

wellness topics for october

Wellness Topics for October: Embrace the Autumnal Shift with Self-Care

October. The air crisps, leaves turn vibrant hues, and a sense of cozy introspection settles in. This is the perfect time to shift your focus inward and prioritize your wellness. But with the abundance of wellness advice out there, it can be overwhelming to know where to start. This comprehensive guide offers a curated selection of wellness topics perfectly tailored for October, helping you navigate the season's unique challenges and embrace the opportunities for self-improvement. We'll explore everything from embracing the autumnal equinox to managing seasonal affective disorder (SAD), ensuring you have a toolkit for a healthy and happy October.

1. Harnessing the Energy of the Autumnal Equinox

October brings the autumnal equinox, a time of balance and transition. This powerful astrological event marks a shift from outward energy to inward reflection. How can you leverage this energy for your wellness? Consider incorporating these practices:

Mindful Decluttering: The equinox is an ideal time to declutter not just your physical space, but also your mental and emotional clutter. Let go of things – both physical possessions and negative thoughts or beliefs – that no longer serve you.

Nature Connection: Spend time outdoors, appreciating the changing colors and crisp air. A mindful walk in nature can be incredibly grounding and restorative. Engage all your senses – the smell of damp earth, the rustling leaves, the chill wind on your skin.

Gratitude Practice: As days shorten, focus on gratitude. Keep a gratitude journal, noting down three things you're thankful for each day. This simple act can significantly boost your mood and overall well-being.

Setting Intentions: Use the equinox as a time to reflect on the past season and set intentions for the coming months. What areas of your life do you want to focus on? What goals do you want to achieve?

2. Combatting Seasonal Affective Disorder (SAD)

Shorter days and less sunlight can trigger seasonal affective disorder (SAD) in many people. SAD is a type of depression that typically occurs during the fall and winter months. Here's how to proactively address SAD:

Light Therapy: Exposure to bright light can significantly alleviate SAD symptoms. Use a light therapy box for 20-30 minutes each morning.

Exercise: Regular physical activity releases endorphins, which have mood-boosting effects. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Healthy Diet: Nourish your body with a balanced diet rich in fruits, vegetables, and whole grains. Avoid excessive sugar and processed foods.

Social Connection: Maintain strong social connections. Spend time with loved ones, join a social group, or volunteer in your community.

Professional Help: If you're struggling with SAD, don't hesitate to seek professional help from a therapist or doctor.

3. Prioritizing Sleep Hygiene in Autumn

As the days get shorter, our natural sleep-wake cycle (circadian rhythm) can be disrupted. Prioritizing sleep hygiene is crucial for both physical and mental health.

Establish a Consistent Sleep Schedule: Go to bed and wake up around the same time each day, even on weekends, to regulate your body clock.

Create a Relaxing Bedtime Routine: Wind down before bed with a relaxing activity, such as reading, taking a warm bath, or listening to calming music.

Optimize Your Sleep Environment: Make sure your bedroom is dark, quiet, and cool. Invest in comfortable bedding and blackout curtains if necessary.

Limit Screen Time Before Bed: The blue light emitted from electronic devices can interfere with sleep. Avoid screens for at least an hour before bedtime.

4. Embracing Cozy Self-Care Rituals

October is the perfect time to indulge in cozy self-care rituals that nourish your mind, body, and soul.

Warm Baths: Add Epsom salts, essential oils (like lavender or chamomile), or bath bombs to your bath for an extra relaxing experience.

Reading: Curl up with a good book and a warm beverage.

Meditation or Mindfulness: Practice mindfulness or meditation to reduce stress and improve focus. Numerous apps can guide you through this.

Cooking Nourishing Meals: Spend time preparing healthy, comforting meals. The act of cooking itself can be therapeutic.

5. Boosting Immunity During Cold and Flu Season

As the weather cools, cold and flu season begins. Strengthening your immune system is crucial to staying healthy.

Eat a Balanced Diet: Consume plenty of fruits, vegetables, and whole grains.

Get Enough Sleep: Sleep is essential for immune function.

Manage Stress: Chronic stress weakens the immune system. Practice stress-reducing techniques like meditation or yoga.

Wash Your Hands Frequently: This is one of the most effective ways to prevent

the spread of germs.

Conclusion

October offers a unique opportunity to prioritize your wellness. By embracing the autumnal equinox, addressing potential SAD symptoms, prioritizing sleep hygiene, indulging in cozy self-care rituals, and boosting your immunity, you can navigate this season feeling healthy, balanced, and prepared for the months ahead. Remember that self-care is not selfish; it's essential for maintaining your overall well-being.

