulge. This section offers tips for making healthy choices during festive gatherings.

Mindful Eating: Pay attention to your hunger and fullness cues. Eat slowly and savor each bite.

Balance Your Plate: Include a variety of nutrient-rich foods on your plate, including lean proteins, vegetables, and whole grains.

Healthy Swaps: Look for healthier alternatives to traditional holiday dishes. For example, use whole-wheat flour instead of white flour, or opt for baked sweet potatoes instead of mashed potatoes with excessive butter.

Portion Control: Be mindful of portion sizes. Use smaller plates and bowls to help control your intake.

4. Movement and Exercise: Staying Active During the Holidays

It's easy to become sedentary during the holiday season, but maintaining physical activity is crucial for both physical and mental health.

Find Activities You Enjoy: Choose activities that you find enjoyable and that fit into your schedule. This could be anything from taking a walk in the park to trying a new fitness class.

Incorporate Movement into Your Day: Take the stairs instead of the elevator, walk or cycle instead of driving short distances, and get up and move around every 30-60 minutes if you have a sedentary job.

Set Realistic Goals: Don't try to do too much too soon. Start with small, achievable goals and gradually increase the intensity and duration of your workouts.

Embrace Outdoor Activities: Take advantage of the festive atmosphere by engaging in outdoor activities like ice skating, sledding, or winter hiking.

5. Connecting with Loved Ones: Nurturing Relationships During the Festive Season

The holiday season is a time for connecting with loved ones. However, it's important to nurture relationships in a healthy way.

Prioritize Quality Time: Spend quality time with your loved ones, engaging in meaningful

conversations and activities.

Practice Active Listening: Truly listen to what your loved ones have to say, without interrupting or judging.

Express Gratitude: Express your appreciation for the people in your life.

Manage Conflict: If conflicts arise, address them calmly and respectfully.

Conclusion

December doesn't have to be a period of stress and overindulgence. By incorporating these wellness strategies into your routine, you can navigate the holiday season with ease and emerge feeling refreshed and rejuvenated. Remember, prioritizing your well-being is not selfish; it's essential for enjoying the festive season and for maintaining your overall health and happiness throughout the year. Embrace the cozy season with intention and mindful self-care!

FAQs

1. How can I manage my time effectively during the busy holiday season?

Prioritize tasks, delegate responsibilities, and learn to say "no" to commitments that will add unnecessary stress. Use a planner or calendar to visualize your schedule and allocate specific times for tasks.

1. What are some healthy alternatives to traditional holiday treats?

Consider using whole-wheat flour instead of white flour, baking with less sugar and butter, incorporating more fruits and vegetables into your recipes, and opting for healthier alternatives like dark chocolate instead of milk chocolate.

1. How can I stay motivated to exercise during the holidays?

Find activities you enjoy, set realistic goals, and schedule your workouts like any other important appointment. Try incorporating movement into your daily routine by taking the stairs or walking instead of driving short distances.

1. How can I cope with difficult family dynamics during the holidays?

Set boundaries, practice active listening, and try to approach conversations with empathy and understanding. If possible, limit your exposure to stressful situations and focus on

spending time with supportive individuals.

1. What are some simple mindfulness exercises I can do during the holidays?

Try deep breathing exercises, body scans (paying attention to sensations in your body), or guided meditations. Even a few minutes a day can make a significant difference in reducing stress and promoting relaxation.

wellness topics for december: Delivering Superior Health and Wellness Management with IoT and Analytics Nilmini Wickramasinghe, Freimut Bodendorf, 2019-11-27 This in-depth book addresses a key void in the literature surrounding the Internet of Things (IoT) and health. By systematically evaluating the benefits of mobile, wireless, and sensor-based IoT technologies when used in health and wellness contexts, the book sheds light on the next frontier for healthcare delivery. These technologies generate data with significant potential to enable superior care delivery, self-empowerment, and wellness management. Collecting valuable insights and recommendations in one accessible volume, chapter authors identify key areas in health and wellness where IoT can be used, highlighting the benefits, barriers, and facilitators of these technologies as well as suggesting areas for improvement in current policy and regulations. Four overarching themes provide a suitable setting to examine the critical insights presented in the 31 chapters: Mobile- and sensor-based solutions Opportunities to incorporate critical aspects of analytics to provide superior insights and thus support better decision-making Critical issues around aspects of IoT in healthcare contexts Applications of portals in healthcare contexts A comprehensive overview that introduces the critical issues regarding the role of IoT technologies for health, Delivering Superior Health and Wellness Management with IoT and Analytics paves the way for scholars, practitioners, students, and other stakeholders to understand how to substantially improve health and wellness management on a global scale.

