

what is national wellness month

What is National Wellness Month? Your Guide to a Healthier, Happier You

Feeling overwhelmed? Stressed out? Like you're constantly running on empty? You're not alone. Many of us struggle to prioritize our well-being amidst the demands of daily life. That's why August is dedicated to National Wellness Month, a crucial time to reflect on our health and happiness and take proactive steps towards a more balanced and fulfilling life. This comprehensive guide will dive deep into what National Wellness Month is all about, offering practical tips and insights to help you make the most of this important month and beyond. We'll explore the history, significance, and actionable strategies you can implement to cultivate a stronger sense of wellness.

A Deeper Dive into the History of National Wellness Month

While a specific origin date for National Wellness Month is difficult to pinpoint definitively, the concept emerged from a growing awareness of the interconnectedness of physical, mental, and emotional health. The movement towards prioritizing holistic well-being gained momentum throughout the late 20th and early 21st centuries, fueled by research highlighting the detrimental effects of chronic stress and the profound impact of lifestyle choices on overall health. Organizations and individuals began advocating for a dedicated period to focus on self-care and wellness practices, leading to the informal adoption of August as National Wellness Month. While not an officially recognized national holiday in the same way as, say, Independence Day, its impact is far-reaching and deeply felt by those who actively participate.

Beyond the Buzzwords: What Does Wellness Really Mean?

The term "wellness" is often thrown around, sometimes losing its true meaning in the process. It's more than just the absence of disease; it's a holistic state of being that encompasses physical, mental, and emotional well-being. It's about finding balance and harmony in all aspects of your life. This includes:

Physical Wellness: This encompasses your physical health, including nutrition, exercise, sleep, and avoiding harmful substances. It's about nourishing your body and giving it the fuel it needs to thrive.

Mental Wellness: This refers to your cognitive health, including your ability to think clearly, learn, and manage stress. It's about maintaining a positive outlook and developing coping mechanisms for challenges.

Emotional Wellness: This involves understanding and managing your emotions, building resilience, and fostering healthy relationships. It's about accepting your feelings and developing emotional intelligence.

Social Wellness: This focuses on building and maintaining healthy relationships with others. Strong social connections contribute significantly to overall well-being.

Spiritual Wellness: This is about finding meaning and purpose in your life, connecting with your values, and exploring your spirituality (which doesn't necessarily imply religion).

Practical Steps to Embrace National Wellness Month

National Wellness Month isn't just about setting unrealistic goals; it's about making small, sustainable changes that cumulatively lead to significant improvements. Here are some practical steps you can take:

Set Realistic Goals: Don't try to overhaul your entire lifestyle overnight. Start with one or two achievable goals, such as incorporating a short daily walk or meditating for five minutes each day.

Prioritize Sleep: Aim for 7-9 hours of quality sleep per night. Establish a consistent sleep schedule and create a relaxing bedtime routine.

Nourish Your Body: Focus on eating a balanced diet rich in fruits, vegetables, and whole grains. Limit processed foods, sugary drinks, and excessive caffeine.

Move Your Body: Find physical activities you enjoy and incorporate them into your routine. This could be anything from walking or cycling to dancing or yoga.

Mindfulness and Meditation: Practice mindfulness techniques such as meditation or deep breathing to reduce stress and improve mental clarity. Even a few minutes a day can make a difference.

Connect with Others: Spend quality time with loved ones, nurture your relationships, and build a strong support network.

Unplug and Disconnect: Take breaks from technology and social media to reduce stress and improve focus. Engage in activities that bring you joy and relaxation.

Sustaining Wellness Beyond August

The beauty of National Wellness Month is that it serves as a catalyst for lasting change. While August is a dedicated time for focusing on wellness, the principles and practices you adopt should continue throughout the year. Think of it as a springboard to a healthier, happier you. Make wellness a lifestyle, not just a month-long event.

Conclusion

National Wellness Month offers a valuable opportunity to prioritize your well-being and make positive changes in your life. By focusing on physical, mental, emotional, social, and spiritual wellness, you can cultivate a stronger sense of balance and fulfillment. Remember that small, consistent steps can lead to significant improvements over time. Make this August the beginning of a journey towards a healthier, happier you, and continue those positive habits throughout the year.

