

what is sexual wellness

What is Sexual Wellness? A Comprehensive Guide to a Fulfilling Sex Life

Are you curious about sexual wellness? Do you wonder if your sex life is "normal," or if there's more to explore? This comprehensive guide dives deep into the meaning of sexual wellness, exploring everything from physical health to emotional intimacy. We'll demystify common misconceptions, provide practical tips for improvement, and empower you to take control of your sexual health and happiness. This isn't just about the mechanics; it's about cultivating a fulfilling and positive relationship with your sexuality. Let's unlock the secrets to a vibrant and healthy sex life together.

Understanding the Scope of Sexual Wellness

What is sexual wellness, exactly? It's far more than just the absence of disease or dysfunction. Sexual wellness encompasses a broad spectrum of physical, emotional, and mental well-being related to sexuality. It's about feeling comfortable and confident in your body, having healthy relationships, and experiencing sexual pleasure in a safe and consensual way. Think of it as a holistic approach to your sexuality, recognizing its profound impact on your overall quality of life. It's about embracing your sexuality on your own terms, regardless of your age, relationship status, gender identity, or sexual orientation.

Key Pillars of Sexual Wellness

Several interconnected pillars support a fulfilling sexual life:

1. Physical Health: The Foundation of Sexual Wellness

Good physical health is undeniably crucial for sexual wellness. This includes maintaining a healthy weight, engaging in regular exercise, and eating a balanced diet. These factors contribute to energy levels, stamina, and overall physical well-being, all of which play a significant role in sexual performance and satisfaction. Addressing any underlying medical conditions that might impact sexual health, such as diabetes or heart disease, is also paramount. Open communication with your doctor about any concerns is essential.

2. Emotional Well-being: The Heart of Intimacy

Emotional health is just as important as physical health. Stress, anxiety, and depression can significantly impact libido and sexual satisfaction. Cultivating self-love, managing stress effectively (through techniques like meditation or yoga), and prioritizing mental health are key to unlocking emotional intimacy and sexual fulfillment. A strong sense of self-esteem and body positivity are also crucial components of emotional sexual wellness.

3. Communication and Consent: The Cornerstones of Healthy Relationships

Open and honest communication is the bedrock of any healthy relationship, and this is especially true when it comes to sex. Talking about desires, boundaries, and concerns creates a safe and comfortable space for both partners. Consent is absolutely non-negotiable: sexual activity should always be freely given, enthusiastic, and informed. Learning to communicate effectively about sex can enhance intimacy and satisfaction for both individuals.

4. Knowledge and Education: Empowering Yourself

Understanding your own body and sexuality is crucial. This includes learning about anatomy, sexual function, and common sexual health concerns. Reliable sources of information, such as your doctor, qualified sex therapists, and reputable websites, can provide accurate and helpful knowledge. Education empowers you to make informed decisions about your sexual health and to advocate for your needs.

5. Exploring Your Sexuality: Embracing Diversity

Sexual wellness is a journey of self-discovery. Experimentation, within the boundaries of consent, can be a rewarding way to learn what you enjoy and to expand your understanding of your own sexuality. There's no one "right" way to experience sexuality; diversity is the norm. Embracing your unique desires and preferences is key to a fulfilling sex life.

Addressing Common Concerns and Misconceptions

Many people struggle with misconceptions about sexual wellness. Some common myths include the belief that a "perfect" sex life should always be spontaneous and effortless, or that certain sexual experiences are inherently "better" than others. These misconceptions can lead to feelings of inadequacy and shame. Remember that sexual wellness is a personal journey, and there's no single standard of "normal." It's about finding what works for you and prioritizing your own pleasure and satisfaction.

Practical Tips for Improving Your Sexual Wellness

Prioritize self-care: Make time for activities that nourish your mind, body, and spirit.

Practice mindfulness: Pay attention to your physical and emotional sensations during sexual activity.

Seek professional help: Don't hesitate to consult a doctor or therapist if you're experiencing sexual difficulties.

Educate yourself: Learn more about sexual health and different sexual practices.

Communicate openly with your partner(s): Talk about your desires, needs, and boundaries.

Embrace body positivity: Love and accept your body, regardless of its shape or size.

Conclusion

Sexual wellness is a vital aspect of overall well-being, encompassing physical, emotional, and relational health. By nurturing these key areas and challenging misconceptions, you can cultivate a fulfilling and positive relationship with your sexuality. Remember, it's a journey of self-discovery, and seeking support and information when needed is a sign of strength, not weakness. Embrace your sexuality, prioritize your well-being, and enjoy the journey!

FAQs

1. Is it normal to have a low libido sometimes? Yes, fluctuating libido is perfectly normal. Stress, hormonal changes, and relationship dynamics can all impact sex drive.

