

# mental wellness month january

## Mental Wellness Month January: Prioritizing Your Mental Health in the New Year

January. The month of new beginnings, resolutions, and... often, a significant slump in mental wellbeing. While we're bombarded with messages about physical fitness goals, let's be honest: achieving lasting wellness requires prioritizing our mental health just as much. That's why dedicating January to Mental Wellness Month is not just a good idea, it's crucial. This comprehensive guide will explore the importance of mental wellness in January, offer practical tips for boosting your mental health, dispel common myths, and provide resources to support your journey. Let's dive into making this January your healthiest yet – mentally and emotionally.

### Why January is the Perfect Time for a Mental Wellness Focus (Mental Wellness Month January)

The holiday season, while joyous for many, can also be incredibly demanding. Financial pressures, family dynamics, and the pressure to maintain a festive facade can take a toll. By the time January rolls around, many experience a significant drop in mood, often referred to as the "post-holiday blues" or even a full-blown case of seasonal affective disorder (SAD). But January doesn't have to be a time of emotional depletion. Instead, let's frame it as an opportunity – a chance to reset, refocus, and invest in our mental wellbeing. This proactive approach can prevent the snowball effect of stress and burnout that can plague the rest of the year. Making Mental Wellness Month January a personal commitment can dramatically shift your outlook.

### Debunking Common Myths About Mental Health (Mental Wellness Month January)

One of the biggest hurdles in prioritizing mental wellness is navigating the pervasive myths surrounding mental health. Let's tackle a few:

**Myth 1: Mental illness is a sign of weakness:** This is perhaps the most damaging myth. Mental illness is a complex interplay of biological, psychological, and social factors. It's not a character flaw, but a condition that requires understanding, support, and, often, professional help.

**Myth 2: You should just "snap out of it":** This dismissive attitude minimizes the suffering of those experiencing mental health challenges. Mental health struggles are not easily overcome through willpower alone. They require patience, self-compassion, and often, intervention from trained

professionals.

**Myth 3: Mental illness is only serious if you're hospitalized:** Many mental health conditions exist on a spectrum. While hospitalization may be necessary in severe cases, many individuals manage their mental health effectively with therapy, medication, lifestyle changes, and support systems. Even seemingly minor anxieties or depressive symptoms can significantly impact daily life and should not be ignored.

Addressing these myths is a crucial first step towards creating a more supportive and understanding environment for everyone.

## **Practical Strategies for Boosting Your Mental Wellness in January (Mental Wellness Month January)**

Now that we've established the importance and addressed some common misconceptions, let's explore actionable strategies to enhance your mental well-being during Mental Wellness Month January:

**Prioritize Sleep:** Aim for 7-9 hours of quality sleep nightly. Establish a consistent sleep schedule, create a relaxing bedtime routine, and ensure your bedroom is conducive to sleep.

**Nourish Your Body:** Eat a balanced diet rich in fruits, vegetables, and whole grains. Limit processed foods, sugar, and caffeine. Proper nutrition significantly influences mood and energy levels.

**Embrace Movement:** Regular physical activity releases endorphins, natural mood boosters. Find an activity you enjoy, whether it's brisk walking, yoga, dancing, or team sports.

**Mindfulness and Meditation:** Even a few minutes of daily mindfulness or meditation can significantly reduce stress and improve focus. Numerous apps and online resources can guide you.

**Connect with Others:** Foster strong social connections. Spend time with loved ones, engage in social activities, and reach out to friends and family.

**Set Realistic Goals:** Avoid overwhelming yourself with unrealistic resolutions. Start small, set achievable goals, and celebrate your progress along the way.

**Seek Professional Help When Needed:** Don't hesitate to reach out to a therapist, counselor, or psychiatrist if you're struggling. Seeking professional help is a sign of strength, not weakness.

## **Utilizing Resources for Mental Wellness Support**

## **(Mental Wellness Month January)**

Many excellent resources are available to support your mental wellness journey. These include:

**Mental health apps:** Numerous apps offer guided meditations, mindfulness exercises, and tools for tracking mood and progress.

**Online therapy platforms:** These platforms provide access to licensed therapists from the comfort of your home.

**Support groups:** Connecting with others who share similar experiences can provide valuable support and understanding.

**National helplines:** Many countries offer free and confidential helplines for those experiencing mental health crises.

