

december health and wellness topics

December Health and Wellness Topics: Boost Your Wellbeing During the Festive Season

The holidays are upon us! December is a month brimming with festive cheer, family gatherings, and delicious treats. But amidst the holiday hustle, it's easy to let your health and wellness goals slip. This isn't about depriving yourself of holiday joy; it's about navigating the season mindfully and prioritizing your well-being. This comprehensive guide dives into actionable December health and wellness topics, helping you stay healthy and happy throughout the festive period and beyond. We'll explore everything from managing holiday stress to nourishing your body with healthy choices, ensuring you enter the new year feeling refreshed and energized.

1. Managing Holiday Stress: A December Wellness Essential

December often brings increased social demands, financial pressures, and travel anxieties. This can lead to significant stress, impacting both your physical and mental health. This section offers practical strategies to navigate the holiday stress:

Prioritize Self-Care: Schedule dedicated time for activities you enjoy, whether it's reading a book, taking a relaxing bath, or going for a walk. Even short bursts of self-care can make a significant difference.

Set Realistic Expectations: Don't try to do everything. Learn to say "no" to commitments that will overwhelm you. Focus on the most important aspects of the holiday season and let go of the rest.

Practice Mindfulness and Meditation: Regular mindfulness exercises, even just 5-10 minutes a day, can help you manage stress and stay grounded. Many free apps offer guided meditations.

Connect with Loved Ones: While social pressures can be stressful, genuine connection with loved ones can be incredibly beneficial for mental health. Prioritize quality time with people who uplift you.

Seek Professional Help if Needed: Don't hesitate to reach out to a therapist or counselor if you're struggling to manage stress on your own. Many resources are available, and seeking support is a sign of strength.

2. Navigating Holiday Eating: Healthy Choices During Festive Feasts

Holiday gatherings often involve indulgent treats and oversized portions. While indulging occasionally is fine, maintaining a healthy balance is crucial. Here's how:

Mindful Eating: Pay attention to your hunger and fullness cues. Eat slowly and savor each bite, rather than rushing through meals.

Portion Control: Be mindful of portion sizes, especially with high-calorie dishes. Start with smaller servings

and go back for more if needed.

Healthy Swaps: Opt for healthier alternatives where possible. Choose lean protein sources, load up on vegetables, and select whole-grain options over refined carbohydrates.

Hydration is Key: Drink plenty of water throughout the day to stay hydrated and help you feel full. Limit sugary drinks.

Don't Deprive Yourself: Allow yourself to enjoy holiday treats in moderation. Complete deprivation can lead to overindulgence later.

3. Boosting Immunity During Cold and Flu Season

December is peak cold and flu season. Strengthening your immune system is vital for staying healthy.

Prioritize Sleep: Aim for 7-8 hours of quality sleep each night to support immune function.

Eat a Balanced Diet: A diet rich in fruits, vegetables, and whole grains provides essential nutrients for immune support.

Regular Exercise: Moderate exercise boosts immunity and helps manage stress.

Hand Hygiene: Wash your hands frequently with soap and water or use hand sanitizer.

Vitamin D: Consider supplementing with Vitamin D, especially if you live in an area with limited sunlight during winter. Consult your doctor before starting any new supplements.

4. Maintaining a Healthy Sleep Schedule During the Holiday Rush

The holiday season often disrupts regular sleep schedules due to late nights, early mornings, and travel.

Maintaining a consistent sleep routine is vital for overall well-being.

Establish a Regular Sleep Schedule: Try to go to bed and wake up around the same time each day, even on weekends.

Create a Relaxing Bedtime Routine: Wind down before bed with activities like reading or taking a warm bath.

Optimize Your Sleep Environment: Ensure your bedroom is dark, quiet, and cool.

Limit Screen Time Before Bed: The blue light emitted from screens can interfere with sleep.

Avoid Caffeine and Alcohol Before Bed: These substances can disrupt sleep patterns.

5. Prioritizing Mental Wellness During the Festive Season

The holidays can be a challenging time for mental health, particularly for those struggling with loneliness, grief, or anxiety.

Connect with Support Systems: Lean on friends, family, or support groups for emotional support.

