

emotional wellness month 2023

Emotional Wellness Month 2023: Prioritizing Your Mental Well-being

Feeling overwhelmed? Stressed out? Like you're constantly juggling a million things and your emotional wellbeing is taking a backseat? You're not alone. That's why Emotional Wellness Month 2023 is more important than ever. This comprehensive guide dives deep into practical strategies, actionable tips, and essential resources to help you prioritize your mental health and build resilience throughout the year, not just during this designated month. We'll explore the significance of emotional wellness, bust common myths, and equip you with the tools to navigate life's challenges with greater emotional intelligence.

Understanding Emotional Wellness: More Than Just Feeling "Good"

Emotional wellness isn't simply the absence of sadness or anxiety; it's about cultivating a deep understanding and acceptance of your feelings, developing coping mechanisms for difficult emotions, and building resilience to bounce back from setbacks. It's about creating a life where you feel empowered, capable, and connected. This involves recognizing your emotional patterns, identifying your triggers, and learning to regulate your responses in healthy ways. It's a journey, not a destination, requiring ongoing self-reflection and conscious effort.

The Significance of Emotional Wellness Month 2023

Designating a month to focus on emotional wellness isn't about a quick fix; it's about raising awareness, normalizing conversations around mental health, and encouraging proactive self-care. It's a powerful reminder that our emotional wellbeing is just as important as our physical health. Taking the time during Emotional Wellness Month 2023 to assess your emotional landscape and implement positive changes can have a profound impact on your overall quality of life, impacting everything from your relationships to your productivity at work.

Practical Strategies for Boosting Your Emotional Well-being

While a single month can't solve all our emotional challenges, it offers a valuable opportunity to start building positive habits. Here are some

actionable steps you can take:

1. **Mindfulness and Meditation:** Regular mindfulness practices, even just five minutes a day, can significantly reduce stress and improve emotional regulation. Focus on your breath, your senses, and the present moment. Numerous apps and guided meditations are available to support your practice.
1. **Journaling:** Writing down your thoughts and feelings can provide valuable insights into your emotional patterns. It allows you to process experiences, identify triggers, and track your progress.
1. **Connecting with Others:** Strong social connections are vital for emotional wellbeing. Make time for meaningful interactions with loved ones, engage in social activities, and nurture your relationships. Don't underestimate the power of a supportive community.
1. **Setting Boundaries:** Learning to set healthy boundaries – both professionally and personally – is crucial for protecting your emotional energy. Saying "no" when necessary, and prioritizing your needs, is an act of self-care.
1. **Physical Activity:** Exercise is a powerful mood booster. Engage in activities you enjoy, whether it's a brisk walk, a yoga session, or a team sport. Physical activity releases endorphins, which have mood-lifting effects.
1. **Healthy Diet and Sleep:** Nourishing your body with a balanced diet and prioritizing quality sleep are fundamental for emotional wellbeing. These contribute to overall physical and mental energy levels.

Busting Emotional Wellness Myths

Let's tackle some common misconceptions that can hinder our progress:

Myth 1: Emotional wellness is a sign of weakness. In reality, prioritizing your emotional health is a sign of strength and self-awareness.

Myth 2: You should always feel positive. Experiencing a range of emotions is normal and healthy. It's about learning to navigate those emotions constructively.

Myth 3: You can "just snap out of it." Mental health challenges are complex and often require support and professional guidance.

Myth 4: Talking about your feelings is embarrassing. Open communication is crucial for building strong relationships and seeking support when needed.

Myth 5: Self-care is selfish. Prioritizing your wellbeing is an act of self-preservation and empowers you to be a better friend, partner, and member of society.

Resources for Emotional Wellness

Numerous resources are available to support your journey toward emotional wellbeing:

Mental health apps: Headspace, Calm, and BetterHelp offer guided meditations, therapy sessions, and coping strategies.

Support groups: Connecting with others who share similar experiences can provide validation and support.

Therapists and counselors: Professional guidance can be invaluable for addressing specific emotional challenges.

Online communities: Many online forums and communities offer support and resources related to mental health.

Conclusion: Embrace the Journey

Emotional Wellness Month 2023 is a powerful call to action. It's an invitation to prioritize your mental wellbeing and cultivate a life filled with emotional resilience, self-awareness, and genuine connection. Remember that progress, not perfection, is the key. Start small, be patient with yourself, and celebrate your successes along the way. By incorporating even a few of the strategies outlined above into your daily routine, you can significantly enhance your emotional well-being and live a more fulfilling life.

FAQs

1. What if I'm struggling with severe emotional distress? If you're experiencing severe emotional distress or are having thoughts of self-harm, please seek professional help immediately. Contact a crisis

hotline, mental health professional, or emergency services.

