

essential health and wellness cary

Essential Health and Wellness Cary: Your Guide to a Thriving Lifestyle

Are you searching for the best ways to improve your health and well-being in Cary, North Carolina? Feeling overwhelmed by the sheer number of options available? This comprehensive guide to essential health and wellness Cary will navigate you through the landscape, providing insights and recommendations to help you achieve your personal wellness goals. We'll explore everything from finding the right doctor to incorporating mindful practices into your daily routine, ensuring you have the tools you need to build a healthier, happier you right here in Cary.

Finding the Right Healthcare Provider in Cary

Your journey to optimal health begins with finding a healthcare provider who understands your needs and values. Cary boasts a diverse range of medical professionals, from general practitioners to specialists in various fields. Consider these factors when making your choice:

Insurance Coverage: Check which doctors and clinics are in your insurance network to avoid unexpected costs. Many Cary practices have online tools to verify coverage.

Specialization: Do you need a specialist, or is a general practitioner sufficient? Cary has specialists in cardiology, dermatology, orthopedics, and many other areas.

Patient Reviews: Online reviews can offer valuable insights into a doctor's bedside manner, wait times, and overall patient experience. Sites like Healthgrades and Zocdoc are excellent resources.

Location and Accessibility: Choose a location convenient to your home or work to minimize travel time and stress. Consider factors like parking availability and accessibility for those with mobility challenges.

Communication Style: Finding a doctor with whom you feel comfortable communicating is crucial. Do they listen attentively? Do they explain things clearly? These are important factors to consider during your initial consultation.

Prioritizing Mental Wellness in Cary

Physical health isn't the only component of a thriving lifestyle; mental wellness is equally vital. Cary offers various resources to support your mental health journey:

Therapy and Counseling: Several qualified therapists and counselors in Cary offer a range of therapeutic approaches, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness-based approaches.

Support Groups: Connecting with others facing similar challenges can provide invaluable support and understanding. Search online for support groups in Cary focusing on specific concerns, such as anxiety, depression, or grief.

Mindfulness and Meditation Practices: Incorporating mindfulness and meditation into your daily routine can reduce stress and improve overall mental well-being. Many studios in Cary offer yoga, meditation, and mindfulness classes.

Stress Management Techniques: Learning effective stress management techniques, such as deep breathing exercises, progressive muscle relaxation, or spending time in nature, can significantly impact your mental health.

Nourishing Your Body: Healthy Eating in Cary

Access to nutritious food is a cornerstone of good health. Cary offers an array of options to support healthy eating habits:

Farmers Markets: Cary's farmers markets offer fresh, locally sourced produce, providing a delicious and sustainable way to incorporate more fruits and vegetables into your diet.

Health Food Stores: Several health food stores in Cary stock a wide variety of organic, whole foods, supplements, and healthy snacks.

Restaurants with Healthy Options: Many Cary restaurants offer healthy menu options, catering to various dietary needs and preferences. Look for restaurants emphasizing fresh ingredients and whole foods.

Cooking Classes: Learning how to cook healthy meals at home can empower you to take control of your diet and make informed choices about your nutrition. Several cooking schools and community centers in Cary offer classes.

Staying Active: Fitness and Recreation in Cary

Regular physical activity is essential for both physical and mental health. Cary provides ample opportunities for staying active:

Gyms and Fitness Centers: Cary has numerous gyms and fitness centers offering a wide range of workout options, from weight training to yoga and group fitness classes.

Outdoor Recreation: Cary's parks and greenways offer beautiful settings for walking, running, cycling, and other outdoor activities. Take advantage of the natural surroundings to boost your fitness levels.

Sports Leagues: Join a local sports league to stay active, socialize, and have fun. Cary offers various leagues for different sports and skill levels.

Walking and Hiking Trails: Explore Cary's extensive network of walking and hiking trails to enjoy the outdoors and get some exercise.

