

how to do wellness check

How to Do a Wellness Check: Your Comprehensive Guide to Prioritizing Your Well-being

Feeling overwhelmed? Stressed out? Unsure if you're truly taking care of yourself? You're not alone. Many of us go through life on autopilot, neglecting the crucial aspect of regular wellness checks. This comprehensive guide will equip you with the knowledge and tools to conduct your own thorough wellness check, covering physical, mental, and emotional health. We'll break down the process into manageable steps, helping you prioritize your well-being and live a healthier, happier life. Let's dive in!

Understanding the Importance of Regular Wellness Checks

Before we get into the specifics, let's understand why regular wellness checks are essential. Think of it like this: you wouldn't drive your car for years without an oil change, right? Your body is a complex machine, and neglecting regular maintenance can lead to significant problems down the line. Regular wellness checks allow you to:

Identify potential problems early: Catching issues like high blood pressure or early signs of depression early on makes treatment much more effective.

Track progress: Monitoring your health allows you to see the impact of healthy habits and make adjustments as needed.

Promote preventative care: Wellness checks empower you to take proactive steps to avoid future health problems.

Improve your overall quality of life: By addressing physical, mental, and emotional well-being, you can significantly enhance your daily experience.

Boost self-awareness: The process of a wellness check encourages introspection and helps you understand your body and mind better.

Step-by-Step Guide: Conducting Your Own Wellness Check

Now, let's get practical. Here's a step-by-step guide to help you conduct a thorough wellness check:

1. The Physical Assessment:

Measure your vitals: Use a home blood pressure monitor to check your blood pressure and heart rate. Note any irregularities.

Assess your weight and BMI: Track your weight and body mass index (BMI) to monitor changes and identify potential weight-related health concerns.

Examine your body: Check your skin for any unusual moles, rashes, or lesions. Pay attention to any aches, pains, or unusual sensations.

Review your diet: Honestly evaluate your eating habits. Are you consuming enough fruits, vegetables, and whole grains? Are you limiting processed foods, sugar, and unhealthy fats?

Analyze your sleep: How many hours of sleep are you getting each night? Is your sleep restful and restorative? Poor sleep significantly impacts overall health.

2. The Mental and Emotional Check-in:

Assess your stress levels: How stressed are you feeling on a scale of 1-10? Identify the main stressors in your life.

Evaluate your mood: Are you experiencing persistent feelings of sadness, anxiety, or irritability? Are you experiencing any significant changes in your mood?

Reflect on your energy levels: How much energy do you have throughout the day? Are you consistently feeling fatigued?

Check your mental clarity: Are you experiencing difficulties with concentration, memory, or decision-making?

Consider your social connections: Are you maintaining healthy relationships with friends and family? Do you feel connected and supported? Loneliness can have significant health consequences.

3. Lifestyle Factors:

Review your physical activity: How much exercise are you getting each week? Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week.

Analyze your substance use: Be honest about your alcohol consumption, smoking habits, and any other substance use.

Assess your environment: Is your home and work environment supportive of your well-being?

Consider factors like noise levels, air quality, and social support.

4. Seeking Professional Help:

Don't hesitate to seek professional help if you identify any concerning issues during your wellness check. This could include:

Your primary care physician: For physical health concerns.

A therapist or counselor: For mental and emotional health issues.

A registered dietitian: For dietary guidance.

Putting it all Together: Creating Your Wellness Plan

Once you've completed your wellness check, it's time to create a personalized wellness plan. This plan should outline specific, measurable, achievable, relevant, and time-bound (SMART) goals. For example, if you identified stress as a major concern, your goal might be to practice mindfulness meditation for 10 minutes each day for the next month.

Conclusion: Prioritizing Your Well-being

Regular wellness checks are not just a one-time event; they are an ongoing process. By incorporating this routine into your life, you'll empower yourself to take control of your health and well-being. Remember, small changes can make a big difference. Start small, be consistent, and

celebrate your progress along the way. Your health is your most valuable asset – invest in it!