1. How can I make emotional wellness a sustainable practice beyond Emotional Wellness Month? Integrate self-care practices into your daily routine. Schedule time for mindfulness, exercise, and connection with loved ones, just as you would schedule any other important appointment.
1. Is it normal to feel overwhelmed sometimes? Yes, it's completely normal to feel overwhelmed from time to time. The key is developing healthy coping mechanisms to manage those feelings.
1. What if I don't have time for self-care? Even small acts of self-care can make a difference. Start with five minutes of mindfulness each day, or a short walk during your lunch break. Prioritize small, manageable steps.
1. How can I support others who are struggling with their emotional wellbeing? Listen actively, offer empathy and understanding, encourage them to seek professional help if needed, and simply be present for them. Remember, sometimes the most valuable support is just being there.

emotional wellness month 2023: You are Not Alone , 1992

emotional wellness month 2023: *Chase's Calendar of Events 2021* Editors of Chase's, 2020-10-27 Find out what's going on any day of the year, anywhere across the globe! The world's date book since 1957, Chase's is the definitive, authoritative, day-by-day resource of what the world is celebrating and commemorating. From national days to celebrity birthdays, from historical anniversaries to astronomical phenomena, from award ceremonies and sporting events to religious festivals and carnivals, Chase's is the must-have reference used by experts and professionals—a one-stop shop with 12,500 entries for everything that is happening now or is worth remembering from the past. Completely updated for 2021, Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips. 2021 is packed with special events and observances, including National days and public holidays of every nation on Earth The 400th anniversary of the Plymouth pilgrim Thanksgiving The 200th independence anniversary from Spain of its Central and South American colonies. The 100th anniversary of the Tulsa Race Massacre Scores of new special days, weeks and months Birthdays of new world leaders, office holders, and breakout stars And much more! All from the reference book that Publishers Weekly calls one of the most impressive reference volumes in the world.

emotional wellness month 2023: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

emotional wellness month 2023: It's Kind of a Funny Story Ned Vizzini, 2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

emotional wellness month 2023: Transforming Educator Preparation for Changing Times Robert D. Muller, 2024-06-01 This edited volume explores the progress, challenges, and future prognoses of educator preparation programs (preK-12 and higher education) in the U.S. Using examples drawn from a large, urban-centered college of education, the book provides practical guidance and insights regarding teacher preparation and educational leadership. Edited by former NLU Dean, Robert Muller and authored by NLU National College of Education faculty, the chapters explore how programs that prepare novice teachers, provide advancement opportunities for practicing educators, and develop education leaders have adapted to serve the needs of contemporary school institutions. This work is particularly timely given the myriad challenges facing the nation's teacher and education leader preparation pipeline, and the critical role colleges of education play in addressing those needs. Primarily focused on leading institutional change in a large, metropolitan college of education, this work will be of interest to colleges of education leaders and faculty, PK-12 and higher education teachers and leaders, policy makers, and the broader teacher preparation and educator development field. Founded in the 1880s, the Chicago-based National College of Education (NCE) at National Louis University serves approximately 3,000 educators annually in its initial and advanced teacher preparation and educational leadership programs. For its commitments to diversity, inclusion and equity within transformative higher education, National Louis University was recognized as a top 20 school in Washington Monthly's 2022 National University Rankings. The book is divided into four major sections: Prepare: The authors explore how a college of education has approached equipping novice teachers for success as they enter the teaching profession. It focuses on the transformation of initial teacher preparation programs to meet the needs of contemporary schools and districts, and profiles the programmatic initiatives to make those changes. Advance: The authors describe programs that support teachers as they advance in their careers, and the role of continuing graduate education in developing exemplary educators. Lead: The authors address the challenges facing education leaders and adapting their professional development to equip them to lead. It explores efforts to develop a cadre of leaders across education systems with the requisite knowledge and habits of mind to lead amidst unprecedented change. Building the Institution: The authors address several key cross cutting processes that support transformation efforts, including strategy development and implementation, partnership development, technology deployment, human capital development and data utilization.

emotional wellness month 2023: Population Health for Nurses Jessica Ochs, Sherry L.

