

here and now wellness

Here and Now Wellness: Finding Peace in the Present Moment

Feeling overwhelmed? Stressed out? Like you're constantly chasing the next thing on your to-do list? You're not alone. In our fast-paced, always-connected world, it's easy to lose sight of the present moment and the incredible power it holds for our well-being. This post dives deep into the concept of "here and now wellness," exploring practical strategies and techniques to cultivate peace, joy, and a deeper sense of self in the present. We'll move beyond fleeting trends and focus on sustainable, actionable steps you can integrate into your daily life to experience true, lasting well-being.

Understanding Here and Now Wellness: More Than Just a Trend

"Here and now wellness" isn't a newfangled wellness fad; it's a fundamental principle rooted in mindfulness and acceptance. It's about shifting your focus from anxieties about the future and regrets about the past to a conscious appreciation of this very moment. It's recognizing that true well-being isn't found in chasing external achievements or possessions but in cultivating inner peace and contentment. This isn't about ignoring challenges; it's about meeting them with presence and awareness, rather than being swept away by them.

This approach emphasizes the power of the present. Instead of dwelling on past mistakes or worrying about future uncertainties, we learn to find peace and acceptance in the here and now. This shift in perspective can significantly reduce stress, improve mental clarity, and foster a deeper connection with ourselves and the world around us.

Practical Steps to Cultivate Here and Now Wellness

Embracing "here and now wellness" is a journey, not a destination. It's about consistent practice and self-compassion. Here are some practical steps to help you begin:

1. Mindfulness Meditation: Anchoring Yourself in the Present

Mindfulness meditation is a cornerstone of here and now wellness. It involves focusing your attention on the present moment without judgment. This could be focusing on your breath, body sensations, or the sounds around you. Even five minutes of daily meditation can make a noticeable difference in your ability to stay grounded and present. There are countless guided meditations available online and through apps like Calm and Headspace, making it accessible to everyone.

2. Body Scan Meditation: Connecting with Your Physical Self

A body scan meditation is a specific type of mindfulness practice where you systematically bring

awareness to different parts of your body, noticing any sensations without judgment. This helps connect you with your physical self and can release tension held in the body, a common source of stress and anxiety. Start with your toes and slowly move your awareness upwards, noticing any tingling, warmth, or tension.

3. Grounding Techniques: Reconnecting with the Earth

Grounding techniques help you reconnect with the physical world and anchor yourself in the present. This could involve walking barefoot on grass, sitting outside and noticing the sensations of the wind and sun on your skin, or simply focusing on the feeling of your feet on the floor. These simple actions can dramatically shift your focus from anxious thoughts to the present moment.

4. Mindful Movement: Embracing Physical Activity with Awareness

Physical activity isn't just about burning calories; it's an opportunity to cultivate mindfulness. Whether it's yoga, tai chi, a brisk walk, or a dance class, engaging in mindful movement encourages you to focus on the sensations in your body and be present in the activity. Avoid multitasking during exercise; focus solely on the movement and your breath.

5. Gratitude Practice: Shifting Your Focus to the Positive

Cultivating gratitude is a powerful way to shift your perspective from what's lacking to what you have. Take a few minutes each day to reflect on things you're grateful for, no matter how small. This could be the warmth of the sun, a kind word from a friend, or simply the ability to breathe. Keeping a gratitude journal can further enhance this practice.

6. Digital Detox: Reclaiming Your Time and Attention

Our constant connection to technology can significantly contribute to feelings of overwhelm and disconnect from the present moment. Schedule regular "digital detox" periods where you disconnect from screens and engage in activities that bring you joy and presence. This could involve spending time in nature, reading a book, or pursuing a hobby.

Integrating Here and Now Wellness into Your Daily Life

The key to successfully integrating here and now wellness into your daily life is consistency and self-compassion. Start small, choose one or two practices that resonate with you, and gradually incorporate more as you feel comfortable. Don't get discouraged if you find your mind wandering—it's natural. Gently redirect your attention back to the present moment and continue practicing. Remember, the journey towards here and now wellness is a process of ongoing learning and self-discovery.

Conclusion

Here and now wellness is not a quick fix but a powerful path to lasting peace and fulfillment. By cultivating mindfulness, engaging in grounding techniques, and embracing gratitude, you can cultivate a deeper connection with the present moment and experience a profound sense of well-being. Remember that self-compassion is crucial; be kind to yourself throughout the process, and celebrate every step you take towards a more present and peaceful life.