FAQs

1. Is National Wellness Month officially recognized by the government? No, it's not an officially recognized national holiday, but it's a widely observed and impactful period for promoting health and well-being.
1. What if I miss National Wellness Month? Can I still focus on wellness? Absolutely! Wellness is a year-round commitment. Any time is a good time to prioritize your health and well-being.
1. How can I make wellness a sustainable part of my life? Start small, set realistic goals, find activities you enjoy, and build a supportive community. Consistency is key.
1. What are some affordable ways to improve my wellness? Many wellness activities are free or low-cost, such as walking, meditation, connecting with nature, and spending time with loved ones.
1. Is it okay to seek professional help for wellness concerns? Absolutely!

Don't hesitate to reach out to a doctor, therapist, or other healthcare professional if you need support with your mental or physical health. Seeking help is a sign of strength, not weakness.

what is national wellness month: *Corporate Wellness Programs* Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 øCorporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

what is national wellness month: Health and Wellness Gordon Edlin, Eric Golanty, 2009-09-29 The 10th edition of Health & Wellness provides a holistic view of what it really means to be healthy today. The text draws a parallel between the behaviors, social and physical environment as well as the positive mind and body attitude necessary to achieve a healthy, happy lifestyle. Several features have been developed to help students learn and understand the concepts of health and wellness in the text such as Learning Objectives, Self-assessments, key terms, epigrams and health tips. Chapters conclude with Critical Thinking about Health and encourage students to answer questions and explore their own opinions on health topics. End of chapter material includes Health in review – brief review of the chapter, Health and Wellness online a glimpse at the resources available on the web, References, Suggested readings, and recommended websites. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

what is national wellness month: **Health & Wellness** Gordon Edlin, Eric Golanty, 2012-11-09 Revised and updated throughout with the latest data and statistics, the Eleventh Edition of Health & Wellness engages students with specific tips and guidelines to help them evaluate and improve their health habits. The text, along with the accompanying website, encourages students to learn the skills they need to enhance the quality and longevity of their life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior. The For Your Health Study Guide and Self-Assessment Workbook is now available in the back of the book at no additional cost. Perforated pages allow lab activities to be submitted for evaluation and grading.

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

what is national wellness month: **Drunk Yoga** Eli Walker, 2019-01-15 The OFFICIAL Drunk

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

what is national wellness month: *Training the Best Dog Ever* Larry Kay, Dawn Sylvia-Stasiewicz, 2012-09-25 *Training the Best Dog Ever*, originally published in hardcover as *The Love That Dog Training Program*, is a book based on love and kindness. It features a program of positive reinforcement and no-fail techniques that author Dawn Sylvia-Stasiewicz used to train the White House dog, Bo Obama, and each of Senator Ted Kennedy's dogs, among countless others. *Training the Best Dog Ever* relies on trust and treats, not choke collars; on bonding, not leash-yanking or reprimanding. The five-week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits. Illustrated with step-by-step photographs, the book covers hand-feeding; crate and potty training; and basic cues—sit, stay, come here—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct typical behavior problems, including jumping, barking, and leash-pulling. Plus: how to make your dog comfortable in the world—a dog that knows how to behave in a vet's office, is at ease around strangers, and more. In other words, the best dog ever.

what is national wellness month: Self-Care for Men Garrett Munce, 2020-05-05 This straightforward and illuminating guide offers self-care techniques—from skin care to stress relief—designed for modern men who want to live longer, look better, and feel calm, focused, and happy. Taking care of your mind, body, and soul is important to living a longer, more satisfying life and helps you feel confident in your daily interactions with others. In *Self-Care for Men*, author Garrett Munce—grooming editor for *Esquire* and *Men's Health* and confirmed self-care practitioner—teaches you how to improve your physical and mental health and overall well-being through these easy and practical tips and exercises—from grooming to meditation—that are proven to work. Practiced by men like David Beckham, Snoop Dogg, and Adam Levine, self-care is a key component to overall wellness. This helpful guide introduces you to anti-aging products and practices, explains why masks are the HIIT workout of skincare, and shows you how to relax when you're on the go. Offering advice on a range of topics from hair care, supplements, detoxing, the wonders of CBD, improving your energy levels, and more, *Self-Care for Men* will not only help you look and feel better, but live a happier, healthier, and more successful life.

what is national wellness month: **Wellness by Design** Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower

spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

what is national wellness month: Mind Your Own Wellness Alex Ong, 2008-06 Ong compiles priceless, hands-on tips to help an individual get his or her weight back on track again in order to improve health, aches, and pains naturally.