Roper, Susan M. Schwartz, 2024-05-15 Population Health for Nurses prepares nurses to develop interventions, policies, and practices that promote health equity and improved health outcomes across the health care delivery continuum. The text emphasizes the social determinants of health and how nurses can plan and implement health promotion and disease prevention interventions. It takes a holistic perspective, connecting human health behavior to the dynamic, ongoing interactions of the person, social factors, and the physical environment in which people are born, live, learn, play, work, and age. Population Health for Nurses uses a logical, thematic organization that breaks down content into manageable chunks. It presents the material in 35 chapters, organized into 7 thematic units. The text defines and distinguishes among the interrelated nursing areas of population health, public health, and community health nursing, providing both historical context and up-to-date research to help students make connections across content that can inform practice. The result is a holistic approach that applies theoretical concepts to the practical assessment, diagnosis, planning, implementation, and evaluation steps of client care and community-tailored interventions. This is an adaptation of Population Health for Nurses by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

emotional wellness month 2023: Psychologists Magazine October 2023 Sujata Shahi , Vivek Aggarwal , Psychologists, a magazine produced by Utsaah Psychological Services, stands as a venerable and authoritative publication within the field of mental health. Its pages are a treasure trove of insights and knowledge regarding mental well-being. Over the years, it has cemented its reputation as a reliable source for expert guidance, boasting contributions from esteemed mental health professionals across India.

emotional wellness month 2023: Fostering the Emotional Well-Being of Our Youth Philip J. Lazarus, Shannon Suldo, Beth Doll, 2021 Fostering the Emotional Well-Being of our Youth: A School- Based Approach is an edited work that details best practices in comprehensive school mental health services based upon a dual-factor model of mental health that considers both psychological wellness and mental illness. In the introduction the editors respond to the question: Are our students all right? Then, each of the text's 24 chapters (five sections) describes empirically sound and practical ways that professionals can foster supportive school climates and implement evidence-based universal interventions to promote well-being and prevent and reduce mental health problems in young people. Topics include: conceptualizing and framing youth mental health through a dual-factor model; building culturally responsive schools; implementing positive behavior interventions and supports; inculcating social-emotional learning within schools impacted by trauma; creating a multidisciplinary approach to foster a positive school culture and promote students' mental health; preventing school violence and advancing school safety; cultivating student engagement and connectedness; creating resilient classrooms and schools; strengthening preschool, childcare and parenting practices; building family-school partnerships; promoting physical activity, nutrition, and sleep; teaching emotional self-regulation; promoting students' positive emotions, character and purpose; building a foundation for trauma-informed schools; preventing bullying; supporting highly mobile students; enfranchising socially marginalized students; preventing school failure and school dropout; providing evidence-based supports in the aftermath of a crisis; raising the emotional well-being of students with anxiety and depression; implementing state-wide practices that promote student wellness and resilience; screening for academic, behavioral, and emotional health; and accessing targeted and intensive mental health services--

emotional wellness month 2023: College Student Mental Health and Wellness Jeffrey A. Hayes, 2024-08-06 Addressing the college mental health crisis in a comprehensive, data-driven way, Jeffrey A. Hayes explores theories of college student development and common psychological problems among college students and important aspects of college student well-being, and how we might more effectively work with our students and those who support them.

emotional wellness month 2023: The Three Little Yogis and the Wolf Who Lost His Breath

Susan Verde, 2020-05-05 A calming spin on a classic fairy tale from #1 New York Times bestselling author Susan Verde Once upon a time there lived a wolf who lost his huff and his puff. It was a BIG, BAD problem! One morning, the wolf came upon a peaceful little yogi doing sun salutations. The wolf wanted to huff and puff and bloow her hut down into a big pile of straw. But instead the yogi suggested, "Let's meditate on that!" Soon the wolf met a second yogi, and then a third. He may have lost his huff and puff—but with the help of three new yogi friends, can the wolf find his breath?

emotional wellness month 2023: The Anger Myth Trish Ahjel Roberts, 2024-04-16 An excellent resource with attainable outcomes. Roberts delivers another outstanding guide that can be life-changing for those who struggle with anger issues. —Library Journal, Starred Review Filled with practical tips and common sense, this useful program is just what our angry world needs. -Booklist Are you feeling overwhelmed? In *The Anger Myth*, transformational coach and happiness expert Trish Ahjel Roberts offers a step-by-step guide to creating the life you desire by changing negative mental habits. She shares her breakthrough five-step Tame and Reframe method to transform your anger and its 7 Cranky Cousins (disappointment, annoyance, frustration, jealousy, impatience, guilt, and resentment) into either calm or constructive action. *The Anger Myth* will teach you: Why anger is never useful and always relays false information. Ways to identify anger in all its forms and the true emotions it disguises. Techniques to quickly transform anger in any situation without repressing your emotions. How to use imagination and empathy to process anger, improve relationships and level up your happiness. A path to a life of confidence, self-love, and purpose (the life you dream of) in the space left behind when your negative emotions are successfully processed and transformed.