1. What should I do if I'm experiencing pain during sex? Consult a doctor or sexual health professional. Pain during sex can indicate an underlying medical condition.

1. How can I improve communication with my partner about sex? Start by creating a safe and comfortable space for conversation. Use "I" statements to express your needs and feelings.

1. Are there resources available for people struggling with sexual

dysfunction? Yes, many resources exist, including therapists specializing in sex therapy and medical professionals who can address physical causes of dysfunction.

1. Is sexual wellness only relevant to people in relationships? Absolutely not! Sexual wellness is about your relationship with your own body and sexuality, regardless of your relationship status. It's about self-acceptance, exploration, and pleasure.

what is sexual wellness: *A Woman's Guide to Sexual Health* Mary Jane Minkin, Carol V. Wright, 2005-01-01 A prominent gynecologist explains how to make the best choices for female reproductive health in this authoritative, easy-to-read guide This book is for every woman who has wished for an unhurried, personal conversation with a sympathetic doctor who will answer her questions about reproductive health. Dr. Mary Jane Minkin, a gynecologist practicing for more than 25 years, presents a complete and up-to-date guide to a healthy reproductive system for women in their teens through middle age. With warmth and understanding, Dr. Minkin and coauthor Carol V. Wright respond to questions about the gynecological issues that concern women today, including sexual activity, contraception, and family planning. Readers of *The Yale Guide to Women's Reproductive Health* will learn how the female body works, what problems may arise, and what solutions are available--in short, they will become better prepared to participate in their own health care and to make healthy decisions.

what is sexual wellness: *Sexuality for All Abilities* Katie Thune, 2020-06-04 This essential manual helps educators comfortably and knowledgeably bring comprehensive sex education to the special education classroom. Drawing on firsthand experience and real-world examples, the first half provides background material—including common roadblocks—and tools for how to effectively partner with parents. The second half breaks down the how-tos of implementing a successful sex education program and troubleshoots tricky situations that might come up in the special education classroom. Written in accessible, person-first language, this guide equips you with best practices for providing students with developmental disabilities with the knowledge and tools to engage in healthy relationships and live full lives as self-advocating sexual beings.

what is sexual wellness: *Sexual Wellness* Jean-Luc Le Provost, Prabhat Soni, Cristyn Watkins, 2020-11-10 This book provides the wisdom and practical advice of seven separate physicians who not only understand the most up-to-date science of sex but also bring to that science more than 200 years of collective experience in taking care of people seeking to make sex better. Each of the following seven contributing authors actively practice medicine (not just talk about it) and have collectively cared for thousands of people both well and not well to help them find better sex and a better life...1. Dr. Jean Luc Le Provost describes powerful but simple daily routines that can be used to improve overall health in such a way to specifically improve sexual wellness and pleasure.2. Dr. Prabhat Soni uses his vast experience as a pulmonologist and sleep specialist to show you ways to optimize sleep and why poor sleep can kill your sex life. You need a functioning brain to have sex. But, just as importantly, the pituitary gland is literally attached to that brain, controls all the other glands, and is profoundly affected by sleep.3. Dr. Cristyn Watkins discusses her personal battles and how out of those battles she became an expert in cellular therapies that improve sexual wellness from the level of tissue and histology. Healthy tissue makes for healthy, fully functioning genitalia.4. Dr. Bill Song discusses a number of options to help increase the size of the penis-for improved

confidence in men and enhanced pleasure for their lovers. Multiple modalities can be used. He helps you sort the options.5. Dr. Dan Botha discusses extremely helpful new technology that helps with a more exact treatment of erectile dysfunction and of Peyronie's disease. No more guessing where the problem is or if and how things might be improving after treatment.6. Dr. Kimberly Evans describes how in her practice of gynecology she improves sexual wellness and pleasure by expertly micromanaging the hormones of women and their partners. Hormones affect the growth and function of every body tissue; so there's no finding your best sexual wellness without this step.7. Dr. Ramesh Kumar draws from his decades of experience as a radiation oncologist to describe ways to recover sexual desire, health, and pleasure after cancer-especially after prostate cancer. Dr. Charles Runels, as producer of the book, and inventor of the Vampire Facelift(R), O-Shot(R), and P-Shot(R) procedures, uses his 30 plus years as a physician to build a utilitarian framework on which to organize the wisdom of the above seven authors with his description of systems analysis and how such analysis can be used to better understand orgasm-the Orgasm System. Good sexual health, like good health in general is not an event where you do one or two things occasionally and all is good for the rest of your life. Wellness, sexual or otherwise, arises with the daily practice of certain behaviors combined with specific modern therapies when things are broken.