Practice Gratitude: Focusing on what you're grateful for can boost your mood and overall well-being.

Engage in Activities You Enjoy: Make time for activities that bring you joy and relaxation.

Limit Social Media Comparisons: Avoid comparing yourself to others on social media, as this can negatively impact your self-esteem.

Seek Professional Help if Needed: Don't hesitate to seek professional help if you're struggling with your mental health.

Conclusion

December's festive cheer shouldn't come at the cost of your health and well-being. By incorporating these December health and wellness topics into your routine, you can navigate the holiday season with greater ease and emerge feeling refreshed and revitalized. Remember, prioritizing your well-being is not selfish; it's essential for enjoying the holidays fully and thriving throughout the new year.

FAQs

1. How can I manage my weight during the holiday season without feeling deprived? Focus on mindful eating, portion control, and making healthy swaps. Allow yourself to enjoy treats in moderation, rather than completely restricting yourself.
1. What are some simple ways to de-stress during the holidays? Practice deep breathing exercises, engage in physical activity, spend time in nature, listen to calming music, and prioritize self-care activities.
1. Is it okay to skip my regular exercise routine during the holidays? While it's understandable to have some flexibility, try to maintain your routine as much as possible. Even short bursts of exercise can be beneficial.
1. How can I improve my sleep quality during the busy holiday season? Establish a regular sleep schedule, create a relaxing bedtime routine, optimize your sleep environment, and limit screen time before bed.
1. What are some healthy alternatives to traditional holiday dishes? Consider using leaner proteins,

opting for whole-grain options, increasing vegetable portions, and using healthier cooking methods. There are many healthy recipes available online!

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

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

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

not aware of. Hiring managers and human resource professionals across the stakeholder groups across the stakeholder groups may also find the book helpful in learning about other roles that may benefit their organizations.

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

december health and wellness topics: 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!

december health and wellness topics: Health and Wellness in 19th-Century America John C. Waller, 2014-08-11 This book provides a comprehensive description of what being sick and receiving medical care was like in 19th-century America, allowing modern readers to truly appreciate the scale of the improvements in healthcare theory and practice. Health and Wellness in 19th-Century America covers a period of dramatic change in the United States by examining our changing understanding of the nature of the disease burden, the increasing size of the nation, and our conceptions of sickness and health. With topics ranging from the unsanitary tenements of New York's Five Points, the field hospitals of the Civil War, and to the laboratories of Johns Hopkins

Medical School, author John C. Waller reveals a complex picture of tradition, discovery, innovation, and occasional spectacular success. This book draws upon an extensive literature to document sickness and wellness in environments like rural homesteads, urban East-coast slums, and the hastily built cities of the West. It provides a fascinating historical examination of a century in which Americans made giant strides in understanding disease yet also clung to traditional methods and ideas, charting how U.S. medical science gradually transformed from being a backwater to a world leader in the field.

december health and wellness topics: Wellness Issues for Higher Education David S. Anderson, 2015-07-16 Wellness Issues for Higher Education is an essential resource that addresses a range of student wellness issues confronting professionals in college and university settings. Organized around five dimensions of Wellness—Emotional, Social, Intellectual, Physical, and Spiritual—this book comprehensively covers key topics that contribute to students' success in college. Each topical chapter includes proactive wellness advice, and is designed to prepare the reader to better understand the facts, issues, and strategies appropriate for addressing the issue. Each Chapter Features: Background information, theory, and research Historical and emerging issues Common questions, controversies, challenging situations, and misconceptions Practical applications for the campus This practical guide prepares practitioners to understand and deal with the wellness and health promotion issues contributing to their students' overall success and well-being. Armed with this valuable resource, higher education and student affairs professionals can work to improve academic performance, retention, satisfaction, and quality of life. This thorough resource will guide those working at any level in residence life, student activities, orientation, health education, student leadership, advising, instruction, and other areas of student development.