FAQs:

1. How often should I perform a wellness check? Ideally, aim for a comprehensive wellness check at least once a year, with more frequent mini-checks (focusing on specific areas) throughout the year.
1. What if I find something concerning during my wellness check? Don't panic! Schedule an appointment with your doctor or another healthcare professional to discuss your concerns and get appropriate guidance.
1. Is it necessary to track everything meticulously? No, the key is to be mindful and aware. Start with a few key areas and gradually add more as you become more comfortable.
1. Can I use a wellness app to help me with my check-up? Many apps offer tools to track your sleep, activity levels, and other health metrics. These can be helpful but remember to consult with a healthcare professional for diagnosis or treatment.
1. What if I'm feeling overwhelmed just thinking about doing a wellness check? Break it down into smaller, more manageable tasks. Focus on one area at a time, and celebrate your progress along the way. Remember that self-care is a journey, not a destination.

how to do wellness check: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that

you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

how to do wellness check: Medical Tests Sourcebook, 7th Ed. James Chambers, 2021-12-01 Provides basic consumer health information about endoscopic, imaging, laboratory, and other types of medical testing for disease diagnosis and monitoring, along with guidelines for screening and preventive care testing in children and adults.

how to do wellness check: The Healthcare Appointment Playbook Barbara Alif Doran , 2024-11-05 Navigating the healthcare system can be overwhelming, but patients can take charge of their healthcare journey with the right coaching and guidance. *The Healthcare Appointment Playbook: Understanding the System to Get the Care You Deserve* simplifies the complexities of the healthcare system by providing insights into different healthcare providers, demystifying insurance, and preparing patients for healthcare appointments. Emphasizing preventive and whole-person care, the book offers valuable information on the human body, common health issues, the connection between mental and physical health, and resources for lifelong health and wellness. Whether you're seeking healthcare services or pursuing a healthcare career, this book is an invaluable resource.

how to do wellness check: Wellness Recovery Action Plan (WRAP) Mary Ellen Copeland, 2003

how to do wellness check: Elderly Parent Caregiver Guide HowExpert, Rebecca Rehak, 2019-08-08 *Elderly Parent Caregiver 101* is the ultimate guide for adult children who are or will become their parents’ caregivers. Filled with valuable information and ideas, this book offers hope, support, and plenty of practical advice for anyone caring for their elderly parents. Each chapter describes a different area of caregiving, including: • Becoming a Caregiver • Medical Providers • Facility Care • Caregiver Support • Financial Concerns • Medical Devices • Special Circumstances • End of Life As the author guides you through the maze of caregiving, she shares her knowledge as a nurse and examples from her own journey of caregiving for her elderly parents. This book defines medical terms, explains insurance options, and highlights the many tools available to caregivers. Through these topics, you’ll gain the understanding needed to be a caregiver for your elderly parents. Each section offers helpful information and true insights only a caregiver can provide. The tips in every chapter are practical facts and advice for every area of your caregiving. You are not alone in your caregiving journey. Don’t struggle without having the best resource for knowing everything you need to know about caring for your elderly parents. This guide is your trusted companion for that journey. About the Expert Rebecca Rehak, LPN, is a nurse, writer, and public speaker who has worked in the medical field for over 20 years, including kidney dialysis, community health, and Memory Care. As a public speaker, she helped advance programs for dialysis access care and currently teaches science camps for children. Her work has touched the lives of thousands of people. After caring for both her elderly parents, she now devotes much of her time to writing articles, blogs, and providing support for other caregivers. She and her husband live with their big, furry dog in Wisconsin. The author would like to thank the doctors and staff at Froedtert Hospital, the Medical College of Wisconsin, and Horizon Home Care and Hospice for the wonderful care they provided to both her parents. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

how to do wellness check: The Promise L.M. Payson, 2024-10-22 ~Jacquie~ All my life I

wanted one thing, and one thing only...to be loved by someone I love. I didn't have the love a child should have growing up. My parents only cared about themselves. The only person I could count on is my cousin. My life has been hell. I thought I was in love, but I was fooled by a narcissist. Constantly looking over my shoulder and wondering when he will find me again. Then I'm introduced to him... Chance Carter. He wants to protect me. He wants to take care of me. The only problem, I'm scared to let him in. I'm scared he is going to do the same thing my ex did. Can I get my happily ever after? ~Chance~ After losing my love, my life has been a nightmare. I find myself waking up in a sweat most nights. I didn't think I could have feelings for another woman. But then my best friend asks me to do something I would never do for just anyone. I make a promise to him. Will she give me a chance? Will I lose her before I get a chance of having her?