wellness topics for december: Jump Start Health! Practical Ideas to Promote Wellness in Kids of All Ages David Campos, 2015-04-18 This dynamic resource will help classroom teachers jump start their students on a path to a healthy lifestyle. The author helps us understand the obesity crisis and offers practical ideas for incorporating wellness initiatives into the elementary curriculum. Each idea presented has a clear learning objective, addresses federal health standards, and includes a step-by-step approach with activities for the classroom. This hands-on, comprehensive book provides a set of tools that will help teachers and health practitioners improve the eating habits and exercise patterns of youngsters nationwide. Unlike other health curricula, Jump Start Health! is unique because it provides teaching materials that: Ask a range of critical thinking questions. Encourage collaboration and community building. Embody the National Education Standards and National Health Standards. David Campos is an associate professor of education at the University of the Incarnate Word in San Antonio, Texas. "In the rich tradition of a child-centered curriculum, David Campos presents a useful, comprehensive, and clear resource for keeping children physically and psychologically healthy. Providing a rich context for a 'well being' perspective, he guides teachers, parents, and the community through understanding the necessity for all adults to ensure a nurturing environment for every age child." —Mari Koerner, Professor and Dean, Mary Lou Fulton Teachers College, Arizona State University "This how-to manual is a panoply of original lesson plans and practical strategies for eradicating the poor dietary and exercise habits that are diminishing the health and wellness of our society. This book is a definitive guide for restoring and maintaining one of our most precious commodities: the health and well-being of our children." —La Vonne I. Neal,

Northern Illinois University, Dean, College of Education "Dr. Campos has made a valuable contribution to the national discussion regarding how we, as a country, can effectively address the evolving tragedy of the childhood obesity epidemic." —Norman H. Chenven, M.D., Founder & CEO, Austin Regional Clinic

wellness topics for december: Health Education Ideas and Activities Roger F. Puza, 2008 Health Education Ideas and Activities contains these time saving features: Specific ready-to-use assessments for easily building accountability into your teaching; Over 200 handouts and 20 tests; A handy CD-ROM containing all the reproducibles for quick access; A lesson idea finder for quickly locating the content you need.

wellness topics for december: *Building a Culture of Health* John A. Quelch, Emily C. Boudreau, 2016-09-22 This ambitious volume sets out to understand how every company impacts public health and introduces a robust model, rooted in organizational and scientific knowledge, for companies committed to making positive contributions to health and wellness. Focusing on four interconnected areas of corporate impact, it not only discusses the business imperative of promoting a healthier society and improved living conditions worldwide, but also provides guidelines for measuring a company's population health footprint. Examples, statistics and visuals showcase emerging corporate involvement in public health and underscore the business opportunities available to companies that invest in health. The authors offer a detailed roadmap for optimizing health-promoting actions in a rapidly evolving business and social climate across these core areas: Planning and building a culture of health Consumer health: How organizations affect the safety, integrity, and healthfulness of the products and services they offer to their customers and end consumers Employee health: How organizations affect the health of their employees (e.g., provision of employer-sponsored health insurance, workplace practices and wellness programs) Community health: How organizations affect the health of the communities in which they operate and do business Environmental Health: How organizations' environmental policies (or lack thereof) affect individual and population health Implementing and sustaining a culture of health Building a Culture of Health clarifies both a mission and a vision for use by MPH and MBA students in health management, professors in schools of public health and business schools, and business leaders and chief medical officers in health care and non-health care businesses.

wellness topics for december: The New Public Health Theodore H. Tulchinsky, Elena A. Varavikova, Matan J. Cohen, 2023-01-21 **Selected for Doody's Core Titles® 2024 in Public Health** The New Public Health has established itself as a solid textbook throughout the world. Translated into seven languages, this work distinguishes itself from other public health textbooks, which are either highly locally oriented or, if international, lack the specificity of local issues relevant to students' understanding of applied public health in their own setting. Fully revised, the Fourth Edition of The New Public Health provides a unified approach to public health appropriate for graduate students and advance undergraduate students especially for courses in MPH, community health, preventive medicine, community health education programs, community health nursing programs. It is also a valuable resource for health professionals requiring an overview of public health. - Provides a comprehensive overview of the field, illustrated with real-life specific examples - Updated with new case studies and examples from current public health environment in North American and European regions - Includes detailed Companion website (<https://www.elsevier.com/books-and-journals/book-companion/9780128229576>) featuring case studies, image bank, online chapters, and video as well as an Instructors' guide

wellness topics for december: *Ballweg's Physician Assistant: A Guide to Clinical Practice - E-Book* Tamara S Ritsema, Darwin L. Brown, Daniel T. Vetrosky, 2021-04-17 Designed as a highly visual and practical resource to be used across the spectrum of lifelong learning, Ballweg's Physician Assistant, 7th Edition, helps you master all the core competencies needed for physician assistant certification, recertification, and clinical practice. It remains the only textbook that covers all aspects of the physician assistant profession, the PA curriculum, and the PA's role in clinical practice. Ideal for both students and practicing PAs, it features a succinct, bulleted writing style,