FAQs

Q1: What are some good essential oils to use for relaxation in October?

A1: Lavender, chamomile, and bergamot are excellent choices for promoting relaxation and easing anxiety.

Q2: How much sunlight exposure is needed for effective light therapy for SAD?

A2: Most light therapy boxes recommend 20-30 minutes of exposure to a light source of 10,000 lux. Always consult with your doctor before starting light therapy.

Q3: Are there any specific foods that boost immunity?

A3: Foods rich in Vitamin C (citrus fruits, berries), Vitamin D (fatty fish, egg yolks), and zinc (legumes, nuts) are particularly beneficial for immune support.

Q4: How can I tell if I might have SAD?

A4: Symptoms of SAD can include persistent low mood, loss of interest in activities, fatigue, changes in appetite or sleep patterns, and feelings of hopelessness. If you're experiencing these symptoms, consult a healthcare professional.

Q5: What are some simple mindfulness exercises I can do at home?

A5: Try a body scan meditation (focusing on different parts of your body), mindful breathing exercises, or simply paying attention to your senses during everyday activities like eating or walking.

wellness topics for october: Resilience (HBR Emotional Intelligence Series) Harvard Business Review, Daniel Goleman, Jeffrey A. Sonnenfeld, Shawn Achor, 2017-04-18 How to be resilient in a professional setting. How do some people bounce back with vigor from daily setbacks, professional crises, or even intense personal trauma? This book reveals the key traits of those who emerge stronger from challenges, helps you train your brain to withstand the stresses of daily life, and presents an approach to an effective career reboot. This volume includes the work of: Daniel Goleman Jeffrey A. Sonnenfeld Shawn Achor This collection of articles includes "How Resilience Works," by Diane Coutu; "Resilience for the Rest of Us," by Daniel Goleman; "How to Evaluate, Manage, and Strengthen Your Resilience," by David Kopans; "Find the Coaching in Criticism," by Sheila Heen and Douglas Stone; "Firing Back: How Great Leaders Rebound After Career Disasters," by Jeffrey A. Sonnenfeld and Andrew J. Ward; and "Resilience Is About How You Recharge, Not How You Endure," by Shawn Achor and Michelle Gielan. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

wellness topics for october: A path to wellness in the educational and health systems Lynn Preston, Wanda van der Merwe, 2023-11-30 The Six Bricks® initiative is a teaching and learning method that encourages focused engagement in the classroom by all learners, from the foundation phase to adulthood. By using six simple, colourful DUPLO® bricks, an element of play is introduced into a situation that inevitably leads to all individuals focusing and interacting. This is one of the major contributions to all teaching and learning disciplines and promotes the audience to learn with enjoyment, enthusiasm and concentration. Along with this, communication is promoted, sparking unimaginable creativity and creation. This book provides the reader with an alternative focus to the original educational application of the Six Bricks® activities. This Six Bricks® initiative focuses on the therapeutic application and processes in communities, schools and within individuals themselves. As each author has had an intimate connection with Six Bricks® initiative, they are all more than qualified to provide their autoethnographic reflections on this initiative, which holds so much promise and excitement for learning and teaching. Therefore, each author's contributions were original and personalised, providing a new field in the avenues of research in the South African context, as South Africa does not have – as yet – much research on this topic. The methodology used in this qualitative research study was primarily from each author's perspective; thus, their self-reflection and anecdotal personal experiences form the core of these chapters. Therefore, this autoethnographic is a self-reflective form of writing which involves self-observation and reflective investigation in the context of ethnographic fieldwork and writing.

wellness topics for october: *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 october: Health, Tourism and Hospitality Melanie Smith, Laszlo Puczko, 2014-02-03 *Health, Tourism and Hospitality: Spas, Wellness and Medical Travel*, 2nd Edition takes an in-depth and comprehensive look at the growing health, wellness and medical tourism sectors in a global context. The book analyses the history and development of the industries, the way in which they are managed and organised, the expanding range of new and innovative products and trends, and the marketing of destinations, products and services. The only book to offer a complete overview and introduction to health, tourism and hospitality this 2nd Edition has been updated to include: • Expanded coverage to the hospitality sector with a particular focus on spa management. • New content on medical tourism throughout the book, to reflect the worldwide growth in medical travel with more and more countries entering this competitive market. • Updated content to reflect recent issues and trends including: ageing population, governments encouraging preventative health, consumer use of contemporary and alternative therapies, self-help market, impacts of economic recession, spa management and customer loyalty. • New case studies taken from a range of different countries and contexts, and focusing on established or new destinations, products and services such as: conventional medicine, complementary and alternative therapies, lifestyle-based wellness, beauty and cosmetics, healthy nutrition, longevity and anti (or active)-ageing, amongst others. Written in a user friendly style, this is essential reading for students studying health, tourism and hospitality.