december health and wellness topics: On the Path to Health, Wellbeing, and Fulfilment Iris Schrijver, 2021-10-19 This compelling book on health, wellbeing, and fulfilment investigates the scientific basis of what we think we know about healthy living. How much do we actually know about the information that is presented as fact by health crusaders and in the media? How do perceptions of truth and validity influence our behaviour and our health? Guided by the author's practice in academic and non-profit medicine, this book highlights the practical impact of scientific studies in a broad range of disciplines and brings to life their relevance and limitations. It presents a journey of discovery that includes the foundations of knowledge, factors of health, implications of lifestyle choices, positive psychology, and social science. The book takes a realistic look at the evidence of biological, psychological, and cultural determinants of health, and is essential reading for anyone who wonders why there is so much left to learn about what truly enhances wellbeing and survival. It is an empowering book that provides a key to understanding how we can all improve and support our health to thrive in any phase of life. Find more on this topic at: lifestyleforhealthandwellness.com.

december health and wellness topics: Current Awareness in Health Education , 1984-03

december health and wellness topics: 30 Quick Tips for Better Health Don VerHulst, 2013-03-05 DIV 30 Quick Tips for Better Health gives you a guide to great health, broken down into thirty short, easy-to-read tidbits that are easy to put into practice./div

december health and wellness topics: Simple Ideas for Healthy Living First Place 4 Health, 2008-07-01 Simple Ideas for Healthy Living contains health tips and health instruction sheets. It's divided into the four areas: spirit, mind, emotions, and body. It also addresses various health topics for individual instruction and discussion in group sessions.

december health and wellness topics: The Building Blocks of Health J. Joseph Speidel, 2020-12 In The Building Blocks of Health--How to Optimize Your Health with a Lifestyle Checklist, preventive medicine expert J. Joseph Speidel, MD, MPH, describes why most Americans have a lifestyle that harms their health. He documents that by following his Lifestyle Checklist, we can put in place The Building Blocks of Health and reverse much of the lifestyle-related damage that leads to illness and premature death. It lays out the scientific basis of why adopting healthier ways of eating, exercising and living prevents disease, optimizes and maintains health. Readers will learn: Why the

lifestyle of 95% of Americans is unhealthy. That a healthy lifestyle can prevent 90% of diabetes, 80% of heart disease, and nearly 50% of cancers. That an optimal lifestyle can add 10 to 15 years to life. That multiple behavioral factors are necessary to keep us healthy--they are the Building Blocks of Health. How to use a Lifestyle Checklist to adopt and stick to the behaviors needed to be healthy. Many books on health focus on a single topic such as nutrition or heart disease but *The Building Blocks of Health* documents why you can't rely on doing just one thing, like getting a lot of exercise, or avoiding just one risky behavior, like not smoking, to get and stay healthy. Multiple factors are at work to make us sick or keep us healthy. Each of the book's 16 chapters focuses on an important health-related topic including healthy nutrition, weight control, exercise and preventing heart disease, cancer and dementia. Everyone should read this book because almost all of us have an unhealthy lifestyle that is making us ill and contributing to early deaths. Doctors will want to give this book to their patients because they usually do not have enough time to provide good counseling about an optimally healthy lifestyle. The behaviors described in *The Building Blocks of Health* are highly effective in restoring and maintaining health because our bodies have remarkable power to heal when we stop the biological damage caused by our unhealthy lifestyle.

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

december health and wellness topics: *Women's Health and Fitness Guide* Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006 Examining the benefits of exercise for women, from osteoporosis prevention to reducing the risk of cardiovascular disease, this book reviews the physiological fitness differences between men and women. It also helps women to tailor an exercise programme to their stage in life: adolescence, pre-menopause, menopause, post-menopause and ageing.