convenient tables, practical case studies, and clinical application questions that enable you to master key concepts and clinical applications. - Addresses all six physician assistant competencies, as well as providing guidance for the newly graduated PA entering practice. - Includes five new chapters: What Is a Physician Assistant, and How Did We Get Here?, Effective Use of Technology for Patient-Centered Care, Success in the Clinical Year, Transitioning to Practice and Working in Teams, and Finding Your Niche. - Features an enhanced focus on content unique to the PA profession that is not readily found in other resources, more illustrations for today's visually oriented learners, a more consistent format throughout, and a new emphasis on the appropriate use of social media among healthcare professionals. - Provides updated content throughout to reflect the needs of the PA profession, including new content on self-care for the PA to help prevent burnout, suicide, and other hazards faced by healthcare professionals. - Guides students in preparation for each core clinical rotation and common electives, as well as working with special patient populations such as patients experiencing homelessness and patients with disabilities. - Includes quick-use resources, such as objectives and key points sections for each chapter, tip boxes with useful advice, abundant tables and images, and more than 130 updated case studies. - Evolve Educator site with an image bank is available to instructors through their Elsevier sales rep or via request at <https://evolve.elsevier.com>.

wellness topics for december: HealthTech Jelena Madir, 2020-10-30 This comprehensive book provides a detailed survey and practical examination of a wide range of legal and regulatory topics in HealthTech. Key features include: • Analysis of the impact of emerging innovations on the accessibility, efficiency and quality of healthcare and its effects on healthcare providers • Examination of artificial intelligence, blockchain and digital identity applications in healthcare, alongside associated regulatory challenges • Guidance on the financial requirements of healthcare start-ups at different stages of growth and various collaboration and partnership models in the HealthTech market • Discussion of the major regulatory questions affecting the HealthTech industry, from data protection, public procurement and product liability, to the regulation of medical devices, intellectual property and advertising.

wellness topics for december: Nursing Practice Ian Peate, Aby Mitchell, 2022-07-18 ORGANIC REACTIONS In this updated third edition of the successful and definitive nursing textbook, Nursing Practice is designed to support the student throughout the entire nursing degree. Structured around the Nursing and Midwifery Council Code of Conduct and the latest Standards for Education, it explores a range of clinical and professional issues that the student will need to know in one complete and accessible volume. Written by a number of expert practitioners and academics who are passionate about the art and science of nursing, the book includes: How the field of health and social care has changed since the second edition of this popular text was published A systems approach to make learning and application easier Thorough coverage of maternity care, surgical care, cancer care, nutrition, skin integrity, medicine administration, pain management and more The elements, principles, art and science of nursing care Nursing Practice provides invaluable information to enable student nurses, as well as registered practitioners and members of the extended nursing family such as trainee nursing associates, to develop a deeper understanding of patients' needs and to ensure that they are practicing safely and effectively.

wellness topics for december: A Comprehensive Guide to Safety and Aging Barry S. Eckert, Robert Wolf, Amy R. Ehrlich, 2023-06-16 This book is a comprehensive survey on safety for older adults. It contains contributions by experts from over a dozen disciplines, including physicians, audiologists, optometrists, mental health professionals, lawyers, occupational therapists, and policy makers. This multi-disciplinary approach provides a new and expansive conceptual framework for health care professionals, students, policymakers, and others who care for older adults, and promotes an understanding of the many challenges that adults face as they age. This book describes the complex range of issues that need to be considered when safeguarding older adults. We hope that this book will be of benefit to anyone currently working or training to work with older adults, helping them to fully appreciate the many safety issues that can arise. The book will be also be useful for both older adults and their caregivers, helping them to identify and address areas of

concern. Our goal is to mitigate injury or other harm through an increased understanding of the risks encountered by older adults. This text will also appeal to professionals and graduate students in the fields of human factors and ergonomics, occupational health, and safety.

wellness topics for december: *Making a Difference* Rebecca Meehan, John Sharp, 2023-08-31 Making a Difference: Careers in Health Informatics addresses everyday questions from people interested in working in health informatics. Typically, this includes people who work in health care, computer and technology fields, information science, finance / insurance and related areas. The book aims to tell students about various jobs that exist in the health informatics field, what credentials they need to qualify for those jobs, and a brief description about what people in those roles tend to do every day. As faculty members teaching in a Master of Science in Health Informatics program, the authors say that they are fortunate to have eager, bright, and talented graduate students who are invested in related health informatics areas. This could be their experiences in medicine, nursing, clinical care, software engineering, finance, business, library science, data science, or caregiving. Common questions we hear from our students that may be similar to questions among readers include: 'what jobs are out there?', 'what can I do with this degree?' or 'what does a health informatics specialist do?' This book aims to answer some of these questions with a look into a day in the life of people working in this field. The book examines career options, roles, and skill sets important in health informatics across 6 related industries. We want readers to realize that their skills and interests can apply in many areas of the field, not exclusively hospitals. This book highlights 6 unique work segments (hospital systems, long term care, health IT / consumer health organizations, government, consulting, and payer / insurance companies) into which readers may look to expand their career opportunities. The hope is that this book will provide insight into career opportunities students and professionals may be qualified for, and interested in, but simply not aware of. Hiring managers and human resource professionals across the stakeholder groups across the stakeholder groups may also find the book helpful in learning about other roles that may benefit their organizations.