## **Conclusion: Making Mental Wellness Month January a Lasting Commitment**

Mental Wellness Month January shouldn't be just a fleeting resolution; it should be the starting point of a continuous commitment to your mental well-being. By addressing common myths, implementing practical strategies, and utilizing available resources, you can cultivate a healthier, happier, and more resilient you. Remember, prioritizing your mental health is not selfish; it's essential for living a fulfilling and meaningful life. Make this January the month you invest in yourself, both mentally and emotionally. The benefits will extend far beyond the month itself.

## **FAQs:**

1. Is it okay to feel down during January after the holidays? Yes, it's perfectly normal to experience a dip in mood after the holiday season. The key is to acknowledge those feelings, and not to let them define your entire month. Reach out for support if you need it.
1. How do I know if I need professional help for my mental health? If you're experiencing persistent feelings of sadness, hopelessness, anxiety, or if your symptoms are interfering with your daily life, it's crucial to seek professional help.
1. What if I can't afford therapy or counseling? Many organizations offer

low-cost or free mental health services. Check with your local community health center or mental health agency.

1. How can I support a friend or family member struggling with their mental health? Listen empathetically, offer practical support, encourage them to seek professional help, and let them know you care.
1. What are some simple self-care practices I can incorporate into my daily routine? Even small acts of self-care, such as taking a warm bath, reading a book, listening to music, or spending time in nature, can significantly improve your mood and reduce stress.

**mental wellness month january: A Mind that Found Itself** Clifford Whittingham Beers, 1923  
The publication of this work resulted in a public outcry in the 1900's that began an inquiry into the state of U.S. mental health care and psychiatric services. It contributed significantly to the mental hygiene movement and to establish the National Committee for Mental Hygiene

**mental wellness month january: *The Uncovery Devotional*** George A. Wood, Brit Eaton, 2023-10-31  
All of us are recovering from something. Whether it's an addiction, a painful incident from our past, or a daily challenge just to get by in this world, something is holding us back from the promised-land life God wants for us. Real recovery isn't a one-time event or a process that fits into twelve steps or a preset length of time. Uncovering how to live free of what holds you back is a lifelong journey, and one that is best traveled with others. *The Uncovery Devotional: Rethinking Recovery One Day at a Time* will help you take those steps toward a better, healthier, happier you. The authors, George A. Wood and Brit Eaton, know that battles with addiction, mental health, suicidal thoughts, and past trauma cannot be won overnight. They've been in your shoes. And they provide the love, commitment, and compassion that will help you uncover and heal the bottom-line issue that causes you to struggle in the first place. Each month follows a theme, such as reflection, relationship, and reconciliation, while each day provides a short Scripture and prayer. Wild opportunities for hope, healing, and transformation exist for you in the Christian recovery space because you're not working to recover an old, broken life—you're going after a brand new one. You'll discover the truth about who you really are and Whose you really are so that you can reach deep levels of healing and deliverance.

**mental wellness month january: *Psychologs Magazine January 2022*** Gopa Bhardwaj, C.R. Mukundan, 2022-01-01  
*Psychologs*, a magazine produced by Utsaah Psychological Services, stands as a venerable and authoritative publication within the field of mental health. Its pages are a treasure trove of insights and knowledge regarding mental well-being. Over the years, it has cemented its reputation as a reliable source for expert guidance, boasting contributions from esteemed mental health professionals across India.

**mental wellness month january: *Mental Wellness Programs for Employees*** R.H. Egdahl, D.C. Walsh, W.B. Goldbeck, 2012-12-06  
Address to the Conference on Employee Mental Wellness by Walter B. Wriston, Chairman, Citicorp  
The mental well-being of employees is a subject of fundamental importance to each of us, our companies, our professions, and the nation. Both the

Washington Business Group on Health and Boston University's Center for Industry and Health Care should be commended for the timely initiative this conference represents. I hope it will be come an ongoing effort to improve the mental health services to the nation's private sector workers and their dependents. I have had a deep interest in the delivery of health care for a long time, both from the perspective of a major employer and from my participation in the governance of New York Hospital-Cornell Medical Center. It has also been my privilege to chair the Business Round table's Task Force on Health and to serve on the President's Labor Management Committee which, among other things, has been working on health care problems. This experience obviously does not give me any claim to special expertise on the issue of mental health. It may prove helpful, however, as we work together formulating our thoughts about the nation's health system, the role of industry, and where the mental health issue fits into the picture.