emotional wellness month 2023: Educator Wellness Plan Book Tina H. Boogren, Timothy D. Kanold, Jasmine K. Kullar, 2023-06-06 Educators' daily stressors can easily accumulate without intentional wellness actions in place. Designed as both a plan book and journal, this companion resource to *Educator Wellness: A Guide for Sustaining Physical, Mental, Emotional, and Social Well-Being* offers inspirational, practical weekly routines and reflections for teachers committed to improving their wellness practices throughout the school year. Use this plan book and journal to: Commit to practices that encourage well-being in each of the four dimensions: physical, mental, emotional, and social Organize your thoughts, collect data on your current habits, and reflect on areas to improve with 46 field-tested tools Monitor your progress on each month's wellness goal and set intentions to encourage long-term maintenance of positive habits Contents: Part 1: About This Plan Book and Journal Part 2: Summer—A Season of Renewal Part 3: Fall—A Season of Opportunity Part 4: Winter—A Season of Perseverance Part 5: Spring—A Season of Transition Appendix: Journal Tools References and Resources Index

emotional wellness month 2023: Humanizing the Classroom Kristin Stuart Valdes, 2019-05-24 There is a growing trend in education for educators to support students in the development of social and emotional skills. SEL mandates are now part of many state assessments and national initiatives, and there are countless curriculum from which principals and teachers may choose. However, many of these curricular materials fail to address the question of pedagogy, or what is the best method for teaching social and emotional skills? *Humanizing the Classroom: Using Role Plays to Teach Social and Emotional Skills in Middle and High School* answers this question by presenting the pedagogical basis for using role plays to teach social and emotional skills, creating a clear link between SEL and the need for culturally relevant teaching, and providing over 45 model lessons that can be delivered in middle and high school classrooms. A rich resource for principals seeking advisory curriculum materials, classroom teachers interested in integrating SEL into their classroom practice, and educational theater and drama teachers, *Humanizing the Classroom* addresses the how, why and what of teaching social and emotional skills in our diverse society.

emotional wellness month 2023: CopShock Allen R. Kates, 2008 Nightmares, flashbacks, anger, concentration problems, emotional detachment, avoidance of people and places... These are some of the signs of PTSD. As many as one in three cops may suffer from PTSD, a condition that could lead to depression, suicidal thoughts, addictions, eating disorders, as well as job and family conflict. *CopShock* prepares police officers for the aftermath of horrific trauma, helps families

understand PTSD's effect on their loved ones, tells true stories of officers-men and women-with PTSD, and offers over 200 support sources. In the second edition of this much praised book on police trauma survival, almost 50 percent of CopShock has been expanded, revised or updated with new material, including self-tests for PTSD, Panic Disorder, and Depression. Law enforcement officers throughout the United States, Canada and 8 other countries have used this book in their peer support programs, police academies, and post-trauma units. Therapists recommend it to their patients, and many law enforcement college programs include it in their curricula. Since the publication of CopShock's first edition in 1999, the book has been reviewed and praised around the world. The A&E Television Network produced a documentary based on CopShock that is shown today in police academies, colleges, and peer support groups. In this new second edition, and in the aftermath of 9/11, the war on terror, and the consequences from natural disasters like hurricane Katrina, CopShock will help many more police officers, firefighters, first responders, and war veterans cope with the damaging effects of PTSD.

emotional wellness month 2023: Onward Elena Aguilar, 2018-03-21 A practical framework to avoid burnout and keep great teachers teaching Onward tackles the problem of educator stress, and provides a practical framework for taking the burnout out of teaching. Stress is part of the job, but when 70 percent of teachers quit within their first five years because the stress is making them physically and mentally ill, things have gone too far. Unsurprisingly, these effects are highest in difficult-to-fill positions such as math, science, and foreign languages, and in urban areas and secondary classrooms—places where we need our teachers to be especially motivated and engaged. This book offers a path to resiliency to help teachers weather the storms and bounce back—and work toward banishing the rain for good. This actionable framework gives you concrete steps toward rediscovering yourself, your energy, and your passion for teaching. You'll learn how a simple shift in mindset can affect your outlook, and how taking care of yourself physically, mentally, and emotionally is one of the most important things you can do. The companion workbook helps you put the framework into action, streamlining your way toward renewal and strength. Cultivate resilience with a four-part framework based on 12 key habits Uncover your true self, understand emotions, and use your energy where it counts Adopt a mindful, story-telling approach to communication and community building Keep learning, playing, and creating to create an environment of collective celebration By cultivating resilience in schools, we help ensure that we are working in, teaching in, and leading organizations where every child thrives, and where the potential of every child is recognized and nurtured. Onward provides a step-by-step plan for reigniting that spark.

emotional wellness month 2023: Super George and the Invisible Shield Laurie P. Mendoza, 2017 George learns how to stay in control when other kids upset him.

emotional wellness month 2023: Yojana August 2023 (Special Issue) (English) , YOJANA is a monthly journal devoted to the socio-economic issues. It started its publication in 1957 with Mr. Khuswant Singh as the Chief Editor. The magazine is now published in 13 languages viz. English, Hindi, Urdu, Punjabi, Marathi, Gujarati, Bengali, Assamese, Telugu, Tamil, Kannada, Malayalam and Odia.