Building a Holistic Wellness Routine

Integrating these elements—healthcare, mental wellness, nutrition, and physical activity—creates a holistic wellness routine tailored to your specific needs. Remember, consistency is key. Start small, set realistic goals, and celebrate your progress along the way. Don't hesitate to seek professional guidance if needed. A holistic approach to wellness considers all aspects of your being, leading to a more balanced and fulfilling life.

Conclusion

Achieving optimal health and wellness in Cary is entirely attainable with careful planning and consistent effort. By utilizing the resources and recommendations outlined in this guide, you can

embark on a journey toward a healthier, happier, and more fulfilling life. Remember to prioritize self-care and find what works best for your individual needs and preferences. The path to wellness is a personal one, and this guide is designed to equip you with the knowledge and resources to navigate it successfully in Cary.

FAQs

Q1: Are there any free or low-cost health and wellness resources available in Cary?

A1: Yes, many resources are available. Cary's parks and greenways offer free outdoor recreation. Some community centers offer subsidized fitness classes or workshops. Check local listings for free community events focused on health and wellness.

Q2: How can I find a therapist or counselor who specializes in a specific area?

A2: Online directories like Psychology Today allow you to search for therapists by specialty and location. You can also ask your primary care physician for recommendations.

Q3: What are some healthy, affordable dining options in Cary?

A3: Explore local ethnic restaurants that often offer larger portions at lower prices. Grocery stores frequently have sales on fresh produce. Preparing meals at home is also a cost-effective way to maintain a healthy diet.

Q4: How can I stay motivated to maintain a healthy lifestyle long-term?

A4: Set realistic goals, find an exercise buddy for accountability, track your progress, and reward yourself for milestones reached. Remember to focus on sustainable changes rather than drastic ones.

Q5: Are there any community events or programs focused on health and wellness in Cary?

A5: Check the websites of the Town of Cary, local community centers, and health organizations for details on upcoming events, classes, and workshops related to health and wellness. Many events are advertised on social media as well.

essential health and wellness cary: A Guide to Coaching and Mental Health Andrew Buckley, Carole Buckley, 2012-11-12 It is vital that coaches have the ability to recognise mental health problems in their clients, enabling them to make an informed decision about whether coaching is appropriate. A Guide to Coaching and Mental Health provides an indispensable introduction to the assessment of psychological issues in the context of coaching. Divided into three sections, the book covers all the legal, ethical and practical considerations. Section one, Working on the Boundary, starts by exploring the distinction between normal and abnormal behaviour. In section two, What's Being Said, the authors introduce fictional case studies, which cover a range of possible mental health issues from mild depression and anxiety, through to psychoses and potentially life threatening problems. Section three, Categories of Mental Illness, guides the reader through the definition and management of the more common mental health problems. This accessible and jargon-free guide to identifying mental illness will prove invaluable for coaches and

other related professionals, whatever their level of experience.

essential health and wellness cary: Handbook of Occupational Health and Wellness

Robert J. Gatchel, Izabela Z. Schultz, 2012-12-21 This book integrates the growing clinical research evidence related to the emerging transdisciplinary field of occupational health and wellness. It includes a wide range of important topics, ranging from current conceptual approaches to health and wellness in the workplace, to common problems in the workplace such as presenteeism/abstenteeism, common illnesses, job-related burnout, to prevention and intervention methods. It consists of five major parts. Part I, "Introduction and Overviews," provides an overview and critical evaluation of the emerging conceptual models that are currently driving the clinical research and practices in the field. This serves as the initial platform to help better understand the subsequent topics to be discussed. Part II, "Major Occupational Symptoms and Disorders," exposes the reader to the types of critical occupational health risks that have been well documented, as well as the financial and productivity losses associated with them. In Part III, "Evaluation of Occupational Causes and Risks to Workers' Health," a comprehensive evaluation of these risks and causes of such occupational health threats is provided. This leads to Part IV, "Prevention and Intervention Methods," which delineates methods to prevent or intervene with these potential occupational health issues. Part V, "Research, Evaluation, Diversity and Practice," concludes the book with the review of epidemiological, measurement, diversity, policy, and practice issues—with guidelines on changes that are needed to decrease the economic and health care impact of illnesses in the workplace, and recommendations for future. All chapters provide a balance among theoretical models, current best-practice guidelines, and evidence-based documentation of such models and guidelines. The contributors were carefully selected for their unique knowledge, as well as their ability to meaningfully present this information in a comprehensive manner. As such, this Handbook is of great interest and use to health care and rehabilitation professionals, management and human resource personnel, researchers and academicians alike.