**mental wellness month january:** You are Not Alone , 1992

**mental wellness month january:** **The Precipice of Mental Health** Achea Redd, 2022-05-03

The mental health crisis is worse than ever: In an age of increasing isolation, insecurity, and loss, people are suffering, and not everyone is able to afford or access the help that they need. Mental health activist Achea Redd wants to change that, because for her, it's personal. Though Redd seemingly led a charmed life as the daughter of a pastor and wife of NBA legend and former Olympian Michael Redd, the mother of two battled debilitating mental illness. In *The Precipice of Mental Health*, Redd shares her remarkably reflective story about the societal issues of mental health and her personal mental health struggles, including eating disorders, panic attacks, suicidal ideation, and the impact COVID-19 had on her battle. --

**mental wellness month january:** **ABC of Mental Health** Teifion Davies, Tom Craig, 2009-07-06 Mental health services have changed completely in the UK, and the new edition of *ABC of Mental Health* has been thoroughly updated and revised to reflect this. Providing clear practical advice on how to recognise, diagnose and manage mental disorders successfully and safely, with sections on selecting drugs and psychological treatments, and improving compliance, *ABC of Mental Health* also contains information on the major categories of mental health disorders, the mental health needs of vulnerable groups (such as the elderly, children, homeless and ethnic minorities) and the psychological treatments. Fully up to date with recent mental health legislation, this new edition is as comprehensive as it is invaluable. By covering the mental health needs of special groups, this *ABC* equips GPs, hospital doctors, nurses, counsellors and social workers with all the information they need for the day to day management of patients with mental health problems.

**mental wellness month january:** **The Inner Level** Richard Wilkinson, Kate Pickett, 2020-01-21 A groundbreaking investigation of how inequality infects our minds and gets under our skin Why are people more relaxed and at ease with each other in some countries than others? Why do we worry so much about what others think of us and often feel social life is a stressful performance? Why is mental illness three times as common in the USA as in Germany? Why is the American dream more of a reality in Denmark than the USA? What makes child well-being so much worse in some countries than others? As *The Inner Level* demonstrates, the answer to all these is inequality. In *The Spirit Level* Richard Wilkinson and Kate Pickett put inequality at the center of public debate by showing conclusively that less equal societies fare worse than more equal ones across everything from education to life expectancy. *The Inner Level* now explains how inequality affects us individually, altering how we think, feel and behave. It sets out the overwhelming evidence that material inequities have powerful psychological effects: when the gap between rich and poor increases, so does the tendency to define and value ourselves and others in terms of superiority and inferiority. A deep well of data and analysis is drawn upon to empirically show, for example, that low social status leads to elevated levels of stress hormones, and how rates of anxiety, depression and addictions are intimately related to the inequality which makes that status paramount. Wilkinson and Pickett describe how these responses to hierarchies evolved, and why the impacts of inequality on us are so severe. In doing so, they challenge the conception that humans are inescapably competitive and self-interested. They undermine, too, the idea that inequality is the product of

natural differences in individual ability. This book draws together many of the most urgent problems facing societies today, but it is not just an index of our ills. It demonstrates that societies based on fundamental equalities, sharing and reciprocity generate much higher levels of well-being, and lays out the path towards them.

**mental wellness month january: Oxford Textbook of Community Mental Health** Graham Thornicroft, 2011-08-18 Community mental health care has evolved as a discipline over the past 50 years, and within the past 20 years, there have been major developments across the world. The Oxford Textbook of Community Mental Health is the most comprehensive and authoritative review published in the field, written by an international and interdisciplinary team.

**mental wellness month january: Psychologs Magazine January 2022 issue** Arvind Otta, Jai Prakash, Uday K. Sinha, 2022-01-01 Psychologs is a Mental Health Magazine that offers a wide range of awareness and knowledge about Mental health published by Utsaah Psychological Services. Reliable & authentic source of expert advice from renowned Mental Health professionals in India.