what is national wellness month: The More or Less Definitive Guide to Self-Care Anna Borges, 2019-11-01 Some days you need a pick-me-up, some days you need a life preserver. "For most of us," writes Anna Borges, "self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with." You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

what is national wellness month: Commercial Motor Vehicle Driver Fatigue, Long-Term Health, and Highway Safety National Academies of Sciences, Engineering, and Medicine, Transportation Research Board, Division of Behavioral and Social Sciences and Education, Board on Human-Systems Integration, Committee on National Statistics, Panel on Research Methodologies and Statistical Approaches to Understanding Driver Fatigue Factors in Motor Carrier Safety and Driver Health, 2016-09-12 There are approximately 4,000 fatalities in crashes involving trucks and buses in the United States each year. Though estimates are wide-ranging, possibly 10 to 20 percent of these crashes might have involved fatigued drivers. The stresses associated with their particular jobs (irregular schedules, etc.) and the lifestyle that many truck and bus drivers lead, puts them at substantial risk for insufficient sleep and for developing short- and long-term health problems. Commercial Motor Vehicle Driver Fatigue, Long-Term Health and Highway Safety assesses the state of knowledge about the relationship of such factors as hours of driving, hours on duty, and periods of rest to the fatigue experienced by truck and bus drivers while driving and the implications for the safe operation of their vehicles. This report evaluates the relationship of these factors to drivers' health over the longer term, and identifies improvements in data and research methods that can lead to better understanding in both areas.

what is national wellness month: Leo Gets a Checkup Anna McQuinn, 2018-09-11 Leo, Lola's little brother from Leo Loves Baby Time, is back in a new adventure at the doctor's office. When Dad takes Leo to visit the doctor, Leo learns to wait his turn, sit quietly while his eyes and ears are checked, and be brave during a shot. And of course, Leo gets a sticker and a new book before he leaves! A companion to Leo Can Swim and Leo Loves Baby Time, this adorable spin-off of best-selling Lola Reads series is perfect to prepare babies and toddlers ready for their first checkups, just like Leo.

what is national wellness month: 2,100 Asanas Daniel Lacerda, 2015-12-01 This fully-illustrated New York Times bestseller categorizes an astonishing 2,100 yoga poses through photographs and descriptions for optimal benefit including adaptations for all levels of expertise and ages. A thoughtful, inspiring, meticulously-crafted guide to the practice of yoga, 2,100 Asanas will explore hundreds of familiar poses along with modified versions designed to bring more healthful options to yogis of all experience and ability. Organized into eight sections for the major types of poses -- standing, seated, core, quadruped, inversions, prone, supine and backbends -- and each section gently progresses from easy to more challenging. Each pose is accompanied by the name of

the pose in English and Sanskrit, the Drishti point (eye gaze), the chakras affected and primary benefits.

what is national wellness month: *National Prevention Strategy: America's Plan for Better Health and Wellness* Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

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

what is national wellness month: *Care Without Coverage* Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

what is national wellness month: *Meditation* Bedson Paul, Gawler Ian, 2010-10 A rich and skillfully nuanced introduction to the varied landscape of meditation practice and its healing and transformative potential.' - Jon Kabat-Zinn, author of *Arriving at Your Own Door* and *Letting Everything Become Your Teacher* 'An engaging journey into the benefits of developing a practice of focusing your mind to promote both mental and physical well-being.' - Daniel J. Siegel M.D., author

of The Mindful Brain and Mindsight 'In an inclusive way Ian Gawler and Paul Bedson introduce people to the basic ideas of meditation which prepare the reader for the choice of practice that suits them best.' - Father Laurence Freeman OSB, Director of the World Community for Christian Meditation is increasingly recommended for relaxation and stress management, to enhance relationships and wellbeing, to increase performance in sport and business, for personal growth, to transform pain and to assist healing. From two leading Western meditation teachers comes this inspiring and comprehensive guide for anyone who wants to know how to meditate well. Introducing Mindfulness-Based Stillness Meditation, Ian Gawler and Paul Bedson explain how to build a satisfying meditation practice using four easy to learn steps. They also show how meditation can be used to deepen spiritual practice, whether we have a commitment to a particular religious tradition, or a more secular view of our spirituality. Drawing on modern science as well as ancient Eastern traditions and the authors' own extensive personal experience as practitioners and teachers, this guide offers the techniques and understanding needed to explore meditation practice deeply. It is also an invaluable resource for meditation teachers from all backgrounds.