essential health and wellness cary: The Health Recovery Zone Cary Kelly, 2019-01-14

We CAN holistically support the human body toward achieving optimal health and wellness again! There ARE things we can do, and the first step is to stop BLAMING our poor health on the bad family genes and take responsibility for our part in the equation of adverse health outcomes! Embracing the wisdom of the 12-step recovery approach, along with some biblical suggestions, The Health Recovery Zone will guide you to some new tools to assist where you may have been stuck overcoming some unwanted health issues! Do you WANT to be WELL? Have you been sabotaging your own health? You didn't know! Don't worry! There is HOPE! Say this, I WANNA LIVE!

essential health and wellness cary: Health Information for International Travel

2005-2006 Paul Arguin, 2005

essential health and wellness cary: Essential Lessons on Leadership (Collection) Jon

Huntsman, James F. Parker, Doug Lennick, Fred Kiel, 2011-01-04 Understand the surprisingly robust links between morality and business success – and learn how to improve both! Learn how to succeed at the highest levels, without sacrificing the principles that make life worth living... discover why doing what's right is the surest way to optimize and sustain business value... understand the powerful correlation between strong moral principles and business success... successfully promote "moral intelligence" throughout your organization! From world-renowned leaders and experts, including Jon M. Huntsman, James F. Parker, Doug Lennick, and Fred Kiel

essential health and wellness cary: Human Aging and Chronic Disease Cary Steven Kart,

Seamus P. Metress, 1992

essential health and wellness cary: The Fulfilling Workplace Ronald J. Burke, 2016-03-09

It is very easy for organizations to ignore or overlook the impact of social and commercial change-of increased pressure to deliver profit (above all else) and of transformation in the ways in which we are now working-on the mental health and, consequently, the performance of their employees. And yet there is plenty of evidence that in many workplaces, performance is down, stress is up and professional employees are struggling to balance their home and work lives. This collection, while

looking at individuals, places the spotlight on organizational initiatives to support the development of attitudes, values, character and behaviors in employees. The aim of these initiatives is to increase our resilience to those experiences and events which impact on performance. There is a particular focus on managerial and professional jobs where employee discretion and commitment are critical. The Fulfilling Workplace extends the themes developed in early titles in the Psychological and Behavioral Aspects of Risk Series deeper into organizations; to explore the organization's role in coming to grips both with human frailties and toxic workplaces-both destructive to individual and organizational health.

essential health and wellness cary: The Process, Art, and Science of Leadership Errol Doeblor, 2020-07 Despite the fact that leading can look and feel messy at times, there is a very distinct process to leading well that can be followed in combat, in business, and in our most important place of leadership?at home. Where most leaders struggle with accomplishing their goals and getting buy-in from their teams, this book provides a methodology that will help any leader guide their team successfully. Leadership takes many forms in many different environments. Leaders come in all shapes and sizes, too. No matter the environment or who you are as a leader, one thing is for certain: effective leadership is not a matter of personality or circumstances. It is a process that is applicable to every leader of every stripe in every environment. In this illuminating book, Doeblor shows an uncommon and refreshing vulnerability in sharing his many self-inflicted wounds and successes so that readers can learn from his many years of experience. You'll learn the art of applying the process to your personal needs and the science of how it works, and you'll have concrete tools for practicing the process through breathing exercises and cold exposure. The process is structured yet flexible, allowing you to lead in a way that is authentic to you.