emotional wellness month 2023: Mental Health Effects of COVID-19 Ahmed Moustafa, 2021-06-11 The physical effects of COVID-19 are felt globally. However, one issue that has not been sufficiently addressed is the impact of COVID-19 on mental health. During the COVID-19 pandemic, citizens worldwide are enduring widespread lockdowns; children are out of school; and millions have lost their jobs, which has caused anxiety, depression, insomnia, and distress. Mental Health Effects of COVID-19 provides a comprehensive analysis of mental health problems resulting from COVID-19, including depression, suicidal thoughts and attempts, trauma, and PTSD. The book includes chapters detailing the impact of COVID-19 on the family's well-being and society dynamics. The book concludes with an explanation on how meditation and online treatment methods can be used to combat the effects on mental health. - Discusses family dynamics, domestic violence, and aggression due to COVID-19 - Details the psychological impact of COVID-19 on children and adolescents - Includes key information on depression, anxiety, and suicide as a result of COVID-19

emotional wellness month 2023: *Nurses With Disabilities* Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

emotional wellness month 2023: *Care Without Coverage* Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

emotional wellness month 2023: *What Is the Evidence on the Role of the Arts in Improving Health and Well-Being* Daisy Fancourt, Saoirse Finn, 2019-06 Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region. Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan. The reviewed evidence included study designs such as uncontrolled pilot studies, case studies, small-scale cross-sectional surveys, nationally representative longitudinal cohort studies, community-wide ethnographies and randomized controlled trials from diverse disciplines. The beneficial impact of the arts could be furthered through acknowledging and acting on the growing evidence base; promoting arts engagement at the individual, local and national levels; and supporting cross-sectoral collaboration.

emotional wellness month 2023: *Black Women's Mental Health* Stephanie Y. Evans, Kanika Bell, Nsenga K. Burton, 2017-06-01 Creates a new framework for approaching Black women's wellness, by merging theory and practice with both personal narratives and public policy. This book offers a unique, interdisciplinary, and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability. It brings together contributors from psychology, sociology, law, and medicine, as well as the humanities, to discuss issues ranging from stress, sexual assault, healing, self-care, and contemplative practice to health-policy considerations and parenting. Merging theory and practice with personal narratives and public policy, the book develops a new framework for approaching Black women's wellness in order to provide tangible solutions. The collection reflects feminist praxis and defines womanist peace in terms that reject both "superwoman" stereotypes and "victim" caricatures. Also included for health professionals are concrete recommendations for understanding and treating Black women. "this book speaks not only to Black women but also educates a broader audience of policymakers and therapists about the complex and multilayered realities that we must navigate and the protests we must mount on our journey to find inner peace and optimal health." "from the Foreword by Linda Goler Blount

emotional wellness month 2023: *Channel Kindness: Stories of Kindness and Community*

Born This Way Foundation Reporters, Lady Gaga, 2020-09-22 A New York Times Bestseller For Lady Gaga, kindness is the driving force behind everything she says and does. The quiet power of kindness can change the way we view one another, our communities, and even ourselves. She embodies this mission, and through her work, brings more kindness into our world every single day. Lady Gaga has always believed in the importance of being yourself, being kind to yourself, and being kind to others, no matter who they are or where they come from. With that sentiment in mind, she and her mother, Cynthia Germanotta, founded Born This Way Foundation, a nonprofit organization dedicated to making the world a kinder and braver place. Through the years, they've collected stories of kindness, bravery and resilience from young people all over the world, proving that kindness truly is the universal language. And now, we invite you to read these stories and follow along as each and every young author finds their voice just as Lady Gaga has found hers. Within these pages, you'll meet young changemakers who found their inner strength, who prevailed in the face of bullies, who started their own social movements, who decided to break through the mental health stigma and share how they felt, who created safe spaces for LGBTQ+ youth, and who have embraced kindness with every fiber of their being by helping others without the expectation of anything in return. In one story, you'll read about a young person with an autoimmune disease, who after being bullied at school, learned how to practice self-love and started an organization with the mission of educating others about the importance of self-love, too; and in another story, you'll meet a young person who decided to start a movement to help eliminate the stigma surrounding mental health and encouraged others to talk about their feelings openly and honestly, a reminder that kindness and mental wellness go hand in hand. Not only were we moved by these individual acts of kindness, but we were also touched by the many stories of organizations, neighborhoods, and entire communities that fully dedicated themselves to helping those in need and found new, innovative ways to make our world a kinder and braver place. Individually and collectively, these stories prove that kindness not only saves lives but builds community. Kindness is inclusion, it is pride, it is empathy, it is compassion, it is self-respect and it is the guiding light to love. Kindness is always transformational, and its never-ending ripples result in even more kind acts that can change our lives, our communities, and our world.