how to do wellness check: 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.

how to do wellness check: *Family Guide to Mental Illness and the Law* Linda Tashbook, 2018-11-26 When a loved one with mental illness comes into contact with the law, trying to advocate for them can be an overwhelming and frustrating endeavor. Mental illness adds a layer of complexity to legal processes, and the justice system can be downright bewildering, even for the most well-intentioned. How can families find out if their loved one is being mistreated or ignored, and how can they make sense of their rights under various laws and regulations? *Family Guide to Mental Illness and the Law* offers the nuts-and-bolts legal information and problem-solving steps families need. This accessible resource explains how common legal issues uniquely impact people with various forms of mental illness and what family members can do to help. Readers will learn how to · help protect a loved one's job, housing, or medical care · participate in hearings about guardianship, involuntary commitment, bankruptcy, and more · assist in making financial arrangements · navigate federal laws surrounding the Family and Medical Leave Act, HIPAA, disability claims, and workers' compensation · steer criminal proceedings away from jail and toward treatment Beyond the legal system, this book also guides readers in interacting with officials and authorities, lobbying for better laws, and working with local governments towards improving policies that affect those with mental illness. Complete with real-world examples, *Family Guide to Mental Illness and the Law* provides practical advice and eases the feelings of isolation that often accompany loving someone with mental illness.

how to do wellness check: The Her Campus Guide to College Life, Updated and Expanded Edition Stephanie Kaplan Lewis, Annie Chandler Wang, Windsor Hanger Western, 2019-04-16 Every young woman's essential guide to tackling all of the challenges of college—from stress to debt to scholarships—in a completely updated new edition: “Some things are common sense but some things aren't—especially when it comes to navigating a college campus in a way that's fun, independent, and totally safe” (Today.com). Get ready for the best years of your life! From the experts behind Her Campus, this completely updated college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars—including parties and Greek life, of course. Whether you're just starting freshman year or a seasoned pro as an upperclassman, you'll learn tips and tricks for how to survive: —Bonding with your roommate—while setting ground rules for your new space at the same time —Beating the dreaded Freshman 15 without having to give up dessert —Snagging a date with the cutie from class —Coping with stress and anxiety—even during the insanity of finals week! —Navigating student loans and finding the best financial aid, scholarships, and post-graduate loan forgiveness programs —Scoring awesome jobs and internships and transitioning into post-collegiate life —Staying safe on campus so you can enjoy all college has to offer—without horror stories Complete with fun checklists and helpful worksheets, *The Her Campus Guide to College Life, Updated and Expanded Edition* shows you how to make the most out of your undergrad experience—in and outside the classroom.

how to do wellness check: The Last Stand Lorhainne Eckhart, 2021-12-24 Trapped by a blizzard, hunted by a killer, and racing to save his family before time runs out. From bestselling author Lorhainne Eckhart comes an intense romantic thriller, *The Last Stand*. On a small island in the Pacific Northwest, Police Chief Mark Friessen's world is shattered when a woman's lifeless body is found in the church on the eve of his wedding. The cryptic note clutched in her hand names all his loved ones as targets. As a fierce snowstorm isolates the island, Mark races against time to protect his family. Cut off from the outside world, he faces an invisible adversary, unsure of the killer's identity or motive. Unraveling a sinister plot, Mark unearths a horrifying truth—the church is linked to a child trafficking ring. Joined by his wife Billy Jo McCabe, his father and brothers, Mark embarks on a perilous journey to confront the darkness hidden within his seemingly peaceful community. Will they bring down the nefarious ring before it claims more innocent lives, or will it be their Last Stand to protect everything they hold dear? An emotional rollercoaster of suspense, love, and sacrifice, *The Last Stand* will grip your heart until the final page.