what is sexual wellness: Sexual Health: a Public Health Perspective Kaye Wellings, Kirstin Mitchell, Martine Collumbien, 2012-10-16 This timely book introduces social aspects of the study of sexual health and their application to public health practice. The book addresses five key themes: Conceptual and theoretical aspects of sexual health, Sexual health outcomes of Risk and Vulnerability, Improving sexual health status and Measuring and assessing sexual health status. The authors consider each of these themes within their cultural and historical context and illustrate topics with international examples and case studies. Key features of the book include: A spotlight on populations rather than individuals, and a focus on the prevention of ill health and promotion of well being. A global perspective; the book makes the distinction between developing and developed countries, but recognises that inequalities are to be found within as well as between countries. A view of sexual behaviour as socially learned rather than biologically given and so as amenable to change and intervention to improve sexual health status. An emphasis on ways in which risk and vulnerability are products, not only of individual behaviours, but of the social context in which they are practiced. Written by authors with a wide range of experience, this book will be a valuable resource for public health practitioners and those studying and working in the area of sexual health. Understanding Public Health is an innovative series published by Open University Press in collaboration with the London School of Hygiene & Tropical Medicine. Series Editors: Ros Plowman and Nicki Thorogood Contributors: Sevgi O Aral, Chris Bonell, Helen Burchett, Joanna Busza, Martine Collumbien, Simon Forrest, Rebecca French, Claudia Garcia-Moreno, Anna Glasier, Jami Leichter, Kirstin Mitchell, Will Nutland, Thomas Peterman, Elisabeth Pisani, Kaye Wellings, Meg Wiggins and Maria Zuurmond.

what is sexual wellness: Sextech Revolution Andrea Barrica, 2019-12-03 Sitting between Planned Parenthood and Pornhub, sexual wellness is the next blue ocean for tech entrepreneurs and investors alike--and nobody is talking about it. This recession-proof industry will be worth an estimated \$122 billion by 2026, yet no one is prepared for this wave of innovation. But after years of being ignored due to shame and stigma, the sexual wellness revolution is upon us at last. If you ask Andrea Barrica, it's embarrassing it took this long. As an entrepreneur and former venture capital investor, Andrea is uniquely qualified to guide a new generation of business leaders ready to seize the opportunities in sexual wellness. Sextech Revolution is a firsthand account of how you can build a company and raise money in this space. Andrea shares how she's tackled the financial and structural challenges sex tech startups face, and provides unparalleled insight into how investors and entrepreneurs can navigate and understand the nuances of the sexual wellness industry.

what is sexual wellness: It's Perfectly Normal Robie H. Harris, 2021-05-18 Fully and fearlessly updated, this vital new edition of the acclaimed book on sex, sexuality, bodies, and puberty deserves a spot in every family's library. With more than 1.5 million copies in print, It's Perfectly Normal has

been a trusted resource on sexuality for more than twenty-five years. Rigorously vetted by experts, this is the most ambitiously updated edition yet, featuring to-the-minute information and language accompanied by new and refreshed art. Updates include: * A shift to gender-neutral vocabulary throughout * An expansion on LGBTQIA topics, gender identity, sex, and sexuality—making this a sexual health book for all readers * Coverage of recent advances in methods of sexual safety and contraception with corresponding illustrations * A revised section on abortion, including developments in the shifting politics and legislation as well as an accurate, honest overview * A sensitive and detailed expansion on the topics of sexual abuse, the importance of consent, and destigmatizing HIV/AIDS * A modern understanding of social media and the internet that tackles rapidly changing technology to highlight its benefits and pitfalls and ways to stay safe online Inclusive and accessible, this newest edition of *It's Perfectly Normal* provides young people with the knowledge and vocabulary they need to understand their bodies, relationships, and identities in order to make responsible decisions and stay healthy.

what is sexual wellness: What Every Mental Health Professional Needs to Know About Sex Stephanie Buehler, PsyD, CST-S, 2013-07-29 Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment. This guide discusses the characteristics of healthy sexuality—for both client and therapist—and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers relevant ethical issues. Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals. Key Features: Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns Supported by case studies and therapist/clinician dialogues Includes Step Into My Office sidebars taken from the author's own experience Provides downloadable resources including assessments, worksheets, and client handouts

what is sexual wellness: Phenomenology and Forgiveness Marguerite La Caze, 2018-10-05 Forgiveness—either needing or wanting to be forgiven, or trying to forgive another—is a near-universal experience and one of endless fascination. This volume mines the work of phenomenologists and the methods of phenomenology to extend and deepen our understanding of these complex experiences. Interest in the phenomenon of forgiveness continues to grow, as the question of forgiveness for past injustices has become a global issue. Phenomenologists have a special contribution to make to the discussion of forgiveness, both because of the capacity to describe and analyse the richness of first-person experiences of forgiving and being forgiven, and because many of the twentieth-century phenomenologists, such as Arendt, Beauvoir, Fanon, Husserl, Levinas, Ricoeur, Sartre, and Stein, experienced first-hand the trials of war, detention, violence, exile and occupation that tested their power to forgive. *Phenomenology and Forgiveness* addresses questions such as whether it is only ethical to forgive in response to apologies and expressions of remorse or whether forgiveness is a gift, whether some acts are unforgiveable, the role of forgiveness in political life, and whether it is possible to forgive ourselves.