essential health and wellness cary: Handbook of Essential Oils K. Husnu Can Baser, Gerhard Buchbauer, 2009-12-28 Egyptian hieroglyphs, Chinese scrolls, and Ayurvedic literature record physicians administering aromatic oils to their patients. Today society looks to science to document health choices and the oils do not disappoint. The growing body of evidence of their efficacy for more than just scenting a room underscores the need for production standards, quality control parameters for raw materials and finished products, and well-defined Good Manufacturing Practices. Edited by two renowned experts, the Handbook of Essential Oils covers all aspects of essential oils from chemistry, pharmacology, and biological activity, to production and trade, to uses and regulation. Bringing together significant research and market profiles, this comprehensive handbook provides a much-needed compilation of information related to the development, use, and marketing of essential oils, including their chemistry and biochemistry. A select group of authoritative experts explores the historical, biological, regulatory, and microbial aspects. This reference also covers sources, production, analysis, storage, and transport of oils as well as aromatherapy, pharmacology, toxicology, and metabolism. It includes discussions of biological activity testing, results of antimicrobial and antioxidant tests, and penetration-enhancing activities useful in drug delivery. New information on essential oils may lead to an increased understanding of their multidimensional uses and better, more ecologically friendly production methods. Reflecting the immense developments in scientific knowledge available on essential oils, this book brings multidisciplinary coverage of essential oils into one all-inclusive resource.

essential health and wellness cary: The 30-Day Ketogenic Cleanse Maria Emmerich, 2016-12-27 The 30-Day Ketogenic Cleanse is a guidebook for healing the body from the inside out. Most people attempting a keto diet do it completely wrong. Maria Emmerich, on the other hand, bases this cleanse on a true, well-formulated ketogenic diet, helping readers reset their metabolism, regain health, lose weight, and tap into increased energy levels. This book includes: •A detailed explanation of how sugar causes inflammation and leads to disease •30-day meal plans to kick-start ketosis, with corresponding shopping lists •30-day Whole30-compliant meal plans, with corresponding shopping lists •A wide variety of amazing recipes, with suggestions for combining those recipes into delicious and satisfying ketogenic meals •Easily accessible lists of approved keto foods and foods that hold people back from ketosis •Tips on how to eat to balance hormones, sleep

better, feel better, and lose weight while following a ketogenic diet •Guidance for maintaining ketosis after a successful 30-day cleanse •Recommendations for supplements to help heal from poor eating habits •A bonus slow cooker chapter to help make life easier!

essential health and wellness cary: The Future of Nursing Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

essential health and wellness cary: Advanced Public and Community Health Nursing Practice Naomi E. Ervin, PhD, RN, PHCNS-BC, FNAP, FAAN, Pamela Kulbok, DNSc, RN, APHN-BC, FAAN, 2018-03-28 Written by advanced practice public/community health nurse experts, this comprehensive resource for advanced practice nursing students and clinicians builds upon the core foundations of practice: social justice, interdisciplinary practice, community involvement, disease prevention, and health promotion. Interweaving theory, practice, and contemporary issues, Advanced Public and Community Health Nursing Practice, Second Edition, provides essential knowledge needed to successfully assess communities, diagnose community situations, plan programs and budgets, and evaluate programs in public and community health. This revised edition has been thoroughly updated to encompass the evolution of public/community health nursing practice during the past 15 years. With several examples of community assessments, community health program plans, and evidence-based and best-practice interventions, the content in this publication addresses the core processes of advanced public/community health nursing practice. Chapters integrate new material about the physical environment and cover key changes in nursing education and practice and healthcare financing and delivery. This new edition includes additional content on culture and diversity, in-depth theory and conceptual frameworks, doctoral preparation, and policy. New to the Second Edition: Completely new information reflecting changes in nursing education and practice and healthcare financing and delivery Abundant examples of community assessments and community health program plans Evidence-based/best-practice interventions, programs, and services Clinical/practicum activities to help learners apply content in varied settings Suggested readings and references to support more in-depth study Additional information about the physical environment, culture and diversity, doctoral preparation, and policy Interprofessional/interdisciplinary practice In-depth information regarding theories and conceptual frameworks New references, examples, case studies, problems, and discussion questions Key Features: Provides comprehensive, in-depth information regarding community assessment, program planning, program implementation, evaluation, and program revision Delivers timely knowledge about using evidence, practice standards, public health ethics, Healthy People 2020, and competent practice in varied settings Includes realistic case studies of program and evaluation plans Presents examples of programs and projects conducted by advanced practice public/community health nurses

essential health and wellness cary: A How To Guide For Medical Students Andrea Gillis,
essential health and wellness cary: Professionals on Workplace Stress - The Essential