how to do wellness check: Food Safety Management Systems Hal King, 2020-07-01 This foodborne disease outbreak prevention manual is the first of its kind for the retail food service industry. Respected public health professional Hal King helps the reader understand, design, and implement a food safety management system that will achieve Active Managerial Control in all retail food service establishments, whether as part of a multi-restaurant chain or for multi-restaurant franchisees. According to the most recently published data by the Centers for Disease Control and Prevention (CDC), retail food service establishments are the most commonly reported locations (60%) leading to foodborne disease outbreaks in the United States every year. The Food and Drug Administration (FDA) has reported that in order to effectively reduce the major foodborne illness risk factors in retail food service, a food service business should use Food Safety Management Systems (FSMS); however less than 11% of audited food service businesses in a 2018 report were found using a well-documented FSMS. Clearly, there needs to be more focus on the prevention of foodborne disease illnesses and outbreaks in retail food service establishments. The purpose of this book is to help retail food service businesses implement FSMS to achieve Active Managerial Control (AMC) of foodborne illness risk factors. It is a key resource for retail professionals at all levels of the retail food service industry, and those leaders tasked to build and manage food safety departments within these organizations.

how to do wellness check: The Cat Behavior Answer Book, 2nd Edition Arden Moore, 2022-09-27 Cats can be mysterious and cat owners are eager to understand their behavior and learn how to strengthen the bond between cats and humans. In the revised 2nd edition of *The Cat Behavior Answer Book* (77,000 copies in print), pet expert Arden Moore answers the many questions cat owners have, from the practical aspects of training, feeding, and caring to the puzzling aspects of behavior and communication. Do cats dream? What's the purpose of a cat's whiskers? How do I catproof my house? Why does my elderly cat howl at night? How can I train my cats not to jump upon the kitchen counter? Can I keep my cat from climbing the curtains? What's the best way to train a kitten to use the litter box? How can I eliminate the smell of cat urine? What's the best way to trim a cat's nails? Is it okay for my cat to eat grass? Arden Moore provides insightful answers to all these questions and many more, along with reassuring guidance on addressing the problems that can get in the way of living happily with a cat. The 2nd edition has been completely updated to reflect the most recent research and recommendations and redesigned in a larger, highly browsable format.

how to do wellness check: The Fourth Star Bill Simmons, 2011-09-12 Robert Candell is devastated when his close friend and mentor, Jack Marsel, suddenly dies. Robert is soon hired by a mysterious organization known only as the group and learns that his friend Jack had secretly worked for this mysterious group. Robert and the group work to stop the corporate greed that is destroying our environment and hope to provide a better world for our future generations. When disaster strikes, due to corporate greed, Robert and the group must work to make those corporate executives who they hold responsible for the disaster pay for their actions and send a message to other

corporate executives that the destruction of the planet and our ecosystems will no longer be tolerated. Twist and turns take the reader through secret groups, clandestine meetings, international intrigue and adventure, corporate greed, political corruption, earth changes, and global climate change. Who is this mysterious group that has the ability and the determination to take on the government, corporations, and the global elite? What is the Fourth Star?

how to do wellness check: Hold Me L.J. Breedlove, 2021-05-04 NEWSROOM RULES: STAY SAFE. GET THE STORY. When the college basketball team traveled to Boise for a Thanksgiving tournament, the sports editor thought she did everything right: social distancing, testing before the trip, masks, no parties. But no one told her, or the team, or the alumni aboard the trip, the truth: a coach came down with COVID and had to be left behind on a ventilator in Boise. The COVID numbers are rising in Portland. At the university. And now it's in the newsroom. The new editors at Eyewitness News in Portland have a lot going on: run one of the largest newsrooms in the city, all done by college students. Cover the nightly Black Lives Matter protests downtown. Start a new personal relationship. But all of that takes back seat when the pandemic comes home. The university and the city need the information EWN can provide. If they can keep enough people healthy to get the job done. Stay safe. Get the story. Sometimes you can't do both. This is book 4 in the new-adult political suspense series, Newsroom PDX. Some sex, a bit kinky. Bad language. Lots of politics. Heartbreak. It's Portland.