what is sexual wellness: Get on Top Meika Hollender, 2018-03-13 A smart, actionable guide to help women take control of their sexual health and learn about vital information in a pro-pleasure, safety-first, and sex-positive way from a leader in sexual education for the GirlBoss generation.

Women are suffering—especially in the eighteen to thirty age range. They're suffering from misinformation, fear, intimidation. They're worried about the side effects of birth control, confused about consent, sexuality, and cheating, and don't know when or always even where to seek medical attention. Women need answers from someone they trust, from a partner. And Get on Top is that partner. Written by the creator of the Get On Top national campaign, cofounder of Sustain all-natural sexual wellness products, and daughter of the founder of the billion-dollar green company, Seventh Generation, this book helps women access all the facts they need to make smart, healthy, and safe choices when it comes to sex by continuing the conversation, by answering questions, and by providing the information in a relatable and totally normal way. Meika answers questions similar to those she receives every day from the thousands of readers and listeners of the GetOnTop campaign and fans of the green brands, Sustain and Seventh Generation. It's a chance to give conversational advice to readers. Chapters include topics such as birth control, STDs, sex, masturbation, and what PH is and why it's important. Meika answers all of the questions women have about sex in an unselfconscious, straightforward, real, and enlightening way. Not sexed up, not sleazy. Just smart, actionable information for any and all sexual questions. Not only will it teach women everything they need to know about their bodies, Get on Top will also change the way women think about sexual health.

what is sexual wellness: *Sexual Wellness* Kate P, 2024-07-20 Welcome to Sexual Wellness: Navigating the Path to Healthy Sexuality. This book seeks to offer a safe, enlightening, and inspiring environment for examining the complexity of sexual health and well-being in a world where conversations about sexuality are frequently taboo or surrounded by stigma. More than simply physical health, sexual wellness includes all of our identities, relationships, and sexual experiences. It includes our capacity to make wise decisions regarding our bodies and relationships, as well as our mental, emotional, physical, and social well-being. We will cover a wide range of subjects connected to sexual wellness in this book, including managing consent, communication, and healthy relationships, as well as understanding our own bodies and wants. We will examine the ways in which gender identity, sexual orientation, race, culture, and religion connect with sexuality to examine how these elements affect how we experience and understand sexuality. On your road towards sexual wellness, you will find material based on evidence, useful advice, and firsthand accounts throughout these pages. This book will help you every step of the way, whether you're looking for advice on sexual health, exploring your own needs and boundaries, or trying to improve intimacy and connection in your relationships. Above all, Sexual Wellness aims to advance a sex-positive, welcoming, and affirming perspective on sexuality—one that values consent and respect and celebrates variety and pleasure. We can dismantle obstacles, combat stigma, and enable people to proudly and confidently embrace their sexual identities and experiences by encouraging candid and open discussions about sexuality.

what is sexual wellness: Beyond Shame Matthias Roberts, 2020-01-07 We all carry sexual shame. Whether we grew up in the repressive purity culture of American Evangelical Christianity or not, we've all been taught in subtle and not-so-subtle ways that sex (outside of very specific contexts) is immoral and taboo. Psychotherapist Matthias Roberts helps readers overcome their shame around sex by overcoming three unhealthy coping mechanisms we use to manage that shame. Beyond Shame encourages each of us to determine our own definition of healthy sex, while avoiding the ditches of boundaryless sex positivity on the one hand and strict moralistic boundaries on the other. Define your sexual values on your own terms, overcome your shame, and start having great, healthy sex.