wellness topics for october: 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 october: The "Plan A" Diet Cyd Notter, 2019-07-02 “A great blueprint for changing your life . . . This book provides food for the body and for the soul.” —Pamela A. Popper, PhD, ND, author of *Food Over Medicine* By combining her decades-long study of both nutrition and scripture, Cyd Notter has created The “Plan A” Diet to serve as a message of hope to those who are nutritionally confused, suffer with declining health, or continually flit from one failed diet plan to another. The book provides a simple, achievable answer for permanent weight loss and improved health, as well as useful insights for dealing with resistance to change. Research confirms that plant-based nutrition is more powerful in restoring health than drugs or surgery, and is proven to be the only diet capable of reversing our number one killer: heart disease. Readers ready to take an active role in their health are equipped with a meal plan, tips for evaluating conflicting information, and an optional transition strategy. Prayer and biblical support has also been included to encourage people of faith. By correlating today’s unbiased science with the wisdom of applicable scripture, the book illustrates why God’s first prescribed diet for mankind—His “Plan A” Diet—remains the ideal food to this day.

wellness topics for october: Community Health and Wellness - E-book Jill Clendon, Ailsa Munns, 2014-10-01 *Community Health & Wellness: Primary health care in practice*, 5th Edition represents contemporary thinking and research in community health and wellness from Australia, New Zealand and the global community. It challenges students and health professionals to become

more aware of the primary health care (PHC) environments in which they work in order to gain an understanding of what is socially determining the health of the individuals, families and communities within their care. Provides a focus on primary health care practice in Australia and New Zealand Research and evidence-based practice throughout each chapter Group exercises that can be used in practice or tutorial groups Reflective questions to challenge the understanding of key principles and practice Additional resources for lecturers via Evolve. • Two new chapters: Chapter 3 Assessing the Community Chapter 6 Working in groups • The SDH Assessment Circle - a new model for community assessment • Stronger emphasis on working with migrant and refugee families • A new continuous case study - the Mason and Smith families; both fly-in fly-out (FIFO) families.

wellness topics for october: Black Women's Health Michele Tracy Berger, 2021-04-06 This book explores the meaning and practice of health in the lives of southern African American women and their adolescent daughters--

wellness topics for october: The Six Keys to Optimal Health Dr. Nicolas Campos, 2008-03-06 The Six Keys to Optimal Health is the definitive guide to achieving and maintaining health and wellness in the 21st century. It details the six key areas that are the secret to living a life of sustained strength, vigor and vitality or an overall state of well-being. It uses a youthful, no-holds-barred approach, while providing a sound philosophical basis to help motivate the reader to carry out this campaign. The books overall theme is to act as a consciousness changer to help people value their health and see it as something worthy of their care and attention.

wellness topics for october: 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 october: Decade of healthy ageing World Health Organization, 2021-01-14 The Decade of Healthy Ageing 2021-2030 will focus on four key actions: changing how we think, feel and act towards age and ageing; developing communities in ways that foster the abilities of older people; delivering integrated care and primary health services that are responsive to the needs of older people; and providing older people who need it with access to long-term care. All are critical for building back better, and for fostering healthy ageing. The Baseline Report for the Decade of Healthy Ageing 2021–2030 addresses five issues so that policy-makers and others in government, the private sector, civil society and research are committed to implementing actions to achieve the ambitious goals set out in the Decade: 1. Introduces Healthy Ageing, the Decade's

actions and enablers, and a pathway to accelerate impact by 2030. 2. Where are we in 2020? The report provides a first-time baseline for healthy ageing worldwide. 3. What improvements could we expect by 2030? It documents progress and scenarios for improvement. 4. How can we accelerate impact on the lives of older people? It shows how older people and stakeholders can together optimize functional ability. 5. The next steps including opportunities to boost collaboration and impact by 2023, the next reporting period.