how to do wellness check: Grilled 4 Murder J. C. Eaton, 2022-11-08 With a high-stakes barbecue contest coming to town, Sophie "Phee" Kimball's friends will get raked over the coals when one of the contestants is murdered . . . Sun City West is abuzz with the news that the Food Network is sponsoring a local barbecue cook-off and that Phee's friends from the pinochle club are in the finals. But the mood soon darkens when the county planning committee announces a plan to situate a new garbage transfer station on the town's edge. With tempers flaring and rumors of corruption swirling, it comes as little surprise when the committee's chair, who happens to be a finalist in the cook-off, is found murdered. When Phee's friends are named as the most likely suspects, she knows the accusation stinks to high heaven. As she navigates a world of politics and payoffs, she discovers there are any number of community members, along with the committee itself, who had a reason to want the chair dead. With the barbecue contest in full swing and celebrity chefs on hand to judge, Phee will have to sniff out the clues, no matter how noxious, to catch a killer . . . Praise for the Books of J. C. Eaton: "Fun characters, a touch of humor, and a great mystery, the perfect combination for a cozy." —Lena Gregory, author of the Bay Island Psychic Mysteries on Ditched 4 Murder "So cleverly written, you won't guess the perpetrators until the very end." —Mary Marks, award-winning author of the Quilting Mystery Series on Booked 4 Murder "A thoroughly entertaining series debut, with enjoyable yet realistic characters and enough plot twists—and dead ends—to appeal from beginning to end." —Booklist, starred review, on Booked 4 Murder "Enjoy this laugh-out-loud funny mystery that will make you scream for the authors to get busy on the next one." —Suspense Magazine on Molded 4 Murder

how to do wellness check: Protectors of Time Kim Malaj, 2022-07-25 Six months after Itra and Danae were ejected from the Castle of Teskom, an alarming phone call sends them back and not by choice. They're not alone aided by the support of the new alliance of descendants from the bloodlines of Zeus and Mui and the Protectors of Time. They arrive just-in-time to defend the castle from Ember's scorned ex-lover Chronos. But the list of opponents evolve as they uncover an ancient prophecy of a new beginning of time between the four dimensions. To begin again or tip the end. They must decide.

how to do wellness check: Contrapose Sloane Swinton, 2022-03-04 Publisher's Note: This story contains vignettes of abuse against a minor. Reader discretion is advised. For the vast majority—their dreams will prove to be elusive. Regardless of how hard they work to keep them alive. Which brings us to the curious case of Emma Avancena. A woman, who for all intents and purposes, has never believed in the power of her dreams; having had hers cut short by personal tragedy during her adolescence. That tragedy turning her from a precocious Texas cowgirl with a

fondness for all things ladybugs into a detached killing machine, whose entire existence could best be described as indifferent. Regardless of who her targets are or what they've done, Avancena excels at doing what she does best: WHAT SHE'S TOLD! To her handler, she's a dream come true. Someone who never asks questions and who always gets the job done. She's the trigger you're never afraid to pull. The Provocador. While similarities between a firearm and Avancena certainly do exist, one stark difference remains the fact that she isn't an object that is totally devoid of emotions to be used as others see fit. The trigger you're never afraid to pull. That is until the trigger decides she no longer wants to be. And she comes without a warning.

how to do wellness check: Evidence-Based Physical Examination Kate Sustersic Gawlik, DNP, APRN-CNP, FAANP, Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, Alice M. Teall, DNP, APRN-CNP, FAANP, 2020-01-27 The first book to teach physical assessment techniques based on evidence and clinical relevance. Grounded in an empirical approach to history-taking and physical assessment techniques, this text for healthcare clinicians and students focuses on patient well-being and health promotion. It is based on an analysis of current evidence, up-to-date guidelines, and best-practice recommendations. It underscores the evidence, acceptability, and clinical relevance behind physical assessment techniques. Evidence-Based Physical Examination offers the unique perspective of teaching both a holistic and a scientific approach to assessment. Chapters are consistently structured for ease of use and include anatomy and physiology, key history questions and considerations, physical examination, laboratory considerations, imaging considerations, evidence-based practice recommendations, and differential diagnoses related to normal and abnormal findings. Case studies, clinical pearls, and key takeaways aid retention, while abundant illustrations, photographic images, and videos demonstrate history-taking and assessment techniques. Instructor resources include PowerPoint slides, a test bank with multiple-choice questions and essay questions, and an image bank. This is the physical assessment text of the future. Key Features: Delivers the evidence, acceptability, and clinical relevance behind history-taking and assessment techniques Eschews "traditional" techniques that do not demonstrate evidence-based reliability Focuses on the most current clinical guidelines and recommendations from resources such as the U.S. Preventive Services Task Force Focuses on the use of modern technology for assessment Aids retention through case studies, clinical pearls, and key takeaways Demonstrates techniques with abundant illustrations, photographic images, and videos Includes robust instructor resources: PowerPoint slides, a test bank with multiple-choice questions and essay questions, and an image bank Purchase includes digital access for use on most mobile devices or computers