what is sexual wellness: The Quest for Sexual Health Steven Epstein, 2022-03-23 Since the 1970s, health professionals, researchers, governments, advocacy groups, and commercial interests have invested in the pursuit of something called 'sexual health'. Programs were launched, organizations founded, initiatives funded, products sold—and yet, no book before this one asks: What does it mean to be sexually healthy? When did people conceive of a form of health called sexual health? And how did it become the gateway to addressing a host of social harms and the reimagining

of private desires and public dreams? Offering an entryway into the distinctive worlds of sexual health, this book traverses the distance from the research and treatment domains where sexual health is assessed, measured, and improved to the sex expos that invite attendees to leave their inhibitions at the door and explore today's top intimacy products and beyond. Sexual health encompasses wildly disparate agendas and speaks to innumerable concerns—from sexual dysfunction to sexual violence, from HIV prevention to reproductive freedom, to the practicalities of sexual contact during a global pandemic. Rather than a thing apart, sexual health is intertwined with nearly every conceivable topical debate—and more of them every day. Through his wide-ranging exploration, Steven Epstein provides the critical tools needed to bring into focus the different faces of sexual health and parse the debates that swirl around it—

what is sexual wellness: The Ultimate Guide to Male Sexual Health Dudley Seth Danoff, 2017-08-08 A judgment free explanation of men's sexual health issues that will help men live a longer and more virile life. Breaking the barriers of silence and embarrassment, *The Ultimate Guide to Male Sexual Health* speaks candidly to straight men, gay men, lovers, partners, and wives. Drawing on fascinating case histories, board certified urologist Dr. Dudley Seth Danoff uses straightforward, easy-to-understand terms to offer a meticulous examination of the essentials of male sexual health, arousal, and anatomy. Written for men of all ages, this book dispels common male myths and provides nonjudgmental, practical, safe advice for banishing stress from the bedroom and making sex fun again. Whether readers are looking to improve their genital health, last longer, or overcome erectile dysfunction (ED), this guide will help them determine the fundamental causes of male problems using methods that fit their lifestyle and health profile. Readers will discover The facts about BPH and prostate cancer, sexually transmitted diseases, male menopause, steroid use, testosterone replacement, and penile enhancement The psychological and physical causes of ED The truth about blue pills and other medical and nonmedical options for treating ED Exercises and lifestyle changes for improving sexual control and confidence Instructions on how to achieve a healthy and active sex life Options for addressing physical problems and health-related issues If you are bored in the bedroom, struggling with the challenges of getting older, or even overcoming cancer or a heart condition, there is a solution. The first step is learning more about how the penis works—including the impact a man's mind can have on his performance. This revolutionary guide will give men the confidence and ability to perform sexually in any situation at any age.

what is sexual wellness: Sexual Wellness Suzy Hawley, 2024-03-15 In *Sexual Wellness: A Comprehensive Guide to Enhancing Mental Health*, delve into the profound connection between sexuality and mental well-being. From understanding the intricate neuroscience behind sexual pleasure to exploring the stress-relief benefits of intimacy, this book offers a holistic approach to sexual wellness. Through ten chapters and a total of one hundred subheadings, readers will embark on a journey through the foundations of sexual wellness, empowering self-discovery, overcoming challenges, and promoting sexual health education. Whether you're seeking to strengthen relationships, navigate sexual health disorders, or embrace sexual empowerment, this comprehensive guide provides invaluable insights, strategies, and resources for achieving greater mental and emotional well-being through sexual wellness. Dive into the transformative power of sexuality and embark on a path toward a more fulfilling and balanced life.

what is sexual wellness: The Psychology of Human Sexuality Justin J. Lehmiller, 2017-12-26 New edition of an authoritative guide to human sexual behavior from a biopsychosocial perspective The thoroughly revised and updated second edition of *The Psychology of Human Sexuality* explores the roles that biology, psychology, and the social and cultural context play in shaping human sexual behavior. The author - a noted authority on the topic and an affiliate of the acclaimed Kinsey Institute - puts the spotlight on the most recent research and theory on human sexuality, with an emphasis on psychology. The text presents the major theoretical perspectives on human sexuality, and details the vast diversity of sexual attitudes and behaviors that exist in the modern world. The author also reviews the history of sexology and explores its unique methods and ethical considerations. Overall, this important and comprehensive text provides readers with a

better understanding of, and appreciation for, the science of sex and the amazing complexity of human sexuality. Features broad coverage of topics including anatomy, gender and sexual orientation, sexual behaviors, sexual difficulties and solutions, prostitution, and pornography Offers more in-depth treatment of relationships than comparable texts, with separate chapters dealing with attraction and relationship processes Includes cutting-edge research on the origins of sexual orientation and gender identity, as well as new treatments for sexually transmitted infections and sexual dysfunctions Is written from a sex-positive perspective, with expanded coverage of cross-cultural research throughout and material that is inclusive and respectful of a diverse audience Includes numerous activities to facilitate dynamic, interactive classroom environments Written for students of human sexuality and anyone interested in the topic, *The Psychology of Human Sexuality* offers a guide to the psychology of human sexual behavior that is at once inclusive, thorough, and authoritative in its approach.