**mental wellness month january: The Unapologetic Guide to Black Mental Health** Rheeda Walker, 2020-05-01 An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In The Unapologetic Guide to Black Mental Health, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

**mental wellness month january: 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.

**mental wellness month january: Mental Wellbeing and Psychology** Sue Barker, 2019-12-18 Mental Wellbeing and Psychology unpacks the philosophical and psychological need to understand ourselves through an exploration of historical archives and artistic creativity. This focuses on some practical, evidence-based approaches to developing mental wellbeing. The book uses phenomenological psychology to explore the materials developed by the Stiwdio Arts group and offers an understanding of one's experiences of their world, recognising that these are embodied

and perceived within a temporal and relational place. It offers examples for developing mental health and wellbeing interventions for charities, private care and the NHS. It provides an evidence base for the use of creativity and historical resources in mental health care. This book will be of great interest for academics, researchers and post-graduate students in the field of mental wellbeing, nursing and mental health nursing, occupational therapy and social work.

**mental wellness month january: Healing** Thomas Insel, MD, 2022-02-22 A bold, expert, and actionable map for the re-invention of America's broken mental health care system. "Healing is truly one of the best books ever written about mental illness, and I think I've read them all. —Pete Earley, author of *Crazy As the Heart Goes On* As director of the National Institute of Mental Health, Dr. Thomas Insel was giving a presentation when the father of a boy with schizophrenia yelled from the back of the room, "Our house is on fire and you're telling me about the chemistry of the paint! What are you doing to put out the fire?" Dr. Insel knew in his heart that the answer was not nearly enough. The gargantuan American mental health industry was not healing millions who were desperately in need. He left his position atop the mental health research world to investigate all that was broken—and what a better path to mental health might look like. In the United States, we have treatments that work, but our system fails at every stage to deliver care well. Even before COVID, mental illness was claiming a life every eleven minutes by suicide. Quality of care varies widely, and much of the field lacks accountability. We focus on drug therapies for symptom reduction rather than on plans for long-term recovery. Care is often unaffordable and unavailable, particularly for those who need it most and are homeless or incarcerated. Where was the justice for the millions of Americans suffering from mental illness? Who was helping their families? But Dr. Insel also found that we do have approaches that work, both in the U.S. and globally. Mental illnesses are medical problems, but he discovers that the cures for the crisis are not just medical, but social. This path to healing, built upon what he calls the three Ps (people, place, and purpose), is more straightforward than we might imagine. Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward. The fruit of a lifetime of expertise and a global quest for answers, *Healing* is a hopeful, actionable account and achievable vision for us all in this time of mental health crisis.

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

**mental wellness month january: Lost Connections** Johann Hari, 2020-11-12 THE INTERNATIONAL BESTSELLER: A radically new way of thinking about depression and anxiety 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. *Lost Connections* offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

**mental wellness month january: Feeling Good!** Kojo Sarfo, 2022-12-06 Develop a healthy outlook on life and assess your own mental health with this informative guided workbook to staying positive and living life to the fullest—no matter what you're going through. Do you struggle with stress, worry, anxiety, or depression? The *Feeling Good* workbook is here to help you take control of your mental health once and for all so you can start finding healthy ways to cope and improve your

overall outlook. With prompts, lists, activities, and more, you can learn why different types of mental health disorders exist and determine if you should seek a diagnosis. You'll learn healthy strategies for dealing with mental illness, process difficult emotions, and map out ways to help you feel happier, more confident, and more fulfilled in life. With expert advice from Dr. Kojo Sarfo, you'll toss the stigma, have fun completing exercises as you learn positive mental health, and, best of all, accept yourself for who you are. No matter what mental health struggles you're facing, you are not alone. It's time to come face-to-face with your mental health with Feeling Good.