FAQs

1. Is here and now wellness suitable for everyone? Yes, the principles of here and now wellness can benefit anyone seeking to reduce stress and increase their overall well-being. However, if you're struggling with significant mental health challenges, it's important to seek professional guidance alongside practicing these techniques.
1. How long does it take to see results from practicing here and now wellness techniques? The timeframe varies depending on the individual and their consistency. Some people notice positive changes within weeks, while others may take longer. The key is consistent practice and self-compassion.
1. Can I practice here and now wellness if I have a busy schedule? Absolutely! Even short bursts of mindfulness meditation or grounding techniques can be incredibly beneficial. Integrate these practices into your existing routine—during your commute, while waiting in line, or before bed.
1. What if my mind keeps wandering during meditation? Mind wandering is perfectly normal. Gently redirect your attention back to your chosen focus (breath, body sensations, etc.) without judgment. Don't get discouraged; it's a skill that improves with practice.
1. Are there any resources available to help me learn more about here and now wellness? Yes! There are countless books, apps, and online resources dedicated to mindfulness and meditation. Explore guided meditations on YouTube or apps like Calm and Headspace, or search for books on mindfulness and present moment awareness.

here and now wellness: The Here-and-Now Habit Hugh G. Byrne, 2016-03-01 Bad habits can take a hefty toll on your health and happiness. In *The Here-and-Now Habit*, mindfulness expert Hugh Byrne provides powerful practices based in mindfulness and neuroscience to help you rewire your brain and finally break the habits that are holding you back from a meaningful life. Have you found

yourself doing something and thinking, Why do I keep doing this? We all have an unhealthy habit—or two, or three. Yours may be as simple as wasting time on the Internet, constantly checking your e-mail, or spending too much time in front of the TV. Or, it may be more serious, like habitual drinking, emotional overeating, constant self-criticism, or chronic worrying. Whatever your harmful habit is—you have the power to break it. The Here-and-Now-Habit provides proven-effective techniques to help you stop existing on autopilot and start living in the here and now. You'll learn how to cultivate mindfulness to calm and focus your mind, be aware of thoughts without identifying with them or believing they are true, deal with difficult emotions, and clarify your own intentions regarding unhealthy habits by asking yourself, What do I want? How important is it to me to make this change? By learning to pay attention to your thoughts and actions in the moment, you'll discover how to let go of old patterns and create healthier habits and ways of living that will make you feel good about yourself. And when you feel good about you, you can do just about anything.

here and now wellness: *Practicing the Here and Now* Herb K, 2017-04-18 With *Practicing the Here and Now: Being Intentional* with Step 11, you'll learn to use prayer and meditation to work all the steps, so you can make contact with the Higher Power in a way that is yours and yours alone. Step Eleven Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working—and living—this vital recovery “maintenance Step” doesn't have to be as challenging as commonly thought. With *Practicing the Here and Now*, you'll find guidance on using prayer and meditation to help you be present throughout each day, staying in contact with your Higher Power for ongoing inspiration and sustenance. By opening the connection to your Higher Power with what Herb K. calls “Intentional Consciousness,” prayer and meditation can help you fully experience the cumulative power of the Twelve Steps to deepen and sustain your recovery journey.

here and now wellness: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

here and now wellness: Words of Wellness Joseph Sutton, 1991 This collection of 120 alphabetized categories with over 2,000 highly enlightening, inspiring and often funny quotations covers all aspects of health - be it mental, physical, spiritual or emotional. Let the great minds of the ages stimulate your well being with their Words of Wellness.