wellness topics for october: Community Health and Wellness Jill Clendon, Ailsa Munns, 2010-12-15 A new edition of the esteemed nursing text exploring social, cultural and political issues affecting individual and community health What makes a healthy community? And how can nurses and midwives support community health and wellbeing? In Community Health and Wellness, 4th Edition: Primary health care in practice, authors Anne McMurray and Jill Clendon advance the discussion of health as a product of the interaction between people and their environment. Engagingly written and based on extensive research, this valuable nursing textbook is ideal for nursing students as well as those working in the field. Issues such a gender and cultural inclusiveness provide essential backdrops to evidence-based policy, research and the provision of equitable health care for all. The Miller Family case study This new edition of Community Health and Wellness features a common family case study running throughout the text. The Miller family crosses Australia and New Zealand; providing examples of primary health care issues in both countries. These include child health services, accessing care, adolescent health, contemporary family issues, ageing, cultural support and inclusive health care. • global insights with a focus on primary health care practice in Australia and New Zealand • promotion of community health care across the lifespan • a unique socio-ecological approach to community health • the Ottawa Charter, the Jakarta Declaration and the Bangkok Charter are included as contemporary health promotion guidelines for practice • extensive references providing current, specific source information Emphasis on health literacy, intervention and health promotion. An evolving case study runs through each chapter and links to reflective activities. Focus on learning outcomes to facilitate the integration of policy, research and practice. Exploration of Australian and New Zealand nursing and midwifery roles in primary health care practice. Strong pedagogy to increase engagement and emphasise key issues. Reflective exercises and Action Points encourage readers to consider the key issues, their implications and how to move forward Research studies exemplify the central theme of each chapter and promote evidence-based practice. Evolve eBook and resources

wellness topics for october: 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 october: Encyclopedia of Wellness [3 volumes] Sharon K. Zoumbaris, 2012-06-06 This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. Encyclopedia of Wellness: From Açaí Berry to Yo-Yo Dieting offers expert advice to anyone seeking information on a condition or illness. More than that, however, this three-volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy, active, vibrant life. A source of basic, easily understandable entries on health and wellness, the encyclopedia covers an extraordinarily broad array of health-related topics including

acupuncture, art therapy, biofeedback, food additives, nutrition labels, organic foods, and workplace wellness. Bulimia is covered, as are depression, autism, cancer, and environmental hazards. Essays examine issues related to healthy living for the mind and the body, stressing the importance of the mind-body connection to good health. Information is also offered on practical concerns such as medical savings accounts, changes in medical insurance, and the U.S. health care system. Throughout, the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise.

wellness topics for october: A Doctor's Dozen Catherine Florio Pipas, MD, MPH, 2018-09-04 Burnout affects a third of our population and over half of our health professionals. For the second group, the impact is magnified, as consequences play out not only on a personal level, but also on a societal level and lead to medical errors, suboptimal care, low levels of patient satisfaction, and poor clinical outcomes. Achieving wellbeing requires strategies for change. In this book, Dr. Pipas shares twelve lessons and strategies for improved health that she has learned from patients, students, and colleagues over her twenty years working as a family physician. Each lesson is based on observation and research, and begins with a story of an exemplary patient whose challenges and successes reflect the theme of the lesson. Along with the lessons, the author offers plans for action, which taken together create the framework for a healthy life. Each lesson concludes with resources and a health challenge.

wellness topics for october: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

wellness topics for october: 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 october: Health Program Planning, Implementation, and Evaluation Lawrence W. Green, Andrea Carlson Gielen, Judith M. Ottoson, Darleen V. Peterson, Marshall W. Kreuter, 2022-02-08 A time-tested, landmark approach to health promotion and communication projects and everything that goes into making them successful. For more than 40 years, the PRECEDE-PROCEED model, developed in the early 1970s by Lawrence W. Green and first published as a text in 1980 with Marshall W. Kreuter, Sigrid G. Deeds, and Kay B. Partridge, has been