emotional wellness month 2023: Start Here Eric Langshur, Nate Klemp, 2017-05-02 This revolutionary work outlines the first and only cross-training system for mastering the skill of happiness. Think P90x for the soul. Every day we have a choice: embrace happiness or let it pass us by. But nurturing happiness isn't easy. It takes understanding, guidance, and training. It takes skill to let go of day-to-day stress and inspire our most inner optimist. It takes LIFE XT. In collaboration with some of the world's leading researchers, Eric Langshur and Nate Klemp have created a comprehensive, nine-step training program to help anyone master the skill of happiness (LIFE XT). Teaching core skills such as mindfulness, physical fitness, and compassion will break a lifetime of habits that keep you distracted, overwhelmed, and addicted to unhealthy behaviors. With Start Here, you will: -Feel less stressed and more focused. -Experience a slower resting heart rate within just twenty minutes. -Sleep better and feel refreshed. Based on scientific research, Start Here provides the most efficient pathway to happiness and a greater sense of overall well-being-- Provided by publisher.

emotional wellness month 2023: Gender and Stress Rosalind C. Barnett, Lois Biener, Grace K. Baruch, 1987 In this volume the authors examine the variety of ways in which gender affects the stress process.

emotional wellness month 2023: The Secret Language of Your Body Inna Segal, 2010-08-31 Discover the groundbreaking bestseller and TikTok sensation that reveals the connection between your physical health and emotional well-being, and offers processes for healing—featuring a foreword by Bernie Siegel, M.D. Dive into the enchanting world of holistic healing with renowned intuitive healer Inna Segal. Digging into the root causes of over 300 symptoms and medical conditions, she lays bare the mental, emotional, and energetic triggers behind physical ailments. This comprehensive guide comes complete with a free thirty-five-minute audio download where Inna

herself guides you into a powerful self-care and well-being journey, attuning you to the messages your body communicates. Venture into an empowering, transformative journey that calls upon your body's built-in ability to heal itself. With Segal's gentle guidance, you'll not only restore your physical self but also break free from the shackles of limiting beliefs and emotions that may be hindering your growth and vitality. Decode the secret language of disease, access quick and easy exercises for nurturing your organs, and use color to rejuvenate your life. By the end of this inspiring journey, you'll have uncovered and applied the life-altering teachings your body has been signaling you all along and be able to live the life you were truly meant to live.

emotional wellness month 2023: The Voices We Carry J. S. Park, 2020-05-05 Reclaim Your Headspace and Find Your One True Voice As a hospital chaplain, J.S. Park encountered hundreds of patients at the edge of life and death, listening as they urgently shared their stories, confessions, and final words. J.S. began to identify patterns in his patients' lives—patterns he also saw in his own life. He began to see that the events and traumas we experience throughout life become deafening voices that remain within us, even when the events are far in the past. He was surprised to find that in hearing the voices of his patients, he began to identify his own voices and all the ways they could both harm and heal. In *The Voices We Carry*, J.S. draws from his experiences as a hospital chaplain to present the Voices Model. This model explores the four internal voices of self-doubt, pride, people-pleasing, and judgment, and the four external voices of trauma, guilt, grief, and family dynamics. He also draws from his Asian-American upbringing to examine the challenges of identity and feeling “other.” J.S. outlines how to wrestle with our voices, and even befriend them, how to find our authentic voice in a world of mixed messages, and how to empower those who are voiceless. Filled with evidence-based research, spiritual and psychological insights, and stories of patient encounters, *The Voices We Carry* is an inspiring memoir of unexpected growth, humor, and what matters most. For those wading through a world of clamor and noise, this is a guide to find your clear, steady voice.

emotional wellness month 2023: Emotional Survival for Law Enforcement Kevin M. Gilmartin, 2021 This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform idealistic and committed officers into angry, cynical individuals, leading to significant problems in both their personal and professional lives.