here and now wellness: Mental Wellness in Adults with Down Syndrome Dennis McGuire, Brian Chicoine, 2021 This thoroughly updated second edition of MENTAL WELLNESS IN ADULTS WITH DOWN SYNDROME is upbeat and accessible in tone, yet encyclopedic in scope. The size of the book reflects both the breadth of the authors' knowledge--acquired as cofounders of the first medical clinic dedicated solely to the care of adults with Down syndrome--and the number of psychosocial issues and mental disorders that can affect people with Down syndrome. It's the go-to guide for parents, health practitioners, and caregivers who support teens and adults with Down syndrome. MENTAL WELLNESS emphasizes that understanding and appreciating both the

strengths and challenges of people with Down syndrome is the key to promoting good mental health. It shows readers how to distinguish between bona fide mental health issues and common characteristics of Down syndrome--quirks or coping strategies. For example, although talking to oneself can be a sign of psychosis, many adults with Down syndrome use self-talk as an effective problem-solving strategy. The second edition includes new chapters on sensory issues (written by Dr. Katie Frank) and regression, expanded and now separate chapters on communication, concrete thinking, and visual memory, and an extensively updated chapter on Alzheimer's disease citing abundant new research. Other chapters cover a range of conditions and assessment and treatment options: What Is Normal? Self-Esteem & Self-Image Self-Talk Grooves & Flexibility Life-Span Issues Social Skills Mood & Anxiety Disorders Obsessive-Compulsive Disorder Psychotic Disorders Eating Refusal Challenging Behavior Self-Injurious Behavior Autism Tics, Tourette Syndrome & Stereotypies While it's not inevitable that people with Down syndrome will experience mental health problems, certain biological differences and environmental stressors can create greater susceptibility. Assessment and treatment options are detailed for each condition. With this guide, caregivers will be able to foster good mental health and troubleshoot challenging mental health issues.

here and now wellness: It's Not Always Depression Hilary Jacobs Hendel, 2018-02-06 Fascinating patient stories and dynamic exercises help you connect to healing emotions, ease anxiety and depression, and discover your authentic self. Sara suffered a debilitating fear of asserting herself. Spencer experienced crippling social anxiety. Bonnie was shut down, disconnected from her feelings. These patients all came to psychotherapist Hilary Jacobs Hendel seeking treatment for depression, but in fact none of them were chemically depressed. Rather, Jacobs Hendel found that they'd all experienced traumas in their youth that caused them to put up emotional defenses that masqueraded as symptoms of depression. Jacobs Hendel led these patients and others toward lives newly capable of joy and fulfillment through an empathic and effective therapeutic approach that draws on the latest science about the healing power of our emotions. Whereas conventional therapy encourages patients to talk through past events that may trigger anxiety and depression, accelerated experiential dynamic psychotherapy (AEDP), the method practiced by Jacobs Hendel and pioneered by Diana Fosha, PhD, teaches us to identify the defenses and inhibitory emotions (shame, guilt, and anxiety) that block core emotions (anger, sadness, fear, disgust, joy, excitement, and sexual excitement). Fully experiencing core emotions allows us to enter an openhearted state where we are calm, curious, connected, compassionate, confident, courageous, and clear. In *It's Not Always Depression*, Jacobs Hendel shares a unique and pragmatic tool called the Change Triangle—a guide to carry you from a place of disconnection back to your true self. In these pages, she teaches lay readers and helping professionals alike • why all emotions—even the most painful—have value. • how to identify emotions and the defenses we put up against them. • how to get to the root of anxiety—the most common mental illness of our time. • how to have compassion for the child you were and the adult you are. Jacobs Hendel provides navigational tools, body and thought exercises, candid personal anecdotes, and profound insights gleaned from her patients' remarkable breakthroughs. She shows us how to work the Change Triangle in our everyday lives and chart a deeply personal, powerful, and hopeful course to psychological well-being and emotional engagement.

here and now wellness: The Wellness Workbook, 3rd ed John W. Travis, Regina Sara Ryan, 2004-04-01 For more than thirty years, John W. Travis, M.D., and Regina Sara Ryan have taught hundreds of thousands of people a practical whole-self approach to wellness and healthy living. Each chapter of the comprehensive WELLNESS WORKBOOK explores one of the twelve interconnected forms of energy that contribute to your overall health and vitality: Self-Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Sex, Finding Meaning, Transcending From how you breathe to how you view the world, these twelve areas affect all aspects of your life: your disposition toward injury and illness, your relationships, your general level of happiness, and beyond. In an optimal state of wellness, all of your energies are

in balance, and you are less prone to disease, stress, and other life-depleting factors. Using a self-assessment tool known as the Wellness Index, you'll develop a clear picture of what areas in your life need attention. Now in its third edition, the thoroughly updated and streamlined WELLNESS WORKBOOK provides hundreds of exercises and ideas to help you take control of your health and happiness. · A classic text in the wellness field, thoroughly revised and updated, and streamlined for a more simple and practical presentation. · Chapters cover self-responsibility and love, breathing, sensing, eating, moving, feeling, thinking, playing and working, communicating, sex, finding meaning, and transcending. · Previous editions have sold more than 200,000 copies.