effectively applied worldwide to address a broad range of health issues: risk factors like tobacco and lack of exercise, social determinants of health such as lack of access to transportation and safe housing, and major disease challenges like heart disease and guinea worm disease. In *Health Program Planning, Implementation, and Evaluation*, Green and his team of senior editors and chapter authors combine their expertise to offer a high-level guide to public health programming. This guide aligns with foundational public health competencies required by increasingly rigorous certification and accreditation standards. Driven by the coronavirus pandemic and a looming climate crisis, the book addresses the rapid changes in modern-day conceptions of disease prevention and health promotion. Today's public health practitioners and researchers are often called upon to address a complex web of factors, including population inequities, that influence health status, from biology to social and structural determinants. Program and policy solutions to population health challenges require systematic planning, implementation, and evaluation. Providing students with knowledge, skills, and a range of tools, the book recognizes new approaches to communication and fresh methods for reaching a greater diversity of communities. The authors highlight the importance of starting the population health planning process with an inclusive assessment of the social needs and quality-of-life concerns of the community. They explain how to assess health problems systematically in epidemiological terms and address the behavioral and environmental determinants of the most important and changeable health problems. They also cover procedures for assessing and developing the capacity of communities and organizations to implement and evaluate programs. Drawing on more than 1,200 published applications of the PRECEDE-PROCEED model, *Health Program Planning, Implementation, and Evaluation* features numerous case studies and contributions from internationally recognized experts, including governmental, academic, and community public health leaders, giving readers a thorough and well-rounded view of the subject. Ultimately, it is an up-to-date powerhouse for community and global health promotion at all levels. Contributors: Faten Ben Abdelaziz, John P. Allegrante, Patricia Chalela, Cam Escoffery, Maria E. Fernandez, Jonathan E. Fielding, Robert S. Gold, Shelly Golden, Holly Hunt, Vanya C. Jones, Michelle C. Kegler, Gerjo Kok, Lloyd J. Kolbe, Chris Y. Lovato, Rodney Lyn, Guy Parcel, Janey C. Peterson, Nico Pronk, Amelie G. Ramirez, Paul Terry

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

wellness topics for october: Educate Act Thrive - Eat for the Immune System Dr. EE Zhang, 2023-08-15 What do you know about getting healthy and staying healthy? Eat better, exercise, and sleep more... But what should we eat and why? Do our daily food choices really impact our heart, lungs, and brain? Is getting sick an inevitable occurrence or one we have control over? Much of our medical knowledge is gated behind complicated concepts that are too hard to understand. As a result, we have a heavy dependence on doctors and a blind reliance on prescriptions and medical technology. For us to lead healthy and productive lives, we need the knowledge to prevent sickness and disease. This knowledge should not be hidden behind incomprehensible gibberish. It should be easily accessible and easy to apply to our own lives on a daily basis. Good health comes down to the little things, like what foods we serve to our families and what we buy at the grocery store. *Educate Act Thrive: EAT for the Immune System* does its best to distill the complex topics of health and diet into easily digestible fragments for us to take actionable steps to build healthier lives.

wellness topics for october: Population Health David B. Nash, Raymond J. Fabius, Alexis Skoufalos, Janice L. Clarke, Melissa R. Horowitz, 2015-03-16 Preceded by: *Population health* / David B. Nash ... [et al.]. c2011.

wellness topics for october: *Environmental Health and the U.S. Federal System* Michael R

Greenberg, Dona Schneider, 2019-08-13 This book explains how the U.S. federal system manages environmental health issues, with a unique focus on risk management and human health outcomes. Building on a generic approach for understanding human health risk, this book shows how federalism has evolved in response to environmental health problems, political and ideological variations in Washington D.C, as well as in-state and local governments. It examines laws, rules and regulations, showing how they stretch or fail to adapt to environmental health challenges. Emphasis is placed on human health and safety risk and how decisions have been influenced by environmental health information. The authors review different forms of federalism, and analyse how it has had to adapt to ever evolving environmental health hazards, such as global climate change, nanomaterials, nuclear waste, fresh air and water, as well as examining the impact of robotics and artificial intelligence on worker environmental health. They demonstrate the process for assessing hazard information and the process for federalism risk management, and subsequently arguing that human health and safety should receive greater attention. This book will be essential reading for students and scholars working on environmental health and environmental policy, particularly from a public health, and risk management viewpoint, in addition to practitioners and policymakers involved in environmental management and public policy.