how to do wellness check: The Land Beyond All Dreams Bryan Fields, 2014-09-08 In this sequel to *Life With a Fire-Breathing Girlfriend*, David Fraser has a world of trouble on his hands. Well, more like three worlds of trouble... His mother is dying of lung cancer. His employer's experimental weight-loss drug is turning people into flesh-eating psychopaths. And Ingram Thain, an undead necromancer, has murdered the program's research director and taken over his body. If all that weren't enough, a cat with working thumbs just moved into David's house. Thain doesn't even want to be enemies—he offers David wealth and power beyond anything he's ever known. He even offers to cure David's mother and spare those he loves from the coming war. All Thain wants is for David to stay quiet about the drug's side effects. Do the right thing and his mother dies. Do the wrong thing, and his mother lives while billions of others die. For David, the solution is simple. Thain's appetite for conquest endangers not only Earth, but Rose's world and every other world Thain learns about. Thain must be stopped. But how do you kill someone whose will has already proven stronger than death itself?

how to do wellness check: *People of the State of Illinois V. Leach*, 2010

how to do wellness check: *Becoming Abolitionists* Derecka Purnell, 2021-10-05 A NONAME BOOK CLUB PICK Named a Kirkus Reviews Best Book of 2021 *Becoming Abolitionists* is ultimately about the importance of asking questions and our ability to create answers. And in the end, Purnell makes it clear that abolition is a labor of love—one that we can accomplish together if only we

decide to. —Nia Evans, *Boston Review* For more than a century, activists in the United States have tried to reform the police. From community policing initiatives to increasing diversity, none of it has stopped the police from killing about three people a day. Millions of people continue to protest police violence because these solutions do not match the problem: the police cannot be reformed. In *Becoming Abolitionists*, Purnell draws from her experiences as a lawyer, writer, and organizer initially skeptical about police abolition. She saw too much sexual violence and buried too many friends to consider getting rid of police in her hometown of St. Louis, let alone the nation. But the police were a placebo. Calling them felt like something, and something feels like everything when the other option seems like nothing. Purnell details how multi-racial social movements rooted in rebellion, risk-taking, and revolutionary love pushed her and a generation of activists toward abolition. The book travels across geography and time, and offers lessons that activists have learned from Ferguson to South Africa, from Reconstruction to contemporary protests against police shootings. Here, Purnell argues that police can not be reformed and invites readers to envision new systems that work to address the root causes of violence. *Becoming Abolitionists* shows that abolition is not solely about getting rid of police, but a commitment to create and support different answers to the problem of harm in society, and, most excitingly, an opportunity to reduce and eliminate harm in the first place.

how to do wellness check: *Releasing the Mother Load* Erica Djossa, 2024-04-09 WINNER OF THE CHILD PSYCHOLOGY GOLD AWARD FOR LITERARY EXCELLENCE BY THE INSTITUTE OF CHILD PSYCHOLOGY. If you've ever felt like you're the only one struggling with motherhood, this book is for you.—Eve Rodsky, *New York Times* bestselling author of *Fair Play* An empowering guide that helps you unburden the load of impossible expectations and reshapes your internalized ideals, expectations, and beliefs around motherhood. Every mom wants to be a good parent—but if you've found yourself burned out and overwhelmed trying to be "the perfect mom," you're not alone. "We get handed a rulebook of motherhood without realizing it," says Canada's maternal mental health specialist and the founder and CEO of Momwell Erica Djossa. "That rulebook comes with an invisible load—a world of mental and physical tasks that keep us pushing toward perfection while barely being able to breathe." Here she shares a guide to help you break free from the crushing burden of unrealistic expectations and reclaim the joy of motherhood while staying true to your own values. Join her to explore: Where the Mother Load comes from, and why it doesn't serve us or our children The true emotional and physical cost of the many jobs, habits, and beliefs we carry Tools to establish strong boundaries, express your needs, and build a support system Practical guidance to help you create a healthy, balanced, and enriching approach to motherhood "You can chart your own journey in a way that is freeing, feels right to you, and reignites passions and dreams that you thought had died when you began to put everyone else's needs first," says Erica Djossa. Discover a new vision of motherhood that empowers you to parent more freely and with greater fulfillment—so you can finally release the Mother Load.