here and now wellness: Prime Time Marilyn Hughes Gaston, Gayle K. Porter, 2003 Today seven million African American women are living in their prime, experiencing the joys and challenges of middle age. Now, at last, here is the book that addresses our total health needs—physical, emotional, and spiritual. Written by a distinguished physician and a clinical psychologist, Prime Time is the first complete guide that empowers us to take charge of our lives and attain the well-being we deserve. In many ways, it's true that we are better off today than our foremothers were: We earn more money, command more respect. Yet in spite of these advances, we still experience more chronic health problems, endure more stress, and live shorter lives than women of other races. That's why Prime Time is both urgent and essential. This groundbreaking book not only lays out a detailed, practical plan for overall healing and for maintaining wellness, it also addresses the underlying attitudes and assumptions that lead so many of us to neglect ourselves and undermine our own health. Prime Time will help you • Reframe priorities to put yourself and your own health needs first • Interpret the latest medical findings on the Big Four killers and how they affect black women in middle age • Profile your current health with worksheets, quizzes, and assessment tools • Renew sex at midlife by eliminating restricting myths and taboos and finding new paths to pleasure • Reduce anger and "attitude" that block you from attaining good health • Identify the nontraditional signs of depression and anxiety common to African American women Comprehensive, straight-talking, and grounded in science and spiritual truth, Prime Time is at once a guide to total health in middle age and a celebration of the strength, wisdom, and beauty of African American women in their second half of life.

here and now wellness: *Wellness for the Glory of God* John Dunlop, MD, 2014-09-30 What Is True Wellness? From dieting cookbooks to workout DVDs, our culture is obsessed with getting healthy and staying fit. But what does true wellness really entail, especially as we get older? In this comprehensive book, a Christian doctor explores the six areas of life that contribute to a holistic vision of health: physical, mental, social, financial, spiritual, and emotional. With questions for personal reflection and group discussion, this book offers older Christians the guidance they need to view aging as an opportunity for continued learning and growth in all areas of life.

here and now wellness: The Mental Wellness Warrior Coloring Book Camesha Jones, Caira Conner, 2017-09 African American Mental Health Coloring Book

here and now wellness: 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.

here and now wellness: *Wellness* Nathan Hill, 2024-06-25 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • AN NPR BEST BOOK OF THE YEAR • The New York Times

best-selling author of *The Nix* is back with a poignant and witty novel about a modern marriage and the bonds that keep people together. Mining the absurdities of contemporary society, *Wellness* reimagines the love story with a healthy dose of insight, irony, and heart. A stunning novel about the stories that we tell about our lives and our loves, and how we sustain relationships throughout time—it's beyond remarkable, both funny and heartbreaking, sometimes on the same page.” —NPR

When Jack and Elizabeth meet as college students in the gritty '90s Chicago art scene, the two quickly join forces and hold on tight, each eager to claim a place in the thriving underground scene with an appreciative kindred spirit. Fast-forward twenty years to suburban married life, and alongside the challenges of parenting, they encounter the often-baffling pursuits of health and happiness from polyamorous would-be suitors to home-renovation hysteria. For the first time, Jack and Elizabeth struggle to recognize each other, and the no-longer-youthful dreamers are forced to face their demons, from unfulfilled career ambitions to childhood memories of their own dysfunctional families. In the process, Jack and Elizabeth must undertake separate, personal excavations, or risk losing the best thing in their lives: each other.

here and now wellness: Unleash your Wellness within arun nayak, 2023-11-17 The first step to moving forward in life is always to identify and recognize the problems or challenges that had been holding one back all the while. And if you seek sound mental health, you must first understand what has been hindering your mind from attaining well-being. What impedes the mind? Why does your mind restrict itself? Or rather, why do you restrict your mind from achieving all it can? From my research, studies, and experiences, I have been able to highlight and understand the obstructions to mental wellness. They are the agents that have been blocking you from getting the best out of you. I firmly believe that if I can help you solve the problems related to mental wellness, your life will take a new turn, and you will become unstoppable. Let us now move forward, dive in, and discuss how to know, understand and master the aforesaid obstacles so that you celebrate your well-being as you become unstoppable.