wellness topics for october: Focus on Federal Employee Health and Assistance Programs, 1995

wellness topics for october: Protecting the U.S. Population's Health Against Potential Economic Recessions and High Unemployment and the Endemic Inflation of Health Care Costs Fritz Dufour, 2019-12-15 This book has three main parts: (1) the challenges of the U.S. health care system; (2) the impacts of economic recessions and high unemployment on the U.S. population's health; and (3) recommendations or a look into what might improve the health care system. Part I, through a dissection of the challenges faced by the U.S. health care system, exposes the particularities and the vulnerabilities of the system. It shows the role played by businesses and employment in the U.S. population's health and describes major challenges of the health care system such as astronomical health care costs, the average family health spending - which is exceedingly high, wasteful spending, death due to inaccessibility to health care, and the hardships that medical costs created for more than half of Americans. Part II is an analysis as to why do economic recessions have health implications. That analysis is done by considering the health implications of economic recessions both at the micro and macroeconomic levels and by considering the societal costs of uninsurance or inaccessibility to health care due to economic recessions and high unemployment. Part III primarily focuses on what can make the system better, that is more efficient and more cost-effective. Ironically, as Part III argues, there are a myriad of feasible recommendations that are waiting to be fully explored, agreed upon, adopted and implemented nationwide:

- Design labor and fiscal policies aimed at preventing economic recessions and high unemployment
- o Blend labor and fiscal policies into structural reforms
- Create job security and take other steps that guarantee health care security during financial hardship
- Improve health outcomes through nationwide permanent supportive housing to combat chronic homelessness during economic recessions and high unemployment
- Prioritize the use of more cost-effective medical technologies
- o Promote telemedicine to reduce costs and improve accessibility to health care
- Eliminate health disparities thanks to the democratization of health care
- Promote health literacy and the valorization of communities
- Design policies or procedures that 1) promote health care costs reduction and efficiency through affordable insurance coverage and 2) eliminate Wasteful spending:
 - o Extend drug coverage and implement cost-effective pricing policies
 - o Extend coverage of more medical procedures and implement cost-effective policies

On the other hand, Part III also sells the idea of a thorough and bold revolution in our health care system, which would make health care a right of citizenship. It does so by analyzing the political, social, ethical, and economic aspects of the issue. Furthermore, it argues that the relationship between universal health care and economics justifies the notion of "health care as a right of citizenship."

wellness topics for october: Health and Wellness Gordon Edlin, Eric Golanty, 2015-08-04

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wellness topics for october: Living Well on the Road Linden Schaffer, 2017-03-16 Stressed out? Eating badly? Skipping the gym? Sleeping with your phone rather than your partner? Experiencing brain fog and lack of focus? Then this book is for you. Linden Schaffer was an overworked, stressed out, on-the-go professional who found time to refocus, recharge, and recommit to wellness on the road. Now she is sharing her secrets, identifying the obstacles that keep you from experiencing true wellness and, with scientifically backed-data, showing how you too can learn to embrace wellness. Learn what it feels like to recommit to the things that help us feel more energized, more focused, and more mindful of those activities in which we engage. Living Well on the Road helps readers to identify those areas of life that need recharging, and brings greater awareness to those in search of a way to find wellness, happiness, and overall well-being even as they move through their busy days. Whether on the road, in the office, or at home, any reader can find ways to dramatically improve their mental focus and physical wellness if they implement the ideas and advice found within these pages. In Living Well on the Road, readers will find: a practical real-world approach to understanding and managing your wellness a researched and scientifically investigated how-to manual that encourages a healthier way to manage your lifestyle personal accounts of how small changes can lead to major positive life changes easy to implement tactics proven to reduce stress and sick days increased productivity and creativity through refocused attention feel-good experiences that take 5-minutes and release the stress and tension of your

workday from body and mind

wellness topics for october: Health Literacy in Clinical Practice and Public Health R.A. Logan, E.R. Siegel, 2020-06-23 "Health literacy is the ultimate global currency of health and well-being. Without health literacy, medicine fails, public health fails, and people pay the cost for these failures with their lives. As this book goes to press, the world is confronted by the COVID-19 pandemic. Improving health literacy becomes increasingly important if we are to successfully confront the challenges that stress our systems of medicine and public health like never before." (Richard H. Carmona, M.D., M.P.H., FACS, former Surgeon General of the United States, in his foreword to this book.) Two years ago, HTI published the book *Health Literacy: New Directions in Research, Theory and Practice*. Together with that earlier volume, this book: *Health Literacy in Clinical Practice and Public Health: New Initiatives and Lessons Learned at the Intersection with other Disciplines*, strives to enumerate and expand our understanding of the multidisciplinary connections which underpin the field of health literacy. The book's balance between research and practice is a response to the feedback the editors received about the previous publication, which focused more on HL theory and research. With reports of specific health literacy research initiatives and interventions, particularly in clinical practice and public health, the book covers contemporary health literacy research and practice and is divided into three sections. Section one explores health literacy's capacity to foster progress in clinical practice and public health; section two provides insights into health literacy initiatives and lessons learned from diverse healthcare stakeholders; and section three examines health literacy's similarities with - and differences from - related health research disciplines. The book sets the practice and research of health literacy on an evidence-based, thoughtful, effective, efficient, and applied course. As Dr Richard Carmona says in his foreword: "It is enthusiastically recommended for all health and medical practitioners and researchers."