how to do wellness check: *All the Dirty Secrets* Marian Lanouette, 2019-05-14 It's a shocking blast from the past when homicide detective Jake Carrington finds himself investigating the last woman he'd suspect of murder . . . Recovering from a stab wound to the gut, and dealing with the news that his sister's killer might beat the system, Lieutenant Jake Carrington needs some downtime. But that's cut short by a very sensitive case: the murder of the police commissioner's wife. The crime scene—a dive hotel, complete with provocative, incriminating photos—suggests the victim was having an affair. But Jake finds that hard to believe—as hard to believe as the #1 suspect . . . Jake hasn't seen his highschool sweetheart, Melinda Mastrianni, since the day his sister, Eva, died. He'd turned down Eva's request for a ride so he could go see Melinda, and the guilt has never left him. Now Melinda's a local photographer, mostly shooting weddings and graduations. Definitely not the kind of pics that led him to her doorstep. But when Melinda disappears, and more prominent women turn up dead, Jake will have to navigate through a twisted blackmailing scheme to find out if the girl he once knew is long gone—or if she's a killer's next target . . . "Tense and authentic—a suspenseful page-turner!" —Leo J. Maloney on *All the Pretty Brides*

how to do wellness check: Forensic Mental Health Assessment Kirk Heilbrun, David DeMatteo, Stephanie Brooks Holliday, Casey LaDuke, 2014 Forensic mental health assessment (FMHA) continues to develop and expand as a specialization. Since the publication of the First Edition of Forensic Mental Health Assessment: A Casebook over a decade ago, there have been a number of significant changes in the applicable law, ethics, science, and practice that have shaped the conceptual and empirical underpinnings of FMHA. The Second Edition of Forensic Mental Health Assessment is thoroughly updated in light of the developments and changes in the field, while still keeping the unique structure of presenting cases, detailed reports, and specific teaching points on a wide range of topics. Unlike anything else in the literature, it provides genuine (although disguised) case material, so trainees as well as legal and mental health professionals can review how high-quality forensic evaluation reports are written; it features contributions from leading experts in forensic psychology and psychiatry, providing samples of work in their particular areas of specialization; and it discusses case material in the larger context of broad foundational principles and specific teaching points, making it a valuable resource for teaching, training, and continuing education. Now featuring 50 real-world cases, this new edition covers topics including criminal responsibility, sexual offending risk evaluation, federal sentencing, capital sentencing, capacity to consent to treatment, personal injury, harassment and discrimination, guardianship, juvenile commitment, transfer and decertification, response style, expert testimony, evaluations in a military context, and many more. It will be invaluable for anyone involved in assessments for the courts, including psychologists, psychiatrists, social workers, and attorneys, as well as for FMHA courses.

how to do wellness check: Getting Your Affairs in Order , 1988

how to do wellness check: Share Better and Stress Less Whitney Phillips, Ryan Milner, 2024-04-30 Two media experts offer a witty, warm, and relatable take on how information pollution affects our online networks--and our well-being--and how to maximize a positive impact. We know that pollution damages our physical environments--but what about the digital landscape? Touching on everything from goat memes gone wrong to conflict in group chats to the sometimes unexpected side effects of online activism, this lively guide to media literacy draws on ecological, social justice, and storytelling frameworks to help readers understand how information pollution spreads and why. It also helps them make sense of the often stressful and strange online world. Featuring a hyperconnected cast of teens and their social-media shenanigans, reader-friendly text tackles the thorny topic of internet ethics while empowering--and inspiring--young readers to weave a safe, secure, and inclusive digital world. Readers are invited to delve further into the subject with the help of comprehensive source notes and a bibliography in the back matter.