**mental wellness month january: The End of Mental Illness** Daniel G. Amen, MD  
Daniel G. Amen, MD, 2020 New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the mental illness label--damaging and devastating on its own--can often prevent sufferers from getting the help they need. Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life. *The End of Mental Illness* will help you discover: Why labeling someone as having a mental illness is not only inaccurate but harmful Why standard treatment may not have helped you or a loved one--and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad How to identify your brain type and what you can do to optimize your particular type Where to find the kind of health provider who understands and uses the new paradigm of brain health

**mental wellness month january: Gender-Affirming Psychiatric Care** Teddy G. Goetz, M.D., M.S., Alex S. Keuroghlian, M.D., 2023-11-08

**mental wellness month january: The Corporate Athlete** Jack L. Groppe, Jim Loehr, 1999-12-28 As Jack Groppe so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. . . . This book is a must read for all those striving for the gold.-Arthur M. Blank, CEO and President, The Home Depot Wow! This is an incredible book. Every person in business should read *The Corporate Athlete* from cover to cover and apply it every day.-Brian Tracy, author of *Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed* Today's corporate world is much like the world of professional sports-it is fiercely competitive and mentally and physically demanding, and it requires constant, vigilant training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. In this book, top business consultant, trainer, and lecturer Jack Groppe shows you how to use the training mentality of elite professional athletes. Based on the latest scientific research, *The Corporate Athlete* shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the parallels between sports and business, Jack Groppe reveals the integral roles that nutrition, fitness, and self-improvement-mental, physical, and emotional-play in giving Corporate Athletes their winning edge. It's an edge that's crucial if you need to come to a meeting fresh off the plane, pull out all the stops on a big presentation, cut the major deals-and still have the energy to enjoy time with family and friends. This practical and beneficial 21-day program will give you, no matter how overworked you are, the stamina and commitment to develop a world-class career. Learn to: \* Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. \* Be on when you need to be on \* Respond to change, adversity, and crisis more constructively \* Display more positivity and confidence \* Eat properly on the road, in the air, and before and during business meetings \* Slow down the aging process Take advantage of the same secrets that Dr. Groppe has used to help high-stress professionals-from Olympic athletes and

NHL stars to fast-lane executives at major companies like Morgan Stanley Dean Witter, Estée Lauder, and Bristol-Myers Squibb-get themselves in fighting shape. Here is the program that will train you to perform at the highest possible levels in both your professional and your family life-because taking optimum care of yourself, mentally and physically, is the best way to take care of business. Outstanding . . . The Corporate Athlete is a truly comprehensive program to help you achieve both your personal and your professional goals. It will help you take control of your life and effect positive physical, mental, and spiritual change.-Darlene Hamrock, Regional Vice President, Clinique Why do so many top performers call themselves Corporate Athletes? Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. The Corporate Athlete is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment.-Leonard Lauder, Chairman and Chief Executive Officer of the Estée Lauder Companies, Inc. This is the book to teach you how to perform your job at the highest level possible while maintaining maximal health and happiness.-Jim Courier, French Open champion and former world No. 1 tennis player

**mental wellness month january: Happy Healthy You** KJ Landis, 2017-08-15 The successful life coach and author of Superior Self offers concrete, easy-to-follow strategies for bringing more health and happiness into your life. With our hectic modern lives, it's easy to feel drained and worn down. But when we stop to consider what's tapping our energy most, we discover that old habits, unconscious patterns, and past experiences are dragging us down and blocking our self-growth. In Happy Healthy You, life coach KJ Landis helps identify how, why, and where we get ourselves stuck, and how we can utilize the drama and trauma of the past as a springboard to becoming our most authentic, vibrant selves. We all face a lot of stress in our day to day lives. Over time, those stressors can build into a major obstacle, causing us to retreat into survival mode. And when you're only surviving, you're not thriving. KJ Landis knows the story all too well—because she lived it herself. Now, she provides the playbook for tackling the blockages in our lives and moving beyond them to a life of happiness and health. In this book you will learn: • The root of what keeps us “stuck” in our lives • How to use the Negative Thought Pot to rid ourselves of self-deprecating beliefs • How hormones and epigenetics affect mental and physical wellness • The role of nutrition in our day-to-day health • Therapeutic movement as a mode of healing • The power of self-care through restorative practices • And much, much more!