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

work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

december health and wellness topics: Healthy Choices for Your Health, Wellness, and Overall Happiness Nanette Tummers, 2017-12-31 *Healthy Choices for Your Health, Wellness, and Overall Happiness* introduces students to proactive practices they can apply to positively affect their current and long-term health. The text encourages readers to examine key aspects of their personal wellness and make adjustments to enhance their health now rather than later in life. The text explores topics related to health broadly, while also exploring social, emotional, spiritual, physical, environmental and intellectual wellbeing to provide students with a comprehensive understanding of health and wellness in today's society. The text begins by explaining the difference between health and wellness and the impact of protective measures on health. Students learn effective strategies for promoting and advocating for their personal well-being. Later chapters teach readers how to improve the health and safety of their immediate environment and the world around them, and how to establish health behavior changes that last. The final chapter helps readers put all the information together to establish a personal wellness strategy. *Healthy Choices for Your Health, Wellness, and Overall Happiness* is an ideal supplementary text for foundational courses in public health and healthcare professions. It can also be used for pre-service professionals in health education pedagogy. A certified holistic stress management instructor and yoga teacher, Dr. Nanette Tummers received her Ed.D. in kinesiology and health promotion from University of Northern Colorado. She earned her M.S. in cardiovascular health and exercise from Northeastern University and B.S. in adaptive physical education and health education from Springfield College, focusing her work on stress management and wellness. She is a professor of health and physical education at Eastern Connecticut State University.

december health and wellness topics: *Fit & Well* Thomas Davin Fahey, Paul M. Insel, Walton T. Roth, Claire Insel, 2024 *Fit & Well* offers students the knowledge and skills they need to make meaningful and lasting behavior changes. Trusted science-based content has been shown to help students improve their exercise and eating habits, as well as to deal more effectively with stress--

december health and wellness topics: *Healthy Living Every Day* Nancy Guberti, 2019-11-11 *Healthy Living Everyday* is your wellness blueprint offering an array of alternative healing and preventive therapies, with more than 365 pages of reflective questions, empowering truth, and simple steps covering many alternative factors to wellness. Many of us have a hard time figuring everything out. Just conquering one's mindset is integral in healthy living, and that's why mindset is intertwined throughout the wellness blueprint. One may wonder what to eat, how to stay fit, and improve overall well-being. The wellness blueprint covers guidelines that can help fight off brain fog, dementia, depression, anxiety, weight gain, degenerative diseases, and much more. With natural healing insights, fascinating science, tried-and-true remedies to treat a variety of common ailments, this book is a straightforward guide to achieving optimal wellness, health, and weight. Don't wait for a devastating diagnosis to force you into living healthy. Proper nutrition is the basis of living a healthy lifestyle. Your food choices can direct your total wellbeing from how you feel now and in the future. The goal is awareness, mindfulness with truth avoiding deception, false advertising, and quick fixes. It's just healthy living facts to help you reflect, be empowered, and take action by owning your life. To overcome overwhelm, take it one day at a time, baby steps are better than no steps. Each day, you will have the power to work on your mind and body. Follow the step-by-step healthy living blueprints and answer the reflective questions to achieve more awareness and self-growth. The more you know what you want in life for your health, then you will be able to set attainable goals. Your mindset is everything. You must remember that your health is worth it because YOU are worth it. The book explores the many factors for optimizing health and well-being. Boost your energy, balance your gut, support your immune system, eat healthily, get restorative sleep, get fit, and be happy and healthy. The goal is for you to reach and stay in optimal wellness.

december health and wellness topics: *The Collective Spirit of Aging Across Cultures* Halaevalu F. Ofahengaue Vakalahi, Gaynell M. Simpson, Nancy Giunta, 2014-01-28 *The collective,*

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

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

december health and wellness topics: Ballweg's Physician Assistant: A Guide to Clinical Practice - E-Book Tamara S Ritsema, Darwin L. Brown, Daniel T. Vetrosky, 2021-04-17 Designed as a highly visual and practical resource to be used across the spectrum of lifelong learning, Ballweg's Physician Assistant, 7th Edition, helps you master all the core competencies needed for physician assistant certification, recertification, and clinical practice. It remains the only textbook that covers all aspects of the physician assistant profession, the PA curriculum, and the PA's role in clinical practice. Ideal for both students and practicing PAs, it features a succinct, bulleted writing style, convenient tables, practical case studies, and clinical application questions that enable you to master key concepts and clinical applications. - Addresses all six physician assistant competencies, as well as providing guidance for the newly graduated PA entering practice. - Includes five new chapters: What Is a Physician Assistant, and How Did We Get Here?, Effective Use of Technology for Patient-Centered Care, Success in the Clinical Year, Transitioning to Practice and Working in Teams, and Finding Your Niche. - Features an enhanced focus on content unique to the PA profession that is not readily found in other resources, more illustrations for today's visually oriented learners, a more consistent format throughout, and a new emphasis on the appropriate use of social media among healthcare professionals. - Provides updated content throughout to reflect the needs of the PA profession, including new content on self-care for the PA to help prevent burnout, suicide, and other hazards faced by healthcare professionals. - Guides students in preparation for each core clinical rotation and common electives, as well as working with special patient populations such as patients experiencing homelessness and patients with disabilities. - Includes quick-use resources, such as objectives and key points sections for each chapter, tip boxes with useful advice, abundant tables and images, and more than 130 updated case studies. - Evolve Educator site with an image bank is available to instructors through their Elsevier sales rep or via request at <https://evolve.elsevier.com>.