wellness topics for december: Fitness and Wellness in Canada Sarah J. Woodruff Atkinson, Carol Kennedy Armbruster, Ellen M. Evans, 2020 Developed specifically for the Canadian audience and written for first-year undergraduate students taking a general education fitness and wellness course, *Fitness and Wellness in Canada: A Way of Life* uses an engaging learning environment to provide students with the tools they need to become fit and well for life. In addition to providing students with an overview of the health-related components of fitness, *Fitness and Wellness in Canada: A Way of Life* teaches students how to embrace healthy eating and enjoy being physically active. Students learn how to establish fitness and wellness goals for now and throughout their lives. They learn how to manage stress, reduce the risk of metabolic syndrome and cancer, remain free from addiction, and develop a healthy sexuality--

wellness topics for december: The Encyclopedia of the Back and Spine Systems and Disorders Mary Harwell Sayler, Arya Nick Shamie, 2007 Back pain is the most common cause of job-related disability. This is a reference to these parts of the body and the ailments of sufferers. It provides information on various aspects of the back and spine, including anatomy, metabolic processes, neurological systems, injuries, diseases and disorders, treatments, medicines, and nutrition.

wellness topics for december: *Current Awareness in Health Education* , 1984-03

wellness topics for december: Health Promotion Moving Forward Jody C. Gan, MPH, CHES, 2024-08-19 *Health Promotion Moving Forward: A Population Health Approach* is the most current foundational health promotion textbook to dynamically reflect upon the collective pandemic experience, the lessons learned, and the strategies for national recovery. With a focus on the structural and social determinants of health that affect health equity, this textbook dives deeply into risk factors for today's leading causes of death and morbidity, with chapters tackling health challenges, behaviors, and programs related to tobacco products; food; physical activity; mental health; addiction and substance use; and sexual health. It uniquely takes a population lens,

emphasizing the socio-ecological approach to understanding some of the most pressing current threats to individuals, families, and communities, such as food insecurity, climate change, vaccine hesitancy, loneliness, the teen mental health crisis, vaping, and more. Health Promotion Moving Forward is designed not only for undergraduate and graduate students in health promotion and public health, but also for students pursuing related health professional degrees who need an understanding of health promotion programs, community and population health interventions, and health communication techniques. Readers will learn best practices for working in the community and increase their understanding of the Affordable Care Act's focus on prevention. Throughout, it highlights successful programs, diverse careers, and practical skills to prepare learners for exciting roles in public health. Key Features: Uses a population health approach and socio-ecological frame for understanding the evidence-based recommendations, programs, and interventions for promoting health among individuals, families and social networks, communities, and society Identifies essential Healthy People 2030 objectives Provides detailed spotlights of possible careers in this dynamic field and of classic and novel health promotion interventions Emphasizes the importance of health equity for achieving health promotion goals at all levels Qualified instructors have access to expanded Instructor Resources featuring chapter PowerPoints, Test banks, an Instructor Manual with learning activities and discussion questions for each chapter, and additional resources to supplement students' dynamic learning and interaction with the text

wellness topics for december: *Womens Preventive Health Care, An Issue of OB/GYN Clinics of North America* Jeanne Conry, Maureen Phipps, 2019-08-13 In collaboration with Consulting Editor, Dr. William Rayburn, Drs. Jeanne Conry and Maureen Phipps have put together a state-of-the-art issue of the Obstetrics and Gynecology Clinics of North America devoted to Women's Preventive Health Care. Expert authors have contributed clinical reviews that span reproductive age, maturity, and post-maturity. Specific topics include the following: Preconception Health: Well-woman Health Care; Reproductive Health: Options, Strategy and Empowerment of Women; Optimizing Health: Exercise, Weight, Dietary Choices, and Impact of Pregnancy; Menstrual Choices and Interference; Environmental Exposures and Impact on Health; Integrated Mind/Body Care in Women's Health: A focus on well-being, mental health, and relationships; Cancer Screening and Prevention; Menopause: Hormones, Lifestyle, and Optimizing Aging; Finding the Fountain of Youth: Nutrition, Exercise, and Chronic Medical Conditions Management; Heart Health; Bladder Health and Genitourinary Symptoms; Strong Bones Strong Body; and Challenges to Doing What is Right: How to Address Prevention in the Era of Coding and Reimbursement. Readers will come away with the latest information they need to create health and wellness in obstetric and gynecologic patients.