**mental wellness month january: Mind Body and Sport** NCAA, 2014-11-01

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

**mental wellness month january: Corporate Wellness Programs** Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 Corporate Wellness Programs offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

**mental wellness month january: Chase's Calendar of Events 2021** Editors of Chase's, 2020-10-27 Find out what's going on any day of the year, anywhere across the globe! The world's date book since 1957, Chase's is the definitive, authoritative, day-by-day resource of what the world

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

**mental wellness month january:** *The Health Effects of Cannabis and Cannabinoids* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. *The Health Effects of Cannabis and Cannabinoids* provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

**mental wellness month january:** *MENTal Health* Allan Kehler, 2020

**mental wellness month january:** *Tell Your Children* Alex Berenson, 2020-02-18 In “a brilliant antidote to all the...false narratives about pot” (*American Thinker*), an award-winning author and former New York Times reporter reveals the link between teenage marijuana use and mental illness, and a hidden epidemic of violence caused by the drug—facts the media have ignored as the United States rushes to legalize cannabis. Recreational marijuana is now legal in nine states. Advocates argue cannabis can help everyone from veterans to cancer sufferers. But legalization has been built on myths—that marijuana arrests fill prisons; that most doctors want to use cannabis as medicine; that it can somehow stem the opiate epidemic; that it is beneficial for mental health. In this meticulously reported book, Alex Berenson, a former New York Times reporter, explodes those myths, explaining that almost no one is in prison for marijuana; a tiny fraction of doctors write most authorizations for medical marijuana, mostly for people who have already used; and marijuana use is linked to opiate and cocaine use. Most of all, THC—the chemical in marijuana responsible for the drug’s high—can cause psychotic episodes. “Alex Berenson has a reporter’s tenacity, a novelist’s imagination, and an outsider’s knack for asking intemperate questions” (Malcolm Gladwell, *The New*

Yorker), as he ranges from the London institute that is home to the scientists who helped prove the cannabis-psychosis link to the Colorado prison where a man now serves a thirty-year sentence after eating a THC-laced candy bar and killing his wife. He sticks to the facts, and they are devastating. With the US already gripped by one drug epidemic, *Tell Your Children* is a “well-written treatise” (Publishers Weekly) that “takes a sledgehammer to the promised benefits of marijuana legalization, and cannabis enthusiasts are not going to like it one bit” (Mother Jones).

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

**mental wellness month january: Beyond Mental Illness** David Moyer, LCSW, 2014-02 *Beyond Mental Illness* presents a bold vision for assessing and treating the mentally ill. It envisions a health-care system where, instead of assessing and treating behavior-based labels, professionals assess and treat biological markers. Part I, *How We Got Here*, examines the evolution of the current diagnostic system and cultural factors that keep professionals and patients trapped. Part II, *Where We Are Going*, gives examples of measurable, science-based and treatable biological markers. Diagnoses are based on these markers. Similar diagnoses could provide a foundation for more effective assessments and treatments. This is the final book in *The Transformation Trilogy*, a series of three books that address deficiencies and recommend solutions to the current mental health care delivery system. Portions of the book are highly technical. The other books in the trilogy include *10 Ways to Keep your Brain from Screaming Ouch!* and *Too good to be True? Nutrients Quiet the Unquiet Brain*, revised in 2014 into eBook format as *Nutrients Quiet the Unquiet Brain*,

**mental wellness month january: Statutes of California and Digests of Measures** California, 2004

**mental wellness month january: 52-Week Mental Health Journal** Cynthia Catchings, 2021-08-10 Nurture your well-being through a year of journaling and self-reflection Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your mood, and set goals both big and small. With a focused prompt for every day of the year, the 52-Week Mental Health Journal helps you navigate four core pillars of good mental health—calm and resiliency, connection and engagement, goals and purpose, and healthy living—so you can thrive in every area of your life. This yearlong mental health journal includes: Journal prompts for mental health—Take just a few minutes each day to reduce stress, increase your connection to others, and discover deeper meaning in your life. Evidence-based methods—The exercises in this mental health journal are rooted in research-supported techniques like mindfulness and cognitive behavioral therapy. Inspiring quotes—Find wisdom and motivation with poignant words from philosophers, artists, writers, and more. Discover a clear path to improved well-being with the 52-Week Mental Health Journal.