what is sexual wellness: Sexual Health Mitchell Tepper, Annette Fuglsang Owens, 2007
 VOLUME 1 Psychological Foundations CONTENTS: Sexual health: Definitions and construct development; Health benefits of sexual expression; Love and sexual health; Evolution and the adaptive significance of asexual, sexual, and erotic touch; Touch as the primary element of sensual and erotic expression; Facilitating positive sexual communication; Childhood sexuality; Magical age of 10; Gender identity: From dualism to diversity; Orientations: GLBTQ; Sexuality: Young and middle adulthood; Sexuality at midlife and beyond; The direct and indirect impact of childhood abuse and neglect on sexuality; Mental health, mental illness, and sexuality. VOLUME 2 Physical foundations CONTENTS Systems that contribute to sexual response and expression; Role of the brain and nervous system; Hormones and female sexuality; Hormones involved in male sexual function; Circulatory system; Sexual anatomy and physiology: An overview; Pregnancy and sexuality; Menopause and sexuality; Sexual changes in the aging male; Effects of drug and alcohol abuse on sexual function; Sexual pain disorders; Meeting the challenge: Providing comprehensive sexuality services to people with intellectual disabilities; Neurological impairment of sexuality in men and women; Chronic conditions and disability. VOLUME 3 Moral and cultural foundations CONTENTS: Public health perspectives in sexual health; Classical Jewish perspectives on sex; Catholic culture and sexual health; Sexual value systems and sexual health; Sex in America: From below the Victorian belt to the start of modern dating; Cultural perspectives on orgasm embedded in medicine, science, philosophy, and literature; Cultural influences on African American sexuality: The role of multiple identities on kinship, power, and ideology; Native American culture and sex; Contrasts and contradictions: a brief look at the construction of sexuality in Mexico; Eros in the Dragon empire: the open door to sex in China: Sex and sexual dysfunction in the Middle Eastern Culture; Female genital cutting: Understanding the tradition; Sexual identities of gay men and lesbians: Cultural foundations and controversies; Sex sells: Business, politics, and the U.S. Media; Adolescent sexuality viewed through two different cultural lenses; Importance of broad-based human sexuality education as the context for sexual health instruction. VOLUME 4 State-of-the-art treatments and research CONTENTS: Sexual problems and dysfunctions in men; psychological and relationship aspects of male sexuality; Pharmacological treatment of male erectile dysfunction; Devices used for the treatment of sexual dysfunctions in men; Womens sexual problems and concerns; Therapy update for women: The treatment of low libido in women using an integrated biopsychosocial approach; Spiritual dimensions of sexual health: Broadening clinical perspectives of womens desire; Gender variability: Transsexuals, crossdressers, and others; Physical therapy and sexual health; Understanding family planning, birth control, and contraception; Sexually transmitted infections; Sexual rehabilitation after cancer; Access to pleasure: On-ramp to specific information on disability, illness and changes throughout the life span; Iatrogenic causes of female sexual disorders;

what is sexual wellness: The Handbook of Wellness Medicine Waguih William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

what is sexual wellness: The Sex Issue The Editors of GOOP, 2018-05-01 A

conversation-sparking book that explores the big questions of sexuality, seduction & sex. The Sex Issue is an informative, revelatory read that gets at everything we've always wondered about sex and relationships. GOOP editors introduce the experts they rely on, and dive into Q&A's on the ins and outs of sexual health, pleasure, and ways to evolve the conversations we have with ourselves, our partners, and each other. Part 1, Seduction: Mines the deeper layers of seduction-with suggestions for assessing attraction, reigniting the flame once it's gone out, and navigating dating, unconventional relationship scenarios, the sex toy aisle, and more. Part 2, Sexuality: Different takes on what sexuality means, looks, and feels like today, and options for tapping into sexual power-including a chapter on strengthening libido and tantric practices to up sexual energy. Part 3: Doing It: Antidotes to bedroom boredom, the psychology behind oral sex, how to figure out and pursue what you want-and play out fantasies that may seem beyond reach. Part 4, Orgasm: A closer look at enduring sex myths, with expert advice on closing the orgasm gap, doing away with the pressure to perform, and the benefits of self-pleasure. Part 5, Sex Ed: Covers the essentials (like clean lube and condoms), hormone health, and how to talk to your partner when something is up-all with an eye toward pleasure (as opposed to just avoiding calamity). Throughout the book you'll find goopasutra-style takes on the reality of experiences ranging from plain vanilla to menage a trois, plus personal anecdotes from the GOOP team.

what is sexual wellness: *7 Keys to Lifelong Sexual Vitality* Brian R. Clement, Anna Maria Clement, 2012 The Clements believe that sexual energy is a universal fuel of life and that along with diet and exercise, nothing naturally enhances health more than remaining sexually active.