wellness topics for december: *Public Health and Society: Current Issues* Lillian D. Burke, Barbara Weill, 2023-03-20 Public Health and Society: Current Issues analyzes current public health issues in a historical context, while relating them to individual lives. The text emphasizes the social determinants of health, social justice, and the climate crisis, by leading off with these important topics and then integrates them where appropriate throughout the text. Subsequent chapters explore gun violence, the opioid epidemic, tobacco, vaping, and alcohol use, COVID-19, mental health, environmental health chronic disease, emerging and reemerging diseases, and more. Key features "In the News" articles bring public health topics up-to-date and underscore their modern relevance. Personal vignettes humanize public health issues and make them resonate for readers. Short histories put current issues into historical context, for example, the opioid epidemic (Ch. 5) and alcohol and tobacco use (Ch.6) Comprehensive and up-to-date data and references are included throughout the text. Navigate eBook acc

wellness topics for december: *The Real Body Manual* Nancy Redd, 2024-10-22 A revolutionary health resource for young adults of all genders to understand, appreciate, and take care of their bodies, with color photos throughout How can the savviest and most connected generation in history have no photographic guide to puberty? Until now! The Real Body Manual is a comprehensive health and wellness guidebook for all genders—from the author of the ALA Quick Pick for Reluctant Young Adult Readers and instant New York Times and USA Today bestseller Body

Drama. Inspired by her own kids entering the tween and teen years, Nancy Redd has crafted a uniquely inclusive book that offers a factual and candid approach to the complex and often confusing body issues that all young people face. This go-to resource for all types of developing bodies contains medically vetted, relatable advice alongside full-color photographic references. The Real Body Manual is for curious readers from puberty and beyond and is a conversation starter for parents, caregivers, uncles and aunts, older siblings, counselors, teachers, and health professionals—essentially anyone who would like to more fully understand and effectively relate to the body-image and self-discovery challenges faced by the young people in their life. Created with today's open-minded and diverse kids in mind, this book tackles acne, body odor, constipation and diarrhea, chests and breasts, dandruff, sleep hygiene, sexual health, self-care, and so much more in a judgement-free and gender-neutral way. The Real Body Manual is the encouraging book that modern young adults are waiting for—and an eye-opening book their parents are likely to learn from, too!

wellness topics for december: Women's Health [2 volumes] [2 volumes] Jillian M. Duquaine-Watson, 2022-02-15 This interdisciplinary project provides an informative, accessible, and comprehensive introduction to women's health. Emphasizing the perspectives of diverse groups of women, it addresses various biological, economic, social, environmental, and political factors that influence women's health and well-being. Women are more likely than men to experience mood disorders, certain types of cancer, Alzheimer's disease, stroke, arthritis, lupus, and celiac disease. In addition, women face significantly more barriers to health care than men due to a variety of social, economic, political, and environmental factors, including inequality, poverty, legislation, and pollution. Despite this, the field of women's and girls' health remains both understudied and underfunded. *Women's Health: Understanding Issues and Influences* explores important topics in the field of women's health in the early 21st century, offering readers a comprehensive and informative yet accessible introduction to women's health in the United States. While some topics are unique to women's health, others illustrate how women's health and women's experiences within the U.S. health care system are different from men's, as well as how certain health issues impact women differently than men. Entries have been crafted by a diverse team of contributors with wide-ranging expertise, and each entry features a collection of further readings and cross references to other relevant entries.

wellness topics for december: Heavy Helene A. Shugart, 2016 This book examines contemporary mainstream cultural discourses, or stories, of obesity. The official personal responsibility obesity discourse does not resonate with the populace, prompting a number of competing discourses and practices. The tensions engaged in these stories reflect contested notions of authenticity, reflecting a broader crisis in neoliberalism.

wellness topics for december: Encyclopedia of School Health David C. Wiley, Amy C. Cory, 2013-08-23 Children spend more time at school than anywhere else except home; thus, schools can have a major effect on children's health by providing a healthy physical environment, serving meals and snacks built around sound nutritional guidelines, and teaching about health, as well as modeling and promoting healthy behaviors. School health services programs involve not only school nurses and focus not only on nursing practice, standards, and performance issues; they also include services and classes to teach students the information and skills they need to become health-literate, to maintain and improve their health, to prevent disease, and to reduce risky behaviors impacting health. School nurses, teachers, administrators, health coordinators, guidance counselors and social workers all join with parents in safeguarding and promoting the health and well-being of school-aged children as a basic foundation for academic success. The *Encyclopedia of School Health* offers quick access to health and wellness information most relevant to children in America's K-12 school setting. You'll find valuable guidance on developmental stages, acute and chronic illnesses, special education, nutrition, crisis response, prevention, and more.

wellness topics for december: Food, Nature & Wellness: Dueling Epistemologies Debbie L. Humphries, Alder Keleman Saxena, Padma Venkatasubramanian, 2023-11-14

wellness topics for december: *Promoting Health and Emotional Well-Being in Your Classroom* Randy Page, Tana Page, 2010-10-25 Promoting Health and Emotional Well-Being in Your Classroom, Fifth Edition provides pre-service and current teachers all the tools and up-to-date information needed for effectively promoting healthy life choices. Framed around the National Health Education Standards and the Centers for Disease Control and Prevention's six risk behaviors, this practical text facilitates instructional planning, allows for easy adaptation into various curricular frameworks, and ensures that the most essential health education content is addressed.