Facts Alex Roney, Cary L. Cooper, 1997-10-17 Stress can be defined as existing when levels of pressure build up on an individual and impact detrimentally on effectiveness at work and on the individual's health. Recognition of stress is not a new phenomenon but the professional understanding of its impact on individuals is continually increasing and the steps which have been taken, both at the legislative and also in working practices, to combat and deal with the effects of stress are becoming increasingly more numerous and effective. To effectively deal with stress in the workplace, organizations should look at its impact on a number of different professional levels, which are independent in terms of the required skills and knowledge the responsible individuals must possess, but which all link together to form a complete strategy to manage stress at work. This book seeks to draw together these various elements and provide advice and guidance to the overall tactics which should be employed to identify and limit the negative impact of stress.

essential health and wellness cary: Bone Health and Osteoporosis United States Public Health Service, Surgeon General of the United States, 2004-12 This first-ever Surgeon General's Report on bone health and osteoporosis illustrates the large burden that bone disease places on our Nation and its citizens. Like other chronic diseases that disproportionately affect the elderly, the prevalence of bone disease and fractures is projected to increase markedly as the population ages. If these predictions come true, bone disease and fractures will have a tremendous negative impact on the future well-being of Americans. But as this report makes clear, they need not come true: by working together we can change the picture of aging in America. Osteoporosis, fractures, and other chronic diseases no longer should be thought of as an inevitable part of growing old. By focusing on prevention and lifestyle changes, including physical activity and nutrition, as well as early diagnosis and appropriate treatment, Americans can avoid much of the damaging impact of bone disease and other chronic diseases. This Surgeon General's Report brings together for the first time the scientific evidence related to the prevention, assessment, diagnosis, and treatment of bone disease. More importantly, it provides a framework for moving forward. The report will be another effective tool in educating Americans about how they can promote bone health throughout their lives. This first-ever Surgeon General's Report on bone health and osteoporosis provides much needed information on bone health, an often overlooked aspect of physical health. This report follows in the tradition of previous Surgeon Generals' reports by identifying the relevant scientific data, rigorously evaluating and summarizing the evidence, and determining conclusions.

essential health and wellness cary: The Heart of Aromatherapy Andrea Butje, 2017-01-17 Aromahead Institute founder Andrea Butje brings 40 essential oils to life in this guide to safe and effective aromatherapy. From cardamom to lavender to yuzu, each oil's aroma, uses, and safety tips are clearly defined, while the core physical and emotional supportive properties are captured in expressive personality profiles. Over 100 recipes are included to support skin care, rest and relaxation, respiratory health, digestion, pain relief, meditation and contemplation, and even natural cleaning. Kid-friendly adjustments accompany each recipe to ensure safe usage and a healthy home environment for all ages. Take an up-close and personal peek at essential oil distillers around the world as they describe the passion, work, and meticulous care they put into creating their homegrown products. Andrea walks you through what you need to know to select quality essential oils from trustworthy sources. By the end of this book, you will know which oils you want to turn to for different needs, whether physical or emotional, and you will be able to personalize aromatherapy blends to perfectly complement your mood and spirit. With only the most essential of resources, you can invigorate your mind, body, heart, and home.

essential health and wellness cary: Police Psychology and Its Growing Impact on Modern Law Enforcement Mitchell, Cary L., Dorian, Edrick H., 2016-09-12 Police psychology has become an integral part of present-day police agencies, providing support in the areas of personnel assessment, individual and organizational intervention, consultation, and operational assistance. Research-based resources contribute to those efforts by shedding light on best practices, identifying recent research and developments, and calling attention to important challenges and growth areas that remain. Police Psychology and Its Growing Impact on Modern Law Enforcement emphasizes key elements of

police psychology as it relates to current issues and challenges in law enforcement and police agencies. Focusing on topics relevant to assessment and evaluation of applicants and incumbent officers, clinical intervention and prevention, employee wellness and support, operational consultation, and emerging trends and developments, this edited publication is an essential reference source for practicing police psychologists, researchers, graduate-level students, and law enforcement executives.