what is sexual wellness: Sexuality, Health and Human Rights Sonia Corrêa, Rosalind Petchesky, Richard Parker, 2008-08-18 Sexuality, Health and Human Rights surveys the rapid changes taking place at the start of the twenty-first century in the social, cultural, political and economic domains and their impact on sexuality, health and human rights.

what is sexual wellness: *Exploring the Dimensions of Human Sexuality* Jerrold S. Greenberg, Clint E. Bruess, Sarah C. Conklin, 2007 Exploring The Dimensions Of Human Sexuality, Third Edition, Has Been Extensively Updated To Include Information And Statistics About Recent Developments. This Text Continues To Encourage Students To Explore The Varied Dimensions Of Sexuality And To See How Each Affects Their Personal Sexuality, Sexual Health, And Sexual Responsibility. All Aspects Of Sexuality--Biological, Spiritual, Psychological, And Sociocultural--Are Presented Factually And Impartially.

what is sexual wellness: *Orgasmic Leadership* Rachel Braun Scherl, 2018-05 Orgasmic Leadership: The New Leadership Model Orgasmic Leadership tells the story of what drives, inspires and sustains entrepreneurs in the rapidly growing global women's sexual health and wellness space. Orgasmic Leadership reflects a wellspring of deep personal experience in pharmaceuticals, consumer products, women's health as well as indepth interviews with leaders in the sexual wellness field. Rachel Braun Scherl takes on women's long-neglected needs and satisfaction with a strategic business focus, humor, insight, passion, and in the process, exposes an incredibly complex tangle of outdated barriers and challenges that stand in the way of the successful commercialization of women's health products and services.

what is sexual wellness: *She-ology* Sherry A. Ross, 2017-04-25 She-ology describes the state of the vagina at every age and stage of a woman's life--

what is sexual wellness: Brief Sexuality-Related Communication World Health Organization, 2015-08-18 Both research and consultations over the last decades have identified sexuality-related communication as an issue that requires urgent attention. While clients would like their health-care providers to discuss sexual health concerns, health workers lack the necessary training and knowledge to feel comfortable addressing such issues. This guideline provides health policy-makers and decision-makers in health professional training institutions with advice on the rationale for health-care providers' use of counselling skills to address sexual health concerns in a primary health care setting.

what is sexual wellness: *The Psychology of Passion* Robert J. Vallerand, 2015 In The

Psychology of Passion, Robert J. Vallerand provides a complete presentation of the Dualistic Model of Passion and reports on the empirical evidence supporting the theory. Vallerand highlights the effects of two types of passion--harmonious and obsessive--on a number of psychological phenomena, such as cognition, emotions, performance, relationships, aggression, and violence.

what is sexual wellness: *Men's Sexual Health* Barry W. McCarthy, 2017-06-29 *Men's Sexual Health* is a breakthrough book about vital and satisfying male sexuality. It presents a new model of male and couple sexuality, which establishes positive, realistic expectations of pleasure and satisfaction, as opposed to the self-defeating traditional demand for perfect intercourse performance. Men and couples who adopt this approach will enjoy sexuality throughout the lifespan. The authors introduce the new smart thinking, focused on an integration of mind and body, which confronts the myths and misunderstandings which limit male sexual growth. The book will help men and women understand how to pursue sexual and relational health, overcome sexual problems, with the goal of greater acceptance and satisfaction. The book advocates for positive, realistic Good-Enough Sex which will significantly enhance male and couple sexual satisfaction.

what is sexual wellness: *This Is Your Brain on Birth Control* Sarah Hill, 2019-10-01 An eye-opening book that reveals crucial information every woman taking hormonal birth control should know This groundbreaking book sheds light on how hormonal birth control affects women--and the world around them--in ways we are just now beginning to understand. By allowing women to control their fertility, the birth control pill has revolutionized women's lives. Women are going to college, graduating, and entering the workforce in greater numbers than ever before, and there's good reason to believe that the birth control pill has a lot to do with this. But there's a lot more to the pill than meets the eye. Although women go on the pill for a small handful of targeted effects (pregnancy prevention and clearer skin, yay!), sex hormones can't work that way. Sex hormones impact the activities of billions of cells in the body at once, many of which are in the brain. There, they play a role in influencing attraction, sexual motivation, stress, hunger, eating patterns, emotion regulation, friendships, aggression, mood, learning, and more. This means that being on the birth control pill makes women a different version of themselves than when they are off of it. And this is a big deal. For instance, women on the pill have a dampened cortisol spike in response to stress. While this might sound great (no stress!), it can have negative implications for learning, memory, and mood. Additionally, because the pill influences who women are attracted to, being on the pill may inadvertently influence who women choose as partners, which can have important implications for their relationships once they go off it. Sometimes these changes are for the better . . . but other times, they're for the worse. By changing what women's brains do, the pill also has the ability to have cascading effects on everything and everyone that a woman encounters. This means that the reach of the pill extends far beyond women's own bodies, having a major impact on society and the world. This paradigm-shattering book provides an even-handed, science-based understanding of who women are, both on and off the pill. It will change the way that women think about their hormones and how they view themselves. It also serves as a rallying cry for women to demand more information from science about how their bodies and brains work and to advocate for better research. This book will help women make more informed decisions about their health, whether they're on the pill or off of it.