what is national wellness month: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

what is national wellness month: Health and Physical Education for Elementary Classroom Teachers Retta R. Evans, Sandra K. Sims, 2016-03-11 In elementary schools across the United States, teachers are often tasked with teaching health education or physical education, although they may not have specialist training. Health and Physical Education for Elementary Classroom Teachers: An Integrated Approach is the perfect resource for these educators. It covers both health and physical education while giving current and preservice teachers the skills to deliver appropriate lessons to their young students. Retta Evans and Sandra Sims, respected educators and physical education advocates, provide everything teachers need in order to seamlessly incorporate health

education and physical education into an integrated curriculum. Based on national health education, physical education, and state-specific academic standards including the Common Core state standards, this is a guide that will help teachers empower elementary students to become healthy and active. The text is complemented with a full suite of ancillary products: • Sample syllabus and course outline • Chapter resources, including an overview, outline, review questions with answers, and learning activities • Chapter questions to help in creating quick assessments of student learning or in building custom tests • Approximately 150 slides to reinforce key points The text also features lab exercises that allow students to practice the material they are learning, including designing their own standards-based lesson plans that integrate health and physical education. By learning the essential knowledge and using the invaluable strategies in this book, every teacher will be equipped to create a healthy and active school environment that maximizes student achievement. Health and Physical Education for Elementary Classroom Teachers is organized into two parts, each dedicated to different components of incorporating health and physical education into the elementary classroom. Part I focuses on the foundational knowledge needed for teaching health and physical education. It addresses the health risk behaviors of today's generation of students, a team approach to coordinated school health, how physical growth and brain development in children are related to health, and the many characteristics and benefits of a high-quality physical education program. Part II emphasizes the strategies necessary for incorporating health, physical education, and physical activity into the curriculum and school day. It discusses how teachers can become advocates of healthy and active schools, identify habits that promote everyday health in the classroom, and incorporate physical activity and the national standards into each school day. It also presents teaching methods, assessment tools, and evaluation strategies to ensure teaching success. Throughout this book, practicing and training teachers will find websites, tips for best practices, sample lesson plans, and tables with innovative strategies. The result is a great resource that teachers can use to fulfill what is both a tremendous responsibility and a unique opportunity—promoting health and wellness in the elementary classroom using an integrated approach.

what is national wellness month: *Heads Up* Melanie Siebert, 2020-04-07 □ “Informative, diverse, and highly engaging; a much-needed addition to the realm of mental health.”—Kirkus Reviews, starred review Featuring real-life stories of people who have found hope and meaning in the midst of life's struggles, *Heads Up: Changing Minds on Mental Health* is the go-to guide for teenagers who want to know about mental health, mental illness, trauma and recovery. For too long, mental health problems have been kept in the shadows, leaving people to suffer in silence, or worse, to be feared, bullied or pushed to the margins of society where survival is difficult. This book shines a light on the troubled history of thinking about and treating mental illness and tells the stories of courageous pioneers in the field of psychiatry who fought for more compassionate, respectful and effective treatments. It provides a helpful guide to the major mental health diagnoses along with ideas and resources to support those who are suffering. But it also moves beyond a biomedical focus and considers the latest science that shows how trauma and social inequality impact mental health. The book explores how mental health is more than just “in our heads” and includes the voices of Indigenous people who share a more holistic way of thinking about wellness, balancing mind, body, heart and spirit. Highlighting innovative approaches such as trauma-informed activities like yoga and hip-hop, police mental health teams, and peer support for youth, *Heads Up* shares the stories of people who are sparking change.

what is national wellness month: Black Women's Yoga History Stephanie Y. Evans, 2021-03-01 How have Black women elders managed stress? In *Black Women's Yoga History*, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic

stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection, exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as mental health, healing, and wellness that is both compassionate and political.