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wellness topics for october: 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 october: Fundamentals of Human Resource Management Robert N. Lussier, John R. Hendon, 2015-11-26 Fundamentals of Human Resource Management: Functions, Applications, Skill Development takes a unique three-pronged approach that gives students a clear understanding of important HRM concepts and functions, shows them how to apply those concepts, and helps them build a strong skill set they can use in their personal and professional lives. Covering the vast majority the 210 required SHRM Curriculum Guidebook topics required for undergraduates, Fundamentals of Human Resource Management gives the student the ability to successfully manage others in today's work environment. Authors Robert N. Lussier and John R. Hendon engage students with a variety of high-quality applications and skill development exercises to improve students' comprehension and retention. The authors' emphasis on current trends and the challenges facing HR managers and line managers today provide students with key insights on important issues and prepare them for successful careers.

wellness topics for october: Inclusive Conversations Mary-Frances Winters, 2020-07-28 What is impressive is not only how Winters builds a case for the urgency and need for bold, inclusive conversations but that she also gives specific strategies and competencies to turn her theory into practice. -Dr. Sheila Robinson, publisher and CEO, Diversity Woman Media Effective dialogue across different dimensions of diversity, such as race, gender, age, religion, or sexual orientation, fosters a sense of belonging and inclusion, which in turn leads to greater productivity, performance, and innovation. Whether in the workplace, faith communities, or educational settings, our differences can tear us apart rather than bring us together if we do not know how to communicate. Recognizing our collective responsibility to earnestly address our differences and increase understanding and empathy will not only enhance organizational goals but will also lead to a healthier, kinder, and more compassionate world. Award-winning diversity, equity, and inclusion consultant Mary-Frances Winters has been leading workshops on what she calls Bold, Inclusive Conversations for years. In this book she offers specific dialogue strategies to foster greater understanding on the following topics: Recognizing the importance of creating equity and sharing power Dealing with the fragility of dominant groups--their discomfort in engaging with historically subordinated groups Addressing the exhaustion historically marginalized groups feel from constantly explaining their different lived experience Exploring how to build trust and create psychologically safe spaces for dialogue This guide is comprehensive for anyone who wants to break down the barriers that separate us and facilitate discussions on potentially polarizing topics.

wellness topics for october: 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.

wellness topics for october: The Medical Library Association Guide to Answering Questions about the Affordable Care Act Emily Vardell, 2015-10-16 Following the passage and implementation of the Affordable Care Act (ACA), librarians are more frequently called upon to provide assistance with navigating the Health Insurance Marketplace and understanding health insurance terminology and forms. Libraries offer an ideal context for health insurance information seeking, as librarians have traditionally assisted with completing public assistance forms and are well-trained in ascertaining and meeting information needs. This book is designed to serve as a practical guide for librarians seeking to learn more about the ACA; locate authoritative, nonbiased information regarding the ACA; and serve patrons searching for ACA information for personal or research purposes. While the book focuses specifically on the unique role that health sciences librarians play in serving the general public, health care providers, biomedical researchers, and health sciences students, the book contains guidance relevant to any information professional working with ACA information. Tailored to a librarian audience, this authoritative guide from the Medical Library Association begins with a general introduction to the Affordable Care Act, highlighting the aspects of the ACA legislation most pertinent to librarians. The following chapter focuses on the role of the librarian in relation to ACA implementation. Next, a chapter on health insurance literacy provides a foundation for those seeking to familiarize themselves with research on individuals' understanding of health insurance concepts. The following chapter builds on this foundation, discussing how a librarian can breakdown an ACA question, including a step-by-step guide. The last part of the book focuses on trends in ACA and health insurance information provision. It begins with a general overview of the types of ACA information services librarians are providing. Next, ten librarians are highlighted as case studies of the types on information services provided by health sciences librarians responding to ACA information needs. These chapters are designed to serve as springboards for those librarians interested in learning best practices and recommendations. The last chapter contains an authoritative list of recommended, unbiased ACA resources. This annotated bibliography is an excellent place for librarians to familiarize themselves with ACA logistical information as well as locate authoritative resources on insurance terminology. As librarians are increasingly being called upon to address health insurance information needs from the general public as well as researchers, this text provides concrete, helpful advice in providing unbiased, evidence-based answers.