wellness topics for december: Integrative Healthcare Remedies for Everyday Life - E-Book Malinee Thambyayah, 2022-12-06 A user-friendly guidebook for anyone interested in enhancing health and wellness, Integrative Healthcare Remedies for Everyday Life marries modern medical knowledge with a cross-cultural understanding of health and healing. The authors are a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health. Representing both Western diagnostics and complementary medicine, this reference offers practical guidance on incorporating simple remedies and therapies into everyday life. - Detailed preparation instructions facilitate the use of Chinese, Indian, and Western natural remedies. - Therapies from multiple Asian and Western medical systems are presented side by side to act as both a one-stop treatment guide and comparative reference. - Body system organization provides comprehensive coverage of both common and complex diseases and disorders. - Expert author team is a family of modern physicians who share a passion for the rapidly growing field of holistic and integrative health. - An eBook version is included with print purchase. The eBook allows students to access all of the text, figures, and references, with the ability to search, customize content, make notes and highlights, and have content read aloud.

wellness topics for december: *The Collective Spirit of Aging Across Cultures* Halaevalu F.Ofahengaue Vakalahi, Gaynell M. Simpson, Nancy Giunta, 2014-01-28 The collective, inclusive, and intersectional framework used in this book speaks to the significance of understanding aging across diverse cultures from multiple perspectives, but still as a shared human experience. The underlying message of the book is that although we are unique and different in our aging processes, we are ultimately connected through this physical, mental and spiritual experience of aging. Thus, regardless of whether we are service providers, service recipients, educators or merely fellow human beings, it is important that we approach the aging experience through a collective lens for discovering and sharing resources as we age; honoring the past while simultaneously accepting that the future is here. A few select examples of key findings from this collaborative work are as follows. First, despite progress in the field, certain issues remain to be addressed including the challenges of racism and sexism, mistreatment, the digital divide, poverty, and other social and economic crises in urban and rural communities as they relate to our aging population. Second, the need for sustaining a sense of independence among the aged and interdependence among supportive systems is warranted. Third, our elders continue to benefit from culturally competent services community-based health interventions and social services that addresses normative and emerging challenges for them. Fourth, spirituality in both indigenous and contemporary perspectives remains important for our elders' development and quality of life.

wellness topics for december: **Bible Foods for Healing** Dennis Kinyon, 2022-12-27 This book is for informational purposes only, and the Bible verses in his nature, though God is able to teach us, speak to us, and provide for us. Statements made here have not been evaluated by the FDA. This book is not intended to diagnose, treat, cure, or prevent any disease. Please discuss with your own qualified health care provider before adding supplements or making any changes in your diet.

wellness topics for december: Sultz and Young's Health Care USA: Understanding Its Organization and Delivery James A. Johnson, Kimberly S. Davey, Richard G. Greenhill, 2022-03-09 Combining historical perspective with analysis of current trends, Sultz & Young's Health Care USA, Tenth Edition charts the evolution of modern American health care, providing a complete examination of its organization and delivery while offering critical insight into the issues that the

U.S. health system faces today. Building on the legacy of its prior successful editions, new co-authors James Johnson, Kim Davey, and Richard Greenhill lend their deep expertise in health services planning, administration, quality assessment, and teaching to the Tenth Edition by providing an updated, wide-ranging, and timely view of today's health care delivery system.

wellness topics for december: NLM Newline , 2000

wellness topics for december: Ageing and Employment Policies Retaining Talent at All Ages OECD, 2023-01-18 The deep and rapid changes in the world of work driven by the digital and green transformations as well as population ageing have been associated with greater job instability, with potential costs for companies, workers and society. The unprecedented labour and skill shortages that emerged during the recovery from the COVID-19 pandemic have raised further the importance of developing and retaining talent.

wellness topics for december: Clay's Handbook of Environmental Health Stephen Battersby, 2022-08-16 Since its first publication in 1933, Clay's Handbook of Environmental Health (under its different names) has provided a definitive guide for the environmental health practitioner (EHP), and an essential reference for the consultant and student. This 22nd edition continues with its more recent successful structure, reviewing the core principles, techniques, competencies and skills required of an EHP, and then outlining the specialist subjects without getting bogged down in a legalistic approach, seeking to broaden the content for a more global audience. This new edition seeks to educate the EHP on the public health impacts of global heating and the climate emergency and also reflects the COVID-19 pandemic, as might be expected. Although seeking to have global appeal, the impact of the UK leaving the EU is also addressed. The book examines environmental health in different settings, including in the military, working in both conflict and natural disaster settings, and environmental health at sea and airports. In line with previous editions, case studies are used to illustrate how EH problems have been resolved. This new edition includes guidance on key issues in public and environmental health including air pollution, contaminated land, housing and health, noise, water, food safety, pests and vector control, chemicals in the environment and radiation, as well as sustainability and public health and humanitarian crises. This handbook aims to give a basic understanding of the philosophical basis of environmental health, as well as the required technical aspects and an understanding of environmental health in different settings. All chapters have sections on further reading and sources of information. Clay's Handbook is essential reading for all practitioners, students and researchers in environmental and public health wherever they are working.