here and now wellness: Emotional Wellness Osho, 2007-04-24 How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, *Emotional Wellness* leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life's inevitable ups and downs with far greater confidence and equilibrium. Discover:

- The impact that fear, anger, and jealousy have on our lives
- How emotions like guilt, insecurity, and fear are used to manipulate us
- How to break out of unhealthy responses to strong emotions
- How to transform destructive emotions into creative energy
- The role of society and culture on our individual emotional styles

Osho's unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life.

here and now wellness: *The Natural Wellness Journal* Philly J Lay, 2020-12-21 JOURNAL YOUR WAY through Self Care and Gratitude to find Peace, Love and Joy. From grounding to gut health, sleep to chakras, you are gently guided along your own self healing journey! QUICK AND EASY meditation and breathwork practices to boost your mood, increase your energy and embrace mindfulness! Utterly divine! -Tomfoolery

here and now wellness: Complete Guidebook For YCB Level 2 Yoga TTC : Yoga Wellness Instructor Ayushman Yog, 2024-05-30 Introducing the groundbreaking first-of-its-kind, *The Complete Guidebook for Level 2- 400 Hrs. Yoga TTC*”. This Yoga Teachers Training Exam is conducted by the Yoga Certification Board (A body that functions under the Ayush Ministry). Clearing the exam earns you the prestigious title of Yoga Wellness Instructor and enables you to work as a government-certified Yoga Professional across the world. Earlier, Yoga aspirants struggled

to study from many different resources to prepare for this exam, as there was no single book that comprehensively covered the syllabus for this exam. This comprehensive guidebook revolutionizes the field of Yoga Teacher Training by providing a single resource that covers the entire syllabus of the course. From the fundamentals of Asanas, Anatomy, and Physiology to a wide horizon of Philosophy, Patanjali Yoga Sutra, Various Hatha Texts, Deep understanding of Human psychology, this guidebook is your ultimate companion in mastering the art and science of Yoga. Furthermore, it goes above and beyond by including a compilation of 450 multiple-choice questions, enabling you to test your knowledge and preparation for becoming a skilled Yoga Wellness Instructor.

here and now wellness: Wellness Manual Leona Sokolova, 2021-12-28 "Once you have started seeing the beauty of life, ugliness starts disappearing. If you start looking at life with joy, sadness starts disappearing. You cannot have heaven and hell together, you can have only one. It is your choice." Osho Wellness Manual examines health and wellness from a holistic perspective. Everyone has a story of finding themselves. Wellness Manual can contribute to your story, your wellness, your success, your well-being, and your balance. It is a step-by-step process of introspection in order to achieve radiant health and maintain it. During the process you get to explore your life from a new and unique perspective. It is all about getting to know yourself better in terms of positivity, gratitude, happiness, simplicity, nutrition, exercise, and more. Also, it is a friendly reminder about the simple and useful tools within our reach. These tools are not new. They are rooted in ancient healing philosophies from the East and the West. Wellness Manual simplifies timeless methods of mind-body balance. It provides you with conscientious remarks. They can help facilitate healthy lifestyle changes. Leona Sokolova is a health counsellor, wellness expert, author, and founder of www.wellnessnewyork.com. She helps people find the food and lifestyle choices that work best for them. Leona was trained at The Institute for Integrative Nutrition. She is a Certified Holistic Health Counselor and a member of the American Association of Drugless Practitioners.

here and now wellness: Mental Wellness DK, Neal's Yard Remedies, 2021-05-04 An expertly curated collection of the natural and therapeutic resources that are proven to be effective for mental wellness. Explore the key lifestyle inhibitors to mental wellness and find sound solutions in the form of herbs, foods, aromatherapy, homeopathy, breathwork, yoga, connecting with nature, hobbies; and therapies such as acupuncture, reiki, massage, and CBT. Unlock the science behind these natural approaches and discover how they work synergistically - creating a menu of reliable resources that you can draw on with confidence.

here and now wellness: Lifestyle Wellness Coaching-3rd Edition Gavin, James, Mcbrearty, Madeleine, 2019 Lifestyle Wellness Coaching, Third Edition With Web Resource, offers an evidence-based and systematic coaching methodology that professionals can use to help clients achieve long-term overall wellness by addressing health, fitness, and lifestyle.