wellness topics for october: The Campus Cure Marcia Morris, 2018-01-02 Did you know that one of four college students was diagnosed with a mental health disorder in the last year? College students are experiencing anxiety, depression, alcohol abuse, and other mental health issues at alarming rates in a landscape of growing academic, social, and financial pressures. As a college mental health psychiatrist for over two decades and a mother of two twenty-somethings, Marcia Morris has witnessed the ways problems can derail students from their goals, while parent interventions at critical junctures can help get students back on track. *The Campus Cure: A Parent Guide to Mental Health and Wellness for College Students* is a first aid guide to your child's emotional health, preparing you to handle the mental health problems and emotional ups and downs many young adults experience in college. With anecdotes and the latest scientific literature, this book will increase your awareness of common problems, pressures, and crises in college; illustrate how you can support your child and collaborate with campus resources; and provide stories of hope

to parents who often feel alone and overwhelmed when their child experiences a mental health problem. While you have the passion to help your child, this book will provide you with the tools to guide your child toward health and happiness in the college years.

wellness topics for october: *Contemporary Consumer Health Informatics* Nilmini Wickramasinghe, Indrit Troshani, Joseph Tan, 2016-03-21 This innovative reference examines how consumer health informatics (CHI) can transform healthcare systems stressed by staffing shortages and budget constraints and challenged by patients taking a more active role in their care. It situates CHI as vital to upgrading healthcare service delivery, detailing the relationship between health information technologies and quality healthcare, and outlining what stakeholders need to learn for health IT systems to function effectively. Wide-ranging content identifies critical issues and answers key questions at the consumer, practitioner, administration, and staff levels, using examples from diverse conditions, countries, technologies, and specialties. In this framework, the benefits of CHI are seen across service domains, from individual patients and consumers to healthcare systems and global health entities. Included in the coverage: Use of video technology in an aged care environment A context-aware remote health monitoring service for improved patient care Accessibility issues in interoperable sharing of electronic health records: physician's perspective Managing gestational diabetes with mobile web-based reporting of glucose readings An organizing vision perspective for developing and adopting e-health solutions An ontology of consumer health informatics *Contemporary Consumer Health Informatics* combines blueprint and idea book for public health and health informatics students, healthcare professionals, physicians, medical administrators, managers, and IT practitioners.

wellness topics for october: *Nutrition in Public Health* Arlene Spark, Lauren M. Dinour, Janel Obenchain, 2015-09-22 This second edition of a bestseller, *Nutrition in Public Health: Principles, Policies, and Practice* focuses on the role of the federal government in determining nutrition policy and influencing practice. Beginning with an overview of public health principles, the book examines the application of nutritional policy to dietary guidance, health promot

wellness topics for october: *Human Resource Management* Jean Phillips, 2021-01-15 Formerly published by Chicago Business Press, now published by Sage *Human Resource Management: An Applied Approach* prepares future HRM professionals to effectively utilize strategies and tools to advance their careers and support the growth and development of those they manage. Author Jean Phillips adopts an engage by example method, encouraging students to take action and create a lasting impact in the field of HRM that goes beyond theoretical learning. The Third Edition features new end-of-chapter exercises, company examples throughout the book, and a new section called Using This Knowledge at the end of each chapter, providing additional support for knowledge application. Through case studies, videos, and exercises, students will develop their personal skills and gain practical experience in applying various HR concepts, enabling them to become better managers and more effective leaders. This title is accompanied by a complete teaching and learning package. Contact your Sage representative to request a demo. Learning Platform / Courseware Sage Vantage is an intuitive learning platform that integrates quality Sage textbook content with assignable multimedia activities and auto-graded assessments to drive student engagement and ensure accountability. Unparalleled in its ease of use and built for dynamic teaching and learning, Vantage offers customizable LMS integration and best-in-class support. It's a learning platform you, and your students, will actually love. Assignable Video with Assessment Assignable video (available in Sage Vantage) is tied to learning objectives and curated exclusively for this text to bring concepts to life. Watch a sample video now. LMS Cartridge: Import this title's instructor resources into your school's learning management system (LMS) and save time. Don't use an LMS? You can still access all of the same online resources for this title via the password-protected Instructor Resource Site. Learn more.

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