wellness topics for december: National Library of Medicine Current Catalog National Library of Medicine (U.S.),

wellness topics for december: Positive Psychology in Health Management Anni Wang, Fei Fei Huang, Yufang Guo, Fang Lei, Yuting Song, 2023-12-13 Positive psychology aims to understand how people can better their lives, and ultimately, flourish. Since Martin Seligman spearheaded this movement of looking for the positives in life rather than focusing on the negatives, substantial research has been conducted. This research indicates that positive psychological resources, such as resilience, self-efficacy, optimism, hope, and self-esteem can help individuals build their personal capabilities, which are associated with higher levels of physical, psychological, social and behavioral health. Health management is also a broad topic, containing management of all health-related issues, involving policy-making, legal regulation, workforce management, healthcare quality, specific disease management, etc. There has been a drastic increase in research on applying positive psychology to health management. The increasing theoretical and empirical studies have revealed that positive psychological theories have positive effects on the patients' physical and mental health, quality of life and on healthcare workers' job satisfaction, burnout, and quality of work life. Disease management and health workforce management are two major subjects that involve positive psychology, that have been widely investigated in the past few years. Therefore, by combining positive psychology and health management, this topic aims to facilitate cutting edge ideas and research to explore multidisciplinary approaches of positive psychology in disease management and

health workforce management. Our specific aim is to explore how the construct of positive psychology mitigates the negative consequences on patients or family with disease burden, and healthcare workers under job-related stress. Furthermore, we hope to recognize the distinct adaptive trajectories of these areas, on which positive psychological resources may have an effect. Based on these, we want to highlight the efficacy, effectiveness and implementation of positive psychology-based intervention for patients or healthcare workers to promote resiliency. Through the achievement of these aims, we also hope to develop new theories and instruments which are culturally sensitive and contextually innovative.

wellness topics for december: OECD Health Policy Studies A New Benchmark for Mental Health Systems Tackling the Social and Economic Costs of Mental Ill-Health OECD, 2021-06-08 Mental ill-health affects millions of people, and drives economic costs of more than 4% of GDP. A good mental health system helps people stay in good mental health, and connects those in need to appropriate support to manage their mental health condition or even fully recover from it.

wellness topics for december: AEMT: Advanced Emergency Care and Transportation of the Sick and Injured Advantage Package American Academy of Orthopaedic Surgeons (AAOS),, 2021-10-13 The all-new Fourth Edition of Advanced Emergency Care and Transportation of the Sick and Injured combines comprehensive content with an unparalleled suite of digital resources to fully empower AEMT students and educators.

wellness topics for december: Health Assessment and Physical Examination Mary Ellen Zator Estes, Pauline Calleja, Karen Theobald, Theresa Harvey, 2019-10-24 Health assessment is an ongoing process that evaluates the whole person as a physical, psychosocial and functional being, whether they are young or old, well or ill. This market-leading text presents health assessment, physical examination information and skills for health professionals who undertake these types of assessments. Health Assessment and Physical Examination is scaffolded from foundation to more advanced health assessment, following a body-systems approach and a 'head-to-toe' approach. It uses the ENAP (Examine-Normal-Abnormal-Pathophysiology) approach as a tool for students to collect useful information. An applied case study at the end of each chapter walks students through an example of an assessment. This comprehensive yet student-friendly text is noted for its high-quality case studies, pedagogical elements, and excellent student resources. Unique to this text are the advanced topics and 'Urgent findings', which highlights serious or life-threatening signs or critical assessment findings that need immediate attention.

wellness topics for december: *Ethical Considerations for Digital Public Health* Denise Veelo, David Černý, Josef Kure , Stephen Roberts, 2024-10-09 Public health guidelines and policies relating to digital public health are essential to ensuring the protection of the population. With this protection, there needs to be a consideration for the ethical challenges in public health. There is an obligation of care that comes with accessing health services, as well as a need for understanding the role of Artificial Intelligence and Machine Learning. As health challenges become more complex, there is a growing need to identify and address questions on existing public health policies, codes of conduct, and guidelines relating to the provision of medical care across the globe, in order to strengthen our understanding of the ethics of public health practices.

wellness topics for december: *Human Resource Management* Jean Phillips, 2018-01-15 Formerly published by Chicago Business Press, now published by Sage Using a combination of knowledge acquisition and personal development, Human Resource Management: An Applied Approach is designed to prepare future HRM managers to effectively utilize HRM strategies to not only advance their own careers, but also support the growth and development of those they manage. Author Jean Phillips adopts an engaging approach, encouraging students to take action and create a lasting impact in the field of HRM that goes beyond theoretical learning.