essential health and wellness cary: Transforming School Mental Health Services Beth Doll, Jack A. Cummings, 2007-09-12 This soundly structured book reinforces and enriches educators' skills in population-based mental health. It provides usable information on how to get administrative buy-in for implementing coordinated, proven prevention and intervention practices. Rich with Web connections and references, it can serve as a textbook, a practitioner's workbook, and as a tool kit for implementation. —Kevin P. Dwyer, Consultant, Turnaround for Children Former President, National Association of School Psychologists The road map for designing and implementing effective mental health services for all students! Studies have shown that mental wellness is a key determinant of students' academic and developmental success, but simply addressing the problems of individual students is not enough. Increasingly, schools are turning to population-based models for providing mental health services to ensure that students maintain the psychological, social, and emotional competence needed for learning. This comprehensive guidebook demonstrates how to use this approach to effectively assess mental health needs and design appropriate prevention and intervention strategies that will benefit individual students, whole classrooms, and an entire school population. Drawing from a wealth of current research and backed by evidence supporting the effectiveness of the population-based approach, this wide-ranging resource offers: Formal and informal strategies for identifying and prioritizing a school's mental health needs, as well as risk and protective factors Insights into creating and managing a nurturing school environment, promoting psychological well-being, and preventing mental health problems Suggestions for engaging parents in the process of fostering mental health Intervention strategies that address significant behavioral problems, including violence, bullying, depression, and difficulty relating to peers An integrated ten-step sequence for shifting from conventional approaches that focus only on individual problems to population-based services that support all students *Transforming School Mental Health Services* is the ideal resource for school mental health professionals and critical decision makers looking to optimize students' wellness and educational performance.

essential health and wellness cary: *The Future of Nursing 2020-2030* National Academies of Sciences Engineering and Medicine, Committee on the Future of Nursing 2020-2030, 2021-09-30 The decade ahead will test the nation's nearly 4 million nurses in new and complex ways. Nurses live and work at the intersection of health, education, and communities. Nurses work in a wide array of settings and practice at a range of professional levels. They are often the first and most frequent line of contact with people of all backgrounds and experiences seeking care and they represent the largest of the health care professions. A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy. Accordingly, at the request of the Robert Wood Johnson Foundation, on behalf of the National Academy of Medicine, an ad hoc committee under the auspices of the National Academies of Sciences, Engineering, and Medicine conducted a study aimed at envisioning and charting a path forward for the nursing profession to help reduce inequities in people's ability to achieve their full health potential. The ultimate goal is the achievement of health equity in the United States built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone. *The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity* explores how nurses can work to reduce health disparities and promote equity, while keeping costs at bay, utilizing

technology, and maintaining patient and family-focused care into 2030. This work builds on the foundation set out by The Future of Nursing: Leading Change, Advancing Health (2011) report.

essential health and wellness cary: The Fulfilling Workplace Prof Sir Cary L Cooper CBE, Professor Ronald J Burke, 2013-04-28 It is very easy for organizations to ignore or overlook the impact of social and commercial change-of increased pressure to deliver profit (above all else) and of transformation in the ways in which we are now working-on the mental health and, consequently, the performance of their employees. And yet there is plenty of evidence that in many workplaces, performance is down, stress is up and professional employees are struggling to balance their home and work lives. This collection, while looking at individuals, places the spotlight on organizational initiatives to support the development of attitudes, values, character and behaviors in employees. The aim of these initiatives is to increase our resilience to those experiences and events which impact on performance. There is a particular focus on managerial and professional jobs where employee discretion and commitment are critical. The Fulfilling Workplace extends the themes developed in early titles in the Psychological and Behavioral Aspects of Risk Series deeper into organizations; to explore the organization's role in coming to grips both with human frailties and toxic workplaces-both destructive to individual and organizational health.