here and now wellness: Freedom From Religion in 30 Days: A REAL Wellness Approach to Critical Thinking, Exuberance and Personal Freedoms Contributors include Annie Laurie Gaylor, Dan Barker, Gerrie Paino, Carol Ardell and 109 luminaries whose work is briefly cited to support or inform the material in the book, This book is a 30 Day plan for gaining more freedom from religion. Freedom From Religion in 30 Days (FFR) is an antidote for anti-democratic tendencies, irrationality, tribalism and intolerance. It also offers relief from the mental constraints of dogmas, creeds, and superstitions. Religion, as promoted by Christian Nationalists, obstructs and threatens our wellbeing and freedoms. Christopher Hitchens best-seller, God Is Not Great: How Religion Poisons Everything, seems increasingly apt. In FFR, a case is made that religions poison not quite everything, but more than enough to make it a mental health and quality of life hazard. Whether you're a believer, a devout freethinker, or someone in-between, you will find each of the 30 days meets three standards: 1) engaging; 2) entertaining; and 3) informative. My goal is that FFR will hold your attention for a solid month, and benefit you even longer. WHY IT MATTERS FFR is about breaking away from the false claims and destructive effects of religion. It's also about the positive nature of a REAL wellness way to think more critically, live more exuberantly and enjoy more personal liberties. A large number of freedoms are available for the taking, once mental constraints of creeds and dogmas are

eliminated. This book promotes: 1. Science-based critical thinking, using reason to guide important decisions. Few decisions are as important as what you believe about religions, especially the one in which you were indoctrinated. 2. Happiness, joy, fun, adventure, meaning and purpose in life. These are the key elements in the REAL wellness dimension of exuberance. 3. Freedom to live the kind of life you desire. This is the liberty dimension of REAL wellness. THE 30 DAY FORMAT All 30 essays address some aspect of religion as it affects mental freedoms that shape values, commitments, beliefs, behaviors and ultimately quality of life and wellbeing. The format is inspired by Wilfred Funk's, 30 Days to a More Powerful Vocabulary. Within the 30 essays are four self-evaluations focused upon reason, exuberance, personal liberties and management of stress. Over 30 topics are covered in the essays, though religion is a theme throughout. The topics, besides religion in general and Christianity in particular, include politics, heroic freethinkers, mountebanks, dubious and needed holidays, ethics, prayers, play, commandments, parenting, happiness, sexuality, doubt, aging and death. In addition to informing and entertaining, FFR advances skills and awareness needed to slow the frightful trends that threaten our national interests. THE PRISON OF BELIEF Although Christianity no longer has the power it wielded in the Middle Ages, and thus no longer engages in atrocities, such as the Inquisition's auto de fé carnival-like public executions of heretics, it has another insidious liability--it imprisons the brains of adherents, thereby diminishing our democracy and crippling our personal freedoms and opportunities for exuberant lives. James Haught put it this way: When people accept supernatural claims of a religion, their lives are altered. They commit themselves to belief in miracles, prophecies and similar magic, which orients their view of reality. It confines them—hindering their ability to consider other possibilities. This narrowed lifestyle can be called 'the prison of belief.' This book will delight you if you're no longer willing to go along with pabulum babble in ritual blather, such as In God we trust, so help me God or God bless America.