wellness topics for december: American Directory of Writer's Guidelines , 2007-02 Perhaps the best-kept secret in the publishing industry is that many publishers--both periodical publishers and book publishers--make available writer's guidelines to assist would-be contributors. Written by the staff at each publishing house, these guidelines help writers target their submissions

to the exact needs of the individual publisher. The American Directory of Writer's Guidelines is a compilation of the actual writer's guidelines for more than 1,700 publishers. A one-of-a-kind source to browse for article, short story, poetry and book ideas.

wellness topics for december: Personal Health Patricia A. Floyd, Sandra E. Mimms, Caroline Yelding, 2003 PERSONAL HEALTH: PERSPECTIVES AND LIFESTYLES emphasizes the individual's personal responsibility for wellness by presenting general (core) and current health information to guide decision making. The focus of the text is to present health topics, including cultural, racial, ethnic, and gender diversity, identify risk factors, and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves, friends, and family. Filled with practical advice, stimulating discussion questions and self-assessment exercises, this text take an applied approach and empowers students to take control of their own health. Concentrated emphasis on health issues as they relate to various cultural differences make this text one of the most up-to date resources for health-related culture, gender, ethnic, and age issues.

wellness topics for december: The Sisters Are Alright, Second Edition Tamara Winfrey Harris, 2021-10-12 A slew of harmful stereotypes continues to follow Black women. The second edition of this bestseller debunks vicious misconceptions rooted in long-standing racism and shows that Black women are still alright. When African women arrived on American shores, the three-headed hydra—servile Mammy, angry Sapphire, and lascivious Jezebel—followed close behind. These stereotypes persist to this day through newspaper headlines, Sunday sermons, social media memes, cable punditry, government policies, big screen portrayals, and hit song lyrics. Author Tamara Winfrey Harris reveals that while emancipation may have happened more than 150 years ago, America still won't let a sister be free from this coven of caricatures. The latest edition of this bestseller features new interviews with diverse Black women about marriage, motherhood, health, sexuality, beauty, and more. Alongside these authentic experiences and fresh voices, Winfrey Harris explores the evolution of stereotypes of Black women, with new real-life examples, such as the rise of blackfishing and digital blackface (which help white women rise to fame) and the media's continued fascination with Black women's sexuality (as with Cardi B or Megan Thee Stallion). The second edition also includes a new chapter on Black women and power that explores how persistent stereotypes challenge Black women's recent leadership and achievements in activism, community organizing, and politics. The chapter includes interviews with activists and civic leaders and interrogates media coverage and perceptions of Stacey Abrams, Vice President Kamala Harris, and others. Winfrey Harris exposes anti-Black woman propaganda and shows how real Black women are pushing back against racist, distorted cartoon versions of themselves. She counters warped prejudices with the straight-up truth about being a Black woman in America.

wellness topics for december: Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book Theris A. Touhy, Kathleen F Jett, 2016-12-22 Discover a wellness-based, holistic approach to older adult care. Ebersole & Hess' Gerontological Nursing and Healthy Aging, 5th Edition is the only gerontological nursing text on the market that focuses on this thoughtful, organic method of care. Designed to facilitate healthy aging regardless of the situation or disease process, this text goes beyond simply tracking recommended treatments to addressing complications, alleviating discomfort, and helping older adults lead healthy lives. Featuring an updated four-color design, additional information on long-term care, evidence-based practice boxes, safety alerts, expanded tables, and careful attention to age, gender, and cultural differences, Ebersole & Hess' Gerontological Nursing and Healthy Aging is the most complete text on the market. - Focus on health and wellness helps you gain an understanding of the patient's experience. - Safety Alerts highlight safe practices and quality of care QSEN competencies. - Careful attention to age, cultural, and gender differences helps you to understand these important considerations in caring for older adults. - AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout. - Evidence-Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown, ineffective, or harmful effects. - Activities and

discussion questions at the end of every chapter equip you with the information that you need to assess the patient. - Healthy People 2020 boxes integrate information about healthy aging. - Expanded tables, boxes, and forms, including the latest scales and guidelines for proper health assessment make information easy to find and use. - NEW! New four-color design provides a higher-level of detail and readability to caregiving procedures. - NEW! New chapter on Caregiving includes expanded coverage of abuse and neglect. - NEW! Expanded content about Long-Term and Transitional Care added to chapter six. - NEW! Expanded Safety coverage spans two separate chapters. - NEW! Expanded Nutrition and Hydration content divided into two separate chapters.

Additional Resources

wellness topics for december

Wellness Topics For December

Wellness Topics For December

Related Articles

- [wellness bowl boosters for dogs](#)
- [wellness mama tongue scraper](#)
- [wellness retreat for women](#)

[Back to Home](#)