emotional wellness month 2023: Accelerated Mental Wellness Blueprint Nabanita Buzar Baruah, 2023-07-27 In our fast-paced, demanding world, stress and anxiety have become increasingly prevalent in our daily lives. As individuals or working professionals, particularly as women juggling various roles and responsibilities, we may find ourselves confronted with overwhelming pressures that affect our mental, emotional, and physical well-being. If you are seeking effective ways to manage and overcome these debilitating challenges, this book is precisely what you need. Combining the power of Neuro-Linguistic Programming (NLP) techniques with a variety of other evidence-based strategies, this comprehensive guide aims to equip you with a plethora of tools and insights to tackle stress and anxiety head-on. By understanding the underlying mechanisms and triggers behind these conditions, you can regain control of your life, restoring balance, peace, and joy. The primary objective of this book is to provide you with practical, actionable steps that can be seamlessly integrated into your busy schedule. Whether you are a working professional, a homemaker, or someone who occasionally faces overwhelming stress, the techniques presented within these pages can be customized to meet your individual needs. By delving into the fascinating world of NLP, you will learn how language, thoughts, and patterns impact your mental state and emotions. Leveraging this knowledge, we will explore various techniques derived from NLP, mindfulness, and more. Together, we will unveil strategies to reframe negative thoughts, overcome limiting beliefs, and cultivate a resilient mindset. Moreover, this book aims to address the unique challenges faced by working women in today's society. By understanding the intersectionality of gender and work-related stressors, we will navigate through the specific hurdles that hinder women from achieving optimal well-being. From the pressures of a demanding

career to the responsibilities of family and societal expectations, this book acknowledges and offers

emotional wellness month 2023: *Assessing Mental Health and Psychosocial Needs and Resources* World Health Organization, 2013 Mental health and psychosocial support (MHPSS) is a term used to describe a wide range of actions that address social, psychological and psychiatric problems that are either pre-existing or emergency-induced. These actions are carried out in highly different contexts by organizations and people with different professional backgrounds, in different sectors and with different types of resources. All these different actors--and their donors--need practical assessments leading to recommendations that can be used immediately to improve people's mental health and well-being. Although a range of assessment tools exist, what has been missing is an overall approach that clarifies when to use which tool for what purpose. This document offers an approach to assessment that should help you review information that is already available and only collect new data that will be of practical use, depending on your capacity and the phase of the humanitarian crisis. This document is rooted in two policy documents, the IASC Reference Group's (2010) *Mental Health and Psychosocial Support in Humanitarian Emergencies: What Should Humanitarian Health Actors Know?* and the Sphere Handbook's Standard on Mental Health (Sphere Project, 2011). It is written primarily for public health actors. As the social determinants of mental health and psychosocial problems occur across sectors, half of the tools in the accompanying toolkit cover MHPSS assessment issues relevant to other sectors as well as the health sector.

emotional wellness month 2023: *Hands Free Mama* Rachel Macy Stafford, 2014-01-07 Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

emotional wellness month 2023: *Educating the Student Body* Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body* makes recommendations about approaches for strengthening and improving programs and policies

for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

emotional wellness month 2023: Results from the ... National Survey on Drug Use and Health National Survey on Drug Use and Health (U.S.), 2002

emotional wellness month 2023: Mending Education Karen Gross, Edward K. S. Wang, 2024 The authors focus on how sudden and forced changes to teaching and learning created Pandemic Positives which can be captured and brought to scale across pre-K-adult settings--

emotional wellness month 2023: Somebody Should Have Told Us! Jack Pransky, 2011-02 What if peace of mind, beautiful feelings, little or no stress, wonderful, healthy relationships and greater effectiveness, were right at your fingertips, and you held the key but didn't realize it or didn't know how to use it? That is what *Somebody Should Have Told Us!* This book is about how we all have a state of perfect mental health and wisdom inside us that can only be covered up by our own thinking, and how our use of our power of thought creates the reality we see, out of which we then think, feel and act. Here are ten simple but profound truths for living well, arising from three spiritual facts that, once grasped or truly realized, can transform one's life. This book has the ability to spawn insights that change the lives of those who come to understand the simple, yet profound wisdom contained in this book. In fact, it already has. This book is the essence of self-help, in that it points people inside themselves for all answers. It shows people how to access their own essence whenever they need to. It shows people how they create their experience of life moment to moment. The book is written in an easy-to-understand manner with many stories of how people's lives have changed. When we were growing up nobody told us what this book points to, but somebody should have told us! And it's never too late. About the Author Jack Pransky, Ph.D. is founder/director of the Center for Inside-Out Understanding. He authored the books, *Modello: A Story of Hope for the Inner City and Beyond*, *Parenting from the Heart*, *Prevention from the Inside-Out*; *Prevention: The Critical Need* and co-authored *Healthy Thinking/ Feeling/Doing from the Inside-Out* prevention curriculum for middle school students. Pransky has worked in the field of prevention since 1968 in a wide variety of capacities and now provides consultation, training, counseling and coaching from the inside-out, throughout the U.S. and internationally. He is also cofounder/director of the nonprofit consulting organization, *Prevention Unlimited*, which created the *Spirituality of Prevention* Conference. In 2001 his book, *Modello* received the Martin Luther King Storyteller's Award for the book best exemplifying King's vision of the beloved community, and in 2004 Jack won the Vermont Prevention Pioneer's Award. Jack can be contacted through his website at www.healthrealize.com.