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

what is national wellness month: Eating Purely Elizabeth Stein, 2015-09-15 Good health begins with what you put in your body. When you eat better, you feel better. It's that simple. A few short years ago, Elizabeth Stein could be found in her tiny Manhattan kitchen searching for a way to make gluten-free and vegan products that tasted great and weren't overly processed. Working with ingredients such as chia seeds, flax, hemp, and coconut sugar, Elizabeth successfully developed recipes that were all-natural, non-GMO, gluten-free, and diabetes friendly. These recipes helped her form Purely Elizabeth, an award-winning line of products that can be found in more than 1,500 stores. Eating Purely is a collection of Elizabeth's favorite recipes, which she has made for family, clients, and friends over the years. The recipes are healthy, easy, and delicious—and at times even indulgent. Eating Purely is focused on cooking with whole foods that are naturally gluten-free, nutrient rich, free of refined sugar, and mostly vegetable based. These recipes are centered on Stein's five Eating Purely Principles, which will leave you feeling healthy and purely radiant. These principles are: Eat Whole, Clean Foods Focus on Plants Add in Nutrient-Rich Ingredients Kick Inflammatory Foods to the Curb and Practice the 80/20 Rule. Eating Purely includes more than one hundred fun and approachable recipes, ranging from brunch and salads to vegetarian mains and seasonal menus to celebrate with family and friends. Throughout Eating Purely, Stein also shares personal stories on health, exercise, family, entertaining, and starting her own natural foods company. Interwoven throughout the book is what Stein calls "the purely scoop"—time-saving cooking tips, benefits of ingredients used, resources for buying foods, and food and wine pairings. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

what is national wellness month: Be You, Only Better Kristi Hugstad, 2021-03-16 Along with all the perks of becoming an adult come challenges and the need to learn skills that help you self-regulate as you venture into new experiences. Highlighting five key areas of life — physical, mental, emotional, social, and financial — Be You, Only Better offers science- and experience-backed tools and easy-to-implement techniques for success. Skill-building and self-care practices — such as journaling, getting enough sleep and exercise, embracing nature, managing time and money, and practicing gratitude, mindfulness, and optimism — are presented, and each is illustrated with the story of a real young person. These practices will help you create a resilient foundation for your powerful future. You'll discover a wonderfully accessible lifeline and a realistically inspiring guide to leading — and loving — your best possible life.

what is national wellness month: Pretty Intense Danica Patrick, Stephen Perrine, 2017-12-26 America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals Everything Danica Patrick does is Pretty Intense. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica

approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's Pretty Intense plan will help you reach your highest potential.

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what is national wellness month: Congressional Record United States. Congress, 2004 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

what is national wellness month: Read It Before You Eat It Bonnie Taub-Dix, 2010-08-31 A nationally recognized nutrition expert tells shoppers exactly what should be going into their carts. The whole foods movement explained how to shop healthfully at the farmers market, but how can families shop smart at Wal-Mart? There is a wealth of information on labels, but most people have no idea that products labeled trans-fat free can contain trans-fats or that all natural is a meaningless phrase. Readers can bring this handy guide to the supermarket to help them interpret labels like a pro. How much sodium is too much? Are all carbs the kiss of death? And what does organic really mean? Renowned nutritionist Bonnie Taub-Dix clears up the confusion by showing readers how to make sense of the labels and sidestep tricky marketing ploys. She walks them through a typical grocery store and points out the best food choices to make in every aisle.

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what is national wellness month: Decolonizing Wellness Dalia Kinsey, 2022-02-08 The author offers an empowering perspective for people whose identities are often marginalized in the health and wellness industry. —Manhattan Book Review Become the healthiest and happiest version of yourself using wellness tools designed specifically for BIPOC and LGBTQ folks. The lack of BIPOC and LGBTQ representation in the fields of health and nutrition has led to repeated racist and unscientific biases that negatively impact the very people they purport to help. Many representatives of the increasingly popular body positivity movement actually add to the body image concerns of queer people of color by emphasizing cisgender, heteronormative, and Eurocentric standards of beauty. Few mainstream body positivity resources address the intersectional challenges of anti-Blackness, colorism, homophobia, transphobia, and generational trauma that are at the root of our struggles with wellness and self-care. In Decolonizing Wellness: A QTBIPOC-Centered Guide to

Escape the Diet Trap, Heal Your Self-Image, and Achieve Body Liberation, registered dietitian and nutritionist Dalia Kinsey will help readers to improve their health without restriction, eliminate stress around food and eating, and turn food into a source of pleasure instead of shame. A road map to body acceptance and self-care for queer people of color, Decolonizing Wellness is filled with practical eating practices, journal prompts, affirmations, and mindfulness tools. Ultimately, decolonizing nutrition is essential not only to our personal well-being but to our community's well-being and to the possibility of greater social transformation. This is a body positivity and food freedom book for marginalized folks. It's a guide to throwing out food rules in exchange for internal cues and adopting a self-love-based approach to eating. It's about learning to trust our bodies and turning mealtime into a time for celebration and healing. It's also a love letter to those of us who struggle with our bodies and a gentle plea for us to do the work it takes to accept, trust, and love ourselves.