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instructors, and making sure you're not violating the academic ethics code. The book also offers invaluable advice about online courses and guidance for parents who want to help their children succeed. *Will This Be on the Test?* shows you how to work with your professors to get the education, grades, and recommendations you need to thrive in the classroom and beyond.

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- Provide an overview of all eight areas of wellness
- Challenge the belief that "we must be kind to live happily"
- Help you begin your wellness journey today in five minutes

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how to do wellness check: Jessie Hunt Psychological Suspense Bundle: The Perfect Indiscretion (#18) and The Perfect Rumor (#19) Blake Pierce, 2022-04-01 A bundle of books #18 (THE PERFECT INDISCRETION) and #19 (THE PERFECT RUMOR) in Blake Pierce's Jessie Hunt Psychological Suspense Mystery series! This bundle offers books eighteen and nineteen in one convenient file, with over 100,000 words of reading. In THE PERFECT INDISCRETION (Book #18), a wealthy husband is found murdered in the wake of his 50th birthday bash, a lavish affair that included a dozen couples, a private jet and a debaucherous night. Jessie is in over her head as she enters the world of ultra-wealth and peels back the sordid relationships between couples and friends. So many people, it seemed, wanted their host dead. But the truth, Jessie finds, is far more complex—and far more sinister. In THE PERFECT RUMOR (Book #19), a wealthy husband is found murdered at a fabulous cliffside Palos Verdes spa resort, while vacationing with his wife. Amidst the massive guest villas, couples' massages, and chef-prepared meals, Jessie realizes that not all is as perfect as it seems. It is only perfect for a murder. Rumors abound amongst the uber wealthy in this VIP-only resort, nestled in ostentatious surroundings: oceanside yoga, meditation hikes, catered picnics, and personal couples' lovemaking coaches. All is seemingly too perfect, Jessie knows. But the victim had no apparent enemies. A fast-paced psychological suspense thriller with unforgettable characters and heart-pounding suspense, the JESSIE HUNT suspense series is a riveting new series

that will leave you turning pages late into the night. Books #20-#24 are also available!

how to do wellness check: Contemplative Psychotherapy Essentials: Enriching Your Practice with Buddhist Psychology Karen Kissel Wegela, 2014-10-20 A basic guide for all therapists to incorporating simple Buddhist principles for optimal therapy effectiveness. Both Western psychotherapy and the Buddhist spiritual path are journeys toward increased self-awareness, understanding, and well-being. By drawing on the Buddhist psychological teachings, Contemplative Psychotherapy provides a deeper, richer approach to client work, one that can greatly enhance and expand a clinician's therapeutic repertoire. While much has been written recently about mindfulness in psychotherapy and the underlying theory of Buddhist psychology, no book has yet been written that explains to therapists how to apply these teachings in their day-to-day clinical work with clients. This book will answer that need. Karen Kissel Wegela, a leading practitioner and teacher of contemplative psychotherapy, eloquently walks readers through the foundational concepts of this approach and its specific clinical practices, providing lucid guidance on what Buddhist psychology means in the context of therapy work and how to practice it. As Wegela explains, five basic competencies underlie all that a contemplative therapist does: (1) being present and letting be, (2) seeing clearly and not judging, (3) recognizing and appreciating differences, (4) connecting with others and cultivating relationship, and, finally, (5) acting skillfully and letting go. Having a personal mindfulness-awareness practice helps therapists to develop these competencies, and this book offers a step-by-step description of how to establish such a practice. The book explores the nuances of contemplative therapy practice, beginning with creating genuine therapeutic relationships and learning how to recognize "brilliant sanity"—not only psychopathology—in our clients, and goes on to consider sowing the seeds of mindfulness, making skillful use of mindlessness practices, investigating emotions, cultivating compassion, and working with anger. Filled with client vignettes and practical guidance in an eminently wise, openhearted tone, Contemplative Psychotherapy Essentials makes the increasingly popular pairing of Buddhist psychology with traditional therapy accessible for any clinician, putting readers and their clients in better touch with the present moment—their bodies, emotions, and minds—for more enduring change.

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