essential health and wellness cary: Improving Health in the Community Institute of Medicine, Committee on Using Performance Monitoring to Improve Community Health, 1997-05-21 How do communities protect and improve the health of their populations? Health care is part of the answer but so are environmental protections, social and educational services, adequate nutrition, and a host of other activities. With concern over funding constraints, making sure such activities are efficient and effective is becoming a high priority. Improving Health in the Community explains how population-based performance monitoring programs can help communities point their efforts in the right direction. Within a broad definition of community health, the committee addresses factors surrounding the implementation of performance monitoring and explores the why and how to of establishing mechanisms to monitor the performance of those who can influence community health. The book offers a policy framework, applies a multidimensional model of the determinants of health, and provides sets of prototype performance indicators for specific health issues. Improving Health in the Community presents an attainable vision of a process that can achieve community-wide health benefits.

essential health and wellness cary: Factors Affecting Physician Professional Satisfaction and Their Implications for Patient Care, Health Systems, and Health Policy Mark W. Friedberg, 2013-10-09 This report presents the results of a series of surveys and semistructured interviews intended to identify and characterize determinants of physician professional satisfaction.

essential health and wellness cary: Society's Choices Institute of Medicine, Committee on the Social and Ethical Impacts of Developments in Biomedicine, 1995-03-27 Breakthroughs in biomedicine often lead to new life-giving treatments but may also raise troubling, even life-and-death, quandaries. Society's Choices discusses ways for people to handle today's bioethics issues in the context of America's unique history and culture—and from the perspectives of various interest groups. The book explores how Americans have grappled with specific aspects of bioethics through commission deliberations, programs by organizations, and other mechanisms and identifies criteria for evaluating the outcomes of these efforts. The committee offers recommendations on the role of government and professional societies, the function of commissions and institutional review boards, and bioethics in health professional education and research. The volume includes a series of 12 superb background papers on public moral discourse, mechanisms for handling social and ethical dilemmas, and other specific areas of controversy by well-known experts Ronald Bayer, Martin Benjamin, Dan W. Brock, Baruch A. Brody, H. Alta Charo, Lawrence Gostin, Bradford H. Gray, Kathi E. Hanna, Elizabeth Heitman, Thomas Nagel, Steven Shapin, and Charles M. Swezey.

essential health and wellness cary: Essential Oils Made Simple Oil Life, 2020-10-07

essential health and wellness cary: Anxiety Relief for Kids Bridget Flynn Walker,

2017-11-01 "Just what the doctor ordered! A clear, concise, and practical guide to help parents help their children master their anxieties." —Laurel J. Schultz, MD, MPH, community pediatrician at Golden Gate Pediatrics If you have a child with anxiety, you need quick, in-the-moment solutions you can easily use now to help your child face their fears and worries. Written by a psychologist and expert in childhood anxiety, this easy-to-use guide offers proven-effective cognitive behavioral therapy (CBT) and exposure skills you can use at home, in social settings, or anywhere anxiety takes hold. Anxiety Relief for Kids provides quick solutions based in evidence-based CBT and exposure therapy—two of the most effective treatments for anxiety disorders. You'll find a background and explanation of the different types of anxiety disorders, in case you aren't sure whether or not your child has one. You'll also learn to identify your child's avoidant and safety behaviors—the strategies your child uses to cope with their anxiety, such as repeatedly checking their homework or asking the same questions repeatedly—as well as anxiety triggers that set your child off. With this book, you'll find a wealth of information regarding your child's specific anxiety disorder and how to respond to it. For example, if your child has obsessive compulsive disorder (OCD), the skills you use to help them are different than other anxiety disorders. No matter your child's specific symptoms or diagnosis, you'll discover tailored interventions you can use now to help your child thrive. If your child has an anxiety disorder, simple, everyday activities can be a real challenge. The practical solutions in this book will help you deal with your child's anxiety when it happens and restore balance and order to both your lives. What readers are saying: "I was surprised to learn how much of what I was doing as a parent was exacerbating (and not helping) our son's anxiety." — Kath "This book does such a great job of explaining what anxiety is, the range of ways it can show up in kids (and/or adults) and how you can get it under control. ... The guidance laid out is priceless and will be beneficial to anyone suffering from anxiety." — Jennifer "This is a very practical and informative book that will guide parents in helping their children suffering from anxiety or worry. ... Cognitive behavioral therapy is the backbone of Dr. Walker's approach and she makes the approach clear and accessible to non-professionals. A great addition to any parent's bookshelf!" — Michael This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation— an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