what is national wellness month: *Journal of the House of Representatives of the United States* United States. Congress. House, 2005 Some vols. include supplemental journals of such proceedings of the sessions, as, during the time they were depending, were ordered to be kept secret, and respecting which the injunction of secrecy was afterwards taken off by the order of the House.

what is national wellness month: Sandy Berger's Great Age Guide to Online Health and Wellness Sandy Berger, 2006 Que's Great Age Guides celebrate the vital role and lifestyle of today's young, active 50+ adults. Most well-known middle-aged people of sixty-five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time! People in this great age are transforming retirement's traditional laid-back golden years in pure platinum. Great Ager's break retirement tradition by working well past typical retirement age, not only by need, but also by the desire to remain productive members of society. The Great Age Guide to Online Health and Wellness is written specifically for those adults 50+ living with and using their computers and the Internet to help take better care of themselves. You'll get information on such things as living wills, the pros and cons to buying drugs outside the country, nutrition, supplements and vitamins, drug interactions, evaluating medical Web sites, finding support groups and more.

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life you've always wanted." —Mel Robbins, New York Times bestselling author of *The High 5 Habit* and *The 5 Second Rule* Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and *The Miracle Morning* have helped millions of people become the person they need to be to create the life they've always wanted. Now, it's your turn. Hal's revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

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charts, tables, and references as well as the following additions that reflect the latest research and trends in the field: •Updated information on ADA, HIPAA, and GINA standards as they relate to worksite health promotion that will help readers better understand the implications of the legislation for their own businesses •New sections on health management, health coaching, budget development options, and present value adjustment •More information on integrated health data management systems, e-health technology, nutrition and weight control programs, fostering a healthy culture, and reducing stress in the workplace •Expanded coverage of program evaluation, including new sections on break-even analysis and determining present versus future value as well as improved illustrations of econometric-based evaluations and evaluation design •A larger focus on career development with updated information on certification options, intermediate-level practitioner competencies, and internship and job searches that will help students explore their professional options and prepare for their future in the field Improved textbook features make this leading text more classroom friendly than ever. Learning objectives, end-of-chapter overviews, and a new glossary of key terms will help students focus on the most important concepts in each chapter. Updated Looking Ahead and What Would You Do? sidebars will aid them in applying the information and can serve as the starting point for class discussions or assignments. A new instructor guide gives faculty great help in preparing for courses. It contains sample syllabi (including a syllabus for increasingly popular online offerings), a weekly instructional guide, and course outlines. Also new to this edition is an image bank with most of the art and tables from the text. Current practitioners looking for ideas and strategies for building a healthier workforce as well as students just beginning an exploration of the field can depend on *Worksite Health Promotion, Third Edition*, to inspire and inform. Both groups will find that this text offers the business knowledge, resources, and insights to guide them in this diverse and exciting career.

what is national wellness month: Health and Safety Communication David S. Anderson, Richard E. Miller, 2016-12-08 *Health and Safety Communication: A Practical Guide Forward* is an easy introduction to the principles and practice of health and safety communications, providing all you need to know to design and implement communications efforts on a wide range of health and safety topics and issues. Whether you're a student grappling with a health communications course or a professional wishing to learn how to communicate health and safety messages effectively to a range of audiences using a variety of communications media, *Health and Safety Communication* is all you'll need. This book incorporates two broad sections: the grounding and the applications. The model articulates a planning approach for designing, implementing and reviewing a range of communications approaches. The applications segment specifies numerous approaches, including workshops, print materials, campaigns, the media, public speaking and social media that can be used to convey what the health and safety specialist wants the audience to know, feel and do as a result of engagement with the communications approach. *Health and Safety Communication* blends sound foundations with practical strategies for health and safety communication so that messages can be communicated more effectively; after all, for changes to occur, the message must be received and respected. Unique features of this book include a wide range of approaches and strategies, with numerous examples and tips provided throughout. Messages from the field incorporate examples and samples from over 30 individuals and organizations, offering their insights and suggestions. The applied approach of this definitive guide is designed to enhance the competence and confidence of those currently in health or safety arenas, as well as those seeking to incorporate health or safety messages in other settings such as businesses or communities.

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