december health and wellness topics: The Reverse Coloring Book™ Kendra Norton, 2021-08-31 Coloring books became a thing when adults discovered how relaxing and meditative they

were. Jigsaw puzzles roared back into popularity as an immersive activity, not to mention a great alternative to television. How exciting is it, then, to introduce an activity that tops them both: reverse coloring, which not only confers the mindful benefits of coloring and puzzling but energizes you to feel truly creative, even when you're weary and just want to zone out. It's so simple, yet so profoundly satisfying. Each page in *The Reverse Coloring Book* has the colors, and you draw the lines. Created by the artist Kendra Norton, these beautiful and whimsical watercolors provide a gentle visual guide so open-ended that the possibilities are limitless. Trace the shapes, draw in figures, doodle, shade, cover an area with dots. Be realistic, with a plan, or simply let your imagination drift, as if looking at clouds in the sky. Each page is an invitation to slow down, let go, and thoughtfully (or thoughtlessly) let your pen find its way over the image. *The Reverse Coloring Book* includes 50 original works of art, printed on sturdy paper that's single-sided and perforated. And unlike with traditional coloring books, all you need is a pen.

december health and wellness topics: NLM Newsline , 2000

december health and wellness topics: 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.

december health and wellness topics: Women's Health and Wellness Across the Lifespan Ellen Olshansky, 2014-10-07 *Women's Health and Wellness Across the Lifespan* offers the innovative approach to care that today's patients often demand, combining traditional medicine and alternative approaches. It covers women's wellness care and specific issues during puberty through young adulthood, midlife, and old age. In addition, it provides information essential to enabling your patients to achieve their full health potential, covering wellness for special populations, physical activity and nutrition, oral health, herbal medicine and pharmacologic approaches, methods to promote healing, healthy sleep, and peaceful dying.

december health and wellness topics: Lipids: Update on Diagnosis and Management of Dyslipidemia, An Issue of Endocrinology and Metabolism Clinics of North America, E-Book Connie B. Newman, Alan Chait, 2022-08-17 In this issue of *Endocrinology and Metabolism Clinics of North America*, guest editors Drs. Connie B. Newman and Alan Chait bring their considerable expertise to the topic of Lipids: Update on Diagnosis and Management of Dyslipidemia. When untreated, dyslipidemia may have serious comorbidities; in this issue, top experts cover the evaluation and management of LDL cholesterol and high triglycerides in adults and children, providing practical information that will help physicians and other health care professionals treat their patients and improve outcomes. - Contains 13 practice-oriented topics including lipid and lipoprotein metabolism; measurement of lipids and advanced lipid testing; assessment of CVD risk; inherited forms of hypercholesterolemia; new and emerging therapies for dyslipidemia; and more. - Provides in-depth clinical reviews on diagnosis and management of dyslipidemia, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

december health and wellness topics: 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.

december health and wellness topics: Building a Culture of Health John A. Quelch, Emily C. Boudreau, 2016-09-22 This ambitious volume sets out to understand how every company impacts

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

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

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december health and wellness topics: Fitness and Wellness in Canada Sarah J. Woodruff Atkinson, Carol Kennedy Armbruster, Ellen M. Evans, 2020 Developed specifically for the Canadian

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

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

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person-centered treatment planning, and holistic wellness, while emphasizing the importance of selecting evidence-based practices appropriate for specific clients, issues, and settings. Aligned with 2016 CACREP Standards and offering practical activities and case examples, the text will prepare future counselors for the realities of clinical practice.

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