what is sexual wellness: *Treating Out of Control Sexual Behavior* Douglas Braun-Harvey, MA, MFT, CGP, CST, Michael A. Vigorito, LMFT, LCPC, CGP, 2015-11-05 Out of control sexual behavior is referred to variously as sex addiction, sexual compulsivity, and hypersexuality, among other terms, has been a controversial and attention-getting issue since it first captured both public and professional attention over 30 years ago. Previous discussions of this behavior have been grounded in conceptualizing it as a pathologized, medical issue on par with substance abuse addictions, or, in backlash, as simply irresponsible behavior indicating weakness in the individual. In keeping with the call from many leaders in the mental health and sexual health areas to move beyond these two polarized conceptualizations of these sexual behavior problems, the authors present a model for working with clients in both group and individual treatment settings. Based on their experience with

hundreds of clients, this book provides a comprehensive and practical conceptualization of out of control sexual behavior framed as a sexual health problem within a larger model of human behavior, not a psychiatric or addictive disorder. The book includes step-by-step tools for assessment, treatment planning as well as treatment implementation. It describes a process for professionals to guide clients to define and be accountable for their own personal vision of sexual health as the foundation on which they regain sexual behavior control. The authors provide rich and varied composite case examples based on 20 years of clinical experience that demonstrate clinician sexual health treatment conversations and tools, as well as stories of hope and guidance so essential to individuals wanting to understand how sexual health can be the essential ally in changing their sexual behavior.

what is sexual wellness: Sexual and Gender Minority Health Brea L. Perry, Allen J. LeBlanc, 2021-01-15 This volume of *Advances in Medical Sociology* showcases rich theoretical and empirical contributions on SGM health and wellbeing. The chapters address a variety of topics, drawing from classic and contemporary sociological frameworks and constructs, and reflecting intersecting interdisciplinary approaches to SGM health.

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what is sexual wellness: Talk Sex Today Saleema Noon, Meg Hickling, 2016-08-05 Not sure what - or how much - information to share with children and teens regarding sex and sexual health? Do you fear what they might ask? Or how to respond to their questions? Or whether you even know the "answers" yourself? Saleema Noon knows all about these fears and concerns. An expert in sexual health education and stepparent to two teenage daughters herself, she understands the challenges adults face when addressing sensitive topics with their kids. In *Talk Sex Today*, Noon delivers an intelligent and sensible blend of current, inclusive, and practical information for children and teens - and the adults who love them. Noon builds on the foundational work of iconic sexual health educator Meg Hickling and her bestselling *Speaking of Sex* books to offer adults a break-through guide on teaching "body science." Together, with a combined 40 years of experience, Noon and Hickling broach a host of topics including: gender identity and stereotypes sexual diversity sexual consent

bullying and harassment fostering healthy body image internet safety managing media influence pornography sexual decision-making teaching sexual health to children and teens with special needs Not afraid of controversy and firm in her belief that knowledge is power, Noon's broadly inclusive approach shines with the affirmation that every person – regardless of race, religion, age, ability, gender identity, gender expression and sexual attraction – deserves respect and the information that will keep them safe. This is the ultimate guide to teaching children about sexual health and is ideal for educators and parents alike.

what is sexual wellness: 100 Questions & Answers About Women's Sexual Wellness and Vitality: A Practical Guide for the Woman Seeking Sexual Fulfillment Michael L. Krychman, 2009-04-17 No woman wants to read this book but many women should, for it is estimated that 43% of all women suffer from some form of sexual complaint. The only text to provide the doctor and patient's view, 100 Questions and Answers About Women's Sexual Wellness and Vitality provides authoritative answers to 100 of the most common questions posed by women--and their partners--about sexual problems and health. It offers practical information on how to improve sex and sexual function through lifestyle, medication, and therapy. Written by Dr. Michael L. Krychman, an expert sexual medicine specialist, this book provides you with the information you need to take charge of your sexual health, your overall health, and your relationships.

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