===== TABLE OF CONTENTS DEDICATION PRAISE FOR FREEDOM FROM RELIGION FOREWORD INTRODUCTION THE 30 DAYS FOR FREEDOM FROM RELIGION Day 1 Questions To Guide A REAL Wellness Philosophy and Lifestyle Day 2 Religion and Wellbeing Day 3 Perspectives on Radical Islam and Christian Nationalism Day 4 Doubt: A Vital Quality for Effective Decision-Making Day 5 Why Catholics Should Consider Leaving the Church Day 6 An Upgrade from 10 Commandments to 10 REAL Commitments Day 7 Use Your Mind and You Will Find Nothing Fails Like Prayer Day 8 The National Day of Prayer Or a National Day of Reason Day 9 Exceptional People, the Winter Solstice and Christmas Day 10 Self-Evaluation to Estimate Your Experience of Reason Day 11 It's Difficult to be Well but, w/a Little Bit of Luck, You Might... Day 12 A REAL Wellness Take on Ethics Day 13 Robert G. Ingersoll Day 14 Play: An Under-Utilized Element in Education and Adult Life Day 15 Self-Evaluation of Stress Awareness and Management Day 16 Exuberant Skepticism: A Safeguard Against Pleasant Illusions Day 17 Dysfunctional Belief Systems and Anxieties, Magical Thinking Day 18 Life Is Meaningless: A Liberating REAL Wellness Perspective Day 19 Nothing Is Sacred Day 20 Self-Evaluation to Estimate Your Experience of Exuberance Day 21 Sexuality From a REAL Wellness Perspective Day 22 A REAL Perspective on the Satanic Temple Day 23 Real Wellness Or Religion: Choose Freedom, Not Dogma Day 24 Guiding Children Toward Critical Thinking and Mental Freedom Day 25 Happiness: REAL Wellness Perspectives on Enjoying Life Day 26 Reason-Based Alternatives To Alcoholics Anonymous Day 27 Which Will Come First: The Rapture Or the Demise of Religion Day 28 Celebrate Those Who Promote Reason & Science, Not Superstition Day 29 How to Die Healthy Day 30 Self-Evaluation to Estimate Experience of Personal Freedoms RECOMMENDED READING ACKNOWLEDGEMENTS SPECIAL ACKNOWLEDGEMENT TO EVERYONE, LIVING AND DEAD, WHOSE WORDS ARE QUOTED IN FREEDOM FROM RELIGION IN 30 DAYS

here and now wellness: Lifestyle Wellness Coaching James Gavin, Madeleine McBrearty, 2013 Lifestyle Wellness Coaching, Second Edition, offers an evidence-based and systematic coaching methodology that professionals can apply in helping their clients move efficiently toward effective long-term health and wellness.

here and now wellness: A path to wellness in the educational and health systems Lynn

Preston, Wanda van der Merwe, 2023-11-30 The Six Bricks® initiative is a teaching and learning method that encourages focused engagement in the classroom by all learners, from the foundation phase to adulthood. By using six simple, colourful DUPLO® bricks, an element of play is introduced into a situation that inevitably leads to all individuals focusing and interacting. This is one of the major contributions to all teaching and learning disciplines and promotes the audience to learn with enjoyment, enthusiasm and concentration. Along with this, communication is promoted, sparking unimaginable creativity and creation. This book provides the reader with an alternative focus to the original educational application of the Six Bricks® activities. This Six Bricks® initiative focuses on the therapeutic application and processes in communities, schools and within individuals themselves. As each author has had an intimate connection with Six Bricks® initiative, they are all more than qualified to provide their autoethnographic reflections on this initiative, which holds so much promise and excitement for learning and teaching. Therefore, each author's contributions were original and personalised, providing a new field in the avenues of research in the South African context, as South Africa does not have – as yet – much research on this topic. The methodology used in this qualitative research study was primarily from each author's perspective; thus, their self-reflection and anecdotal personal experiences form the core of these chapters. Therefore, this autoethnographic is a self-reflective form of writing which involves self-observation and reflective investigation in the context of ethnographic fieldwork and writing.

here and now wellness: Secrets of Mental Wellness Dr. Anchala Dixit Gaur, 2022-08-06
Secrets of Mental Wellness is a simple and practical guide to enable you to remove blockages about mental health and make new understanding. It also helps you to empower your unique self to achieve Wellness and Well-being. My purpose to write this book is to : 1. Spread awareness and deliver deep, accurate and scientific knowledge about mental health. 2. Why mental health is important for wellness. 3. How your unique self helps you to gain well- being in your life.

here and now wellness: Prevention and Wellness Program United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies, 2004

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In this book, you will learn how to: Determine your “why”—your reason for wanting change Nourish your body with the right foods to attain and sustain your goals Move your body with exercise you actually enjoy and don’t dread Explore testing and other healing opportunities Enhance your journey with supplements, vitamins, and minerals More than just an informative guide, this book will give you the tools you need to break through every health plateau and reach your personal wellness goals. Throughout the book, you can write out how your personal situation works in the framework provided. By the end, you will have a cohesive and actionable plan to make your wellness dreams a reality.

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