**mental wellness month january: What Made Maddy Run** Kate Fagan, 2017-08-01 The

heartbreaking story of college athlete Madison Holleran, whose life and death by suicide reveal the struggle of young people suffering from mental illness today in this #1 New York Times Sports and Fitness bestseller. If you scrolled through the Instagram feed of 19-year-old Maddy Holleran, you would see a perfect life: a freshman at an Ivy League school, recruited for the track team, who was also beautiful, popular, and fiercely intelligent. This was a girl who succeeded at everything she tried, and who was only getting started. But when Maddy began her long-awaited college career, her parents noticed something changed. Previously indefatigable Maddy became withdrawn, and her thoughts centered on how she could change her life. In spite of thousands of hours of practice and study, she contemplated transferring from the school that had once been her dream. When Maddy's dad, Jim, dropped her off for the first day of spring semester, she held him a second longer than usual. That would be the last time Jim would see his daughter. *What Made Maddy Run* began as a piece that Kate Fagan, a columnist for espnW, wrote about Maddy's life. What started as a profile of a successful young athlete whose life ended in suicide became so much larger when Fagan started to hear from other college athletes also struggling with mental illness. This is the story of Maddy Holleran's life, and her struggle with depression, which also reveals the mounting pressures young people -- and college athletes in particular -- face to be perfect, especially in an age of relentless connectivity and social media saturation.

**mental wellness month january: Behavioral Neurogenetics** John F. Cryan, Andreas Reif, 2012-05-04 This book covers a wide array of topics relevant to behavioral genetics from both a preclinical and clinical standpoint. Indeed in juxtaposing both areas of research the reader will appreciate the true translational nature of the field. Topics covered range from technical advances in genetic analysis in humans and animals to specific descriptions of advances in schizophrenia, attention disorders, depression and anxiety disorders, autism, aggression, neurodegeneration and neurodevelopmental disorders. The importance of gene-environment interactions is emphasised and the role of neuroimaging in unravelling the functional consequences of genetic variability described. This volume will be valued by both the basic scientist and clinician alike who may use it as a detailed reference book. It will also be of use to the novice to the field, to whom it will serve as an in-depth introduction to this exciting area of research.

**mental wellness month january: Mental Illness Mi Doesn't Look Like Me** Susie L. Landown-Clarke, 2017-07-31 This is a story of intimate warfare among rivals, where friend and foe confront the spiritual suffocation of a woman suffering from complex mental illnesses and disorders. She was desperate to be unchained from layers and layers of emotional tyranny believed to have inadvertently transpired either at birth, after multiple brain traumas, or even from the daily hustle and bustle of "having it all" (career, family, and affluence). Mental illness often emerges as a thief in the darkness, aiming to defeat the will to not only survive but also to live. She met a foe called GEMS, which became a deceitful friend but a trusted confidant. Her rejection by others led to an increasing reliance on GEMS, which she thought could save her from self-destruction but proved to be the awakening she so desperately ached for. The pilfering of her cerebral functioning was proof that a ghostly foothold had psychologically invaded her psyche, robbing her of mental and emotional health. Her mind was in a constant rage because of ravaging storms of depression, anxiety, memory loss, PTSD, panic disorder, and bipolar disorder. These ravaging emotional attackers even led her to contemplate suicide after becoming cerebrally unfit. After tumbling toward a fearful demise, she began decoding the mystery to her existence after five years of chaos. The author experienced a supernatural spiritual healing that caused her to be reborn in the flesh. This author's story is inspiring and enriching, with a spellbinding journey that she hopes initiates inclusive dialogues with mental illness sufferers. This story will leave you speechless that this author is willing to share a plight so difficult to overcome. The author conveys that after sharing this story, she is not 100 percent cured, but she is surely 100 percent better. Everyone has a different normalcy, so the expectation from one to another is inequitable in measuring one's curative healing.

**mental wellness month january: Insane Consequences** D. J. Jaffe, 2017 In this in-depth critique of the mental healthcare system, a leading advocate for the mentally ill argues that the

system fails to adequately treat the most seriously ill. He proposes major reforms to bring help to schizophrenics, the severely bipolar, and others--

**mental wellness month january: Summary Digest of Statutes Enacted and Resolutions, Including Proposed Constitutional Amendments, Adopted in ... and ... Statutory Record** California, 2004 Volumes include: Statutory record.