emotional wellness month 2023: Creating a Person-Centered Library Elizabeth A. Wahler, Sarah C. Johnson, 2023-12-28 *Creating a Person-Centered Library* provides a comprehensive overview of various services, programs, and collaborations to help libraries serve high-needs patrons as well as strategies for supporting staff working with these individuals. While public libraries are struggling to address growing numbers of high-needs patrons experiencing homelessness, food insecurity, mental health problems, substance abuse, and poverty-related needs, this book will help librarians build or contribute to library services that will best address patrons' psychosocial needs. The authors, experienced in both library and social work, begin by providing an overview of patrons' psychosocial needs, structural and societal reasons for the shift in these needs, and how these changes impact libraries and library staff. Chapters focus on best practices for libraries providing person-centered services and share lessons learned, including information about special

considerations for certain patron populations that might be served by individual libraries. The book concludes with information about how library organizations can support public library staff. Librarians and library students who are concerned about both patrons and library staff will find the practical advice in this book invaluable.

emotional wellness month 2023: The Corporate Athlete Jack L. Groppe, Jim Loehr, 1999-12-28 As Jack Groppe so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. . . . This book is a must read for all those striving for the gold.-Arthur M. Blank, CEO and President, The Home Depot Wow! This is an incredible book. Every person in business should read The Corporate Athlete from cover to cover and apply it every day.-Brian Tracy, author of Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed Today's corporate world is much like the world of professional sports-it is fiercely competitive and mentally and physically demanding, and it requires constant, vigilant training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. In this book, top business consultant, trainer, and lecturer Jack Groppe shows you how to use the training mentality of elite professional athletes. Based on the latest scientific research, The Corporate Athlete shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the parallels between sports and business, Jack Groppe reveals the integral roles that nutrition, fitness, and self-improvement-mental, physical, and emotional-play in giving Corporate Athletes their winning edge. It's an edge that's crucial if you need to come to a meeting fresh off the plane, pull out all the stops on a big presentation, cut the major deals-and still have the energy to enjoy time with family and friends. This practical and beneficial 21-day program will give you, no matter how overworked you are, the stamina and commitment to develop a world-class career. Learn to: * Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. * Be on when you need to be on * Respond to change, adversity, and crisis more constructively * Display more positivity and confidence * Eat properly on the road, in the air, and before and during business meetings * Slow down the aging process Take advantage of the same secrets that Dr. Groppe has used to help high-stress professionals-from Olympic athletes and NHL stars to fast-lane executives at major companies like Morgan Stanley Dean Witter, Estée Lauder, and Bristol-Myers Squibb-get themselves in fighting shape. Here is the program that will train you to perform at the highest possible levels in both your professional and your family life-because taking optimum care of yourself, mentally and physically, is the best way to take care of business. Outstanding . . . The Corporate Athlete is a truly comprehensive program to help you achieve both your personal and your professional goals. It will help you take control of your life and effect positive physical, mental, and spiritual change.-Darlene Hamrock, Regional Vice President, Clinique Why do so many top performers call themselves Corporate Athletes? Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. The Corporate Athlete is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment.-Leonard Lauder, Chairman and Chief Executive Officer of the Estée Lauder Companies, Inc. This is the book to teach you how to perform your job at the highest level possible while maintaining maximal health and happiness.-Jim Courier, French Open champion and former world No. 1 tennis player

emotional wellness month 2023: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence

regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The *Health Effects of Cannabis and Cannabinoids* provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

emotional wellness month 2023: *Cleaning Up Your Mental Mess* Dr. Caroline Leaf, 2021-03-02 Toxic thoughts, depression, anxiety—our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us—and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

emotional wellness month 2023: *Transforming Issues in Housing Design* Kutay Guler, 2023-11-02 TRANSFORMING ISSUES IN HOUSING DESIGN A practical and complete resource for students, researchers, and practitioners of housing design *Transforming Issues in Housing Design* delivers a comprehensive vision for the design, philosophy, psychology, efficiency, and constitution of housing. This collection of articles explores many of the most pressing and relevant issues related to the ongoing transformation of housing design. Twenty-two contributed chapters discuss the past and current state of housing design, how it evolved to become what it is today, and, finally, how it may unfold in the future. A team of global experts presents the most up-to-date research and a diverse and illuminating collection of examples to highlight housing design around the world. Readers will also find: A thorough introduction to modern housing design and how it relieves and contributes to various social and economic problems Insightful explorations of the built environment, interior architecture, urban design, sustainable living, space planning, and more Practical discussions of a theoretical framework to make sense of housing design concepts Complete treatments of concepts, research, and built projects from a diverse range of communities and cultures Perfect for architects and students of urban studies, interior design, and architecture, *Transforming Issues in Housing Design* will also benefit those who design, research, and teach housing.

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