essential health and wellness cary: *The Price We Pay* Marty Makary, 2019-09-10 New York Times bestseller Business Book of the Year--Association of Business Journalists From the New York Times bestselling author comes an eye-opening, urgent look at America's broken health care system--and the people who are saving it--now with a new Afterword by the author. A must-read for every American. --Steve Forbes, editor-in-chief, FORBES One in five Americans now has medical debt in collections and rising health care costs today threaten every small business in America. Dr. Makary, one of the nation's leading health care experts, travels across America and details why health care has become a bubble. Drawing from on-the-ground stories, his research, and his own experience, *The Price We Pay* paints a vivid picture of the business of medicine and its elusive money games in need of a serious shake-up. Dr. Makary shows how so much of health care spending goes to things that have nothing to do with health and what you can do about it. Dr. Makary challenges the medical establishment to remember medicine's noble heritage of caring for people when they are vulnerable. *The Price We Pay* offers a road map for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care. The movement to restore medicine to its mission, Makary argues, is alive and well--a mission that can rebuild the public trust and save our country from the crushing cost of health care.

essential health and wellness cary: *The Women's Health Big Book of Abs* Adam Bornstein, Editors of Women's Health, 2012-05-08 The essential diet and fitness guide to lean, sexy abs—including a results-driven 4-week program to lose weight, strengthen your core, and tone your entire body Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as

their biggest problem area—and it is often the toughest final pounds to lose. Not anymore! Whether readers' eating habits have been affected by stress, their bodies have changed with age, or they're constantly doing crunches without results, it's time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 4 weeks—and keep it off, forever. The Women's Health Big Book of Abs special features include: A delicious, easy-to-follow diet that includes satisfying carbs! A special section on the best pre- and post-pregnancy workouts Hundreds of tips on how to reveal a lean, flat belly and bikini-worthy body! Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Women's Health Big Book of Abs is the ultimate guide to a leaner, fitter, sexier body—starting with your core.

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playing field with decision-making framework that goes beyond a list of simple dos and don'ts. With comprehensive chapters on temperature control and crop steering, pruning and trellising, grafting, and more, Andrew Meffer's book is full of techniques and strategies that can help farms stay profitable, satisfy customers, and become an integral part of relocating our food system. From seed to sale, this book is the indispensable resource for protected growing.--COVER.

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behind pliability, which is at the heart of a new paradigm shift and movement toward a more natural, healthier way of exercising, training, and living--and one that challenges some commonly held assumptions around health and wellness. Filled with lessons learned from Brady's own peak performance training, and step-by-step action steps to help readers develop and maintain their own peak performance, *The TB12 Method* also advocates for more effective approaches to strength training, hydration, nutrition, supplementation, cognitive fitness, recovery, and other lifestyle choices that dramatically decrease the risk of injury while amplifying and extending performance, as well as quality of life. After using his methods for over a decade, Brady believes that the TB12 approach has made him--and can make any athlete, male or female, in any sport and at any level--achieve their own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, as well as personal anecdotes and experiences from on and off the field, *The TB12 Method* is the only book an athlete will ever need, a playbook from Brady himself that will change the game.

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percent of what sets stars apart from the mediocre. As Goleman documents, it's the essential ingredient for reaching and staying at the top in any field, even in high-tech careers. And organizations that learn to operate in emotionally intelligent ways are the companies that will remain vital and dynamic in the competitive marketplace of today—and the future.

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