**mental wellness month january: Your Complete 2024 Personal Horoscope** Iris Quinn, 2023-07-08 A COMPREHENSIVE HOROSCOPE ASTROLOGICAL GUIDE FOR ALL ZODIAC SIGNS Are you wondering what 2024 holds for you? Embark on an extraordinary cosmic voyage as we dive into the enchanting depths of 2024. Guided by the celestial wisdom of an experienced astrologer, diviner, and fortune teller, this captivating guidebook unveils the profound cosmic twists and turns that await us in the coming year. Unlock the mysteries of the cosmos and embark on a transformative journey with Your Complete 2024 Personal Horoscope. This comprehensive guidebook offers monthly astrological prediction forecast readings tailored to your zodiac sign, providing invaluable insights into love, romance, money, finances, career, health, spirituality, and more. With expert precision and a deep understanding of astrological aspects, this book reveals the celestial forces that shape your destiny. Each month, discover the unique influences and cosmic energies that will guide your path, helping you navigate life's challenges and make the most of its abundant opportunities. But that's not all - Your Complete 2024 Personal Horoscope goes a step further by unveiling the seven lucky best days in every month. These are the magical moments when the stars align in perfect harmony, offering you the greatest potential for success, love, and personal growth. Be ready to seize these auspicious days and manifest your dreams into reality. The zodiac astrology book also has all you need to know about each sign, including relationship compatibility for lovers in a relationship before marriage. Crafted with precision, this book is an indispensable resource for astrology enthusiasts and those seeking cosmic guidance. The accurate and personalized monthly forecasts provide practical advice and empower you to make informed decisions, while the inclusion of the seven best days adds an extra layer of excitement and opportunity to your astrological journey. Ignite the flames of passion in your love life, attract abundance and financial prosperity, propel your career to new heights, nurture your well-being, and connect with your spiritual essence. Your Complete 2024 Personal Horoscope is your trusted companion, illuminating your path to self-discovery and empowerment. With a user-friendly format and expertly crafted astrological insights, this book caters to both beginners and seasoned astrology enthusiasts. This guidebook is a must-read and perfect gift item for friends, lovers, and family. It is comprehensive and perfect even for beginners in the world of astrology. Let the wisdom of the cosmos be your guide, and unlock your true potential in 2024. Embark on a celestial adventure and tap into the power of the stars. Your Complete 2024 Personal Horoscope will inspire, enlighten, and empower you to create a life filled with joy, love, and fulfillment. This horoscope astrological guide contains: All about the planets, elements, and astrology in general 12 zodiac signs and their Personality profile, traits, etc. General 2024 astrology forecast Relationship compatibility for all zodiac signs 7 lucky best days every month from the Cosmos. Monthly forecasts on love, money, career, health, and more Get this horoscope prediction for 2024 and know what to expect for what should be a wonderful and exciting new year.

**mental wellness month january: Mental Health Strong** Erin Ramachandran, 2019-05-20 Do you feel hopeless, tired, and worn out? Do you feel as though you're losing your own mind? Are you ready to give up on your marriage because of your spouse's mental health or addiction challenge? Twenty percent of the US adult population is diagnosed with a mental health condition each year. Fifty percent of the US adult population is married. Twenty to 80 percent of marriages where a mental health condition exists are more likely to end in divorce depending upon the diagnosis. In Mental Health Strong, Erin Ramachandran and her husband, Keith, believe their purpose is to help marriages affected by this 20/50/80 statistic not merely survive but thrive. They encourage marriages impacted by mental health or addiction challenges to work toward being Mental Health Strong. Written from the perspective of a spouse whose partner battles multiple mental health

conditions, this guide offers real-life, faith-based, practical examples and resources. Mental Health Strong leverages more than fifty resources that have worked for Erin as she lives with the realities of her husband's mental illness day in and day out. Erin shares steps, which include prayers and Bible verses, that spouses can adopt to walking resiliently alongside their partners against the backdrop of a mental health condition.

**mental wellness month january:** [Coping with an Anxious or Depressed Child](#) Samantha Cartwright-Hatton, 2007-01-09 Does your child suffer from anxiety or depression? Are you at a loss as to what to do about it? This navigational tool, written by eminent clinical psychologist Sam Cartwright-Hatton, gives guidance on what you can do to give your child the best chance of recovery, as well as offering insight into the often complicated system of mental healthcare. Covering practical issues such as diet and routine, as well as more specialized medical information - from the professionals you might encounter to the prescriptions offered - this book is an A to Z guide for parents of anxious or depressed children and will help you maximize your child's likelihood of a happy, confident future.

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