

national wellness month 2024 theme

National Wellness Month 2024 Theme: Unlocking Your Best Self

Are you ready to prioritize your well-being? August is National Wellness Month, a time dedicated to focusing on all aspects of our health—physical, mental, and emotional. But what's the buzz this year? What's the National Wellness Month 2024 theme, and how can you make the most of this annual celebration of self-care? This comprehensive guide dives deep into the 2024 theme (while acknowledging that the official theme may not be released until closer to the date), explores actionable steps for personal wellness improvement, and provides you with the tools to cultivate a healthier, happier you. We'll cover everything you need to know to truly benefit from National Wellness Month 2024.

Understanding the Importance of National Wellness Month

Before diving into specifics, let's acknowledge why National Wellness Month matters. In our fast-paced world, it's easy to neglect our own needs. National Wellness Month provides a much-needed yearly reminder to pause, reflect, and prioritize self-care. It's a call to action to break free from unhealthy habits and cultivate a lifestyle that supports our overall well-being. This isn't just about fleeting trends; it's about building sustainable habits that positively impact our lives long after August ends.

Predicting the National Wellness Month 2024 Theme: A Focus on Holistic Well-being

While the official National Wellness Month 2024 theme isn't yet announced, we can anticipate a continued focus on holistic well-being. Recent years have highlighted the interconnectedness of physical, mental, and emotional health. We're moving beyond simply exercising or eating well; we're understanding the importance of mindfulness, stress management, and fostering strong social connections. Therefore, a plausible 2024 theme could revolve around:

Sustainable Well-being: Building lasting healthy habits that integrate seamlessly into daily life, rather than short-term fixes.

Community Wellness: Recognizing that well-being is enhanced through social connection and community support. This could involve volunteering, connecting with loved ones, or participating in group wellness activities.

Mental Wellness First: Prioritizing mental health as a cornerstone of overall well-being, reducing the stigma surrounding mental health challenges, and

promoting accessible mental health resources.

Digital Wellness: Addressing the impact of technology on our mental and physical health, encouraging mindful technology usage, and fostering healthier digital habits.

Actionable Steps for a Healthier You During National Wellness Month 2024

No matter the official theme, the key is to take action. Here's how you can make the most of National Wellness Month 2024, regardless of the specific focus:

Set Realistic Goals: Don't try to overhaul your entire life in a month. Set small, achievable goals. Perhaps it's drinking more water, meditating for 5 minutes daily, or going for a 30-minute walk three times a week.

Prioritize Sleep: Aim for 7-9 hours of quality sleep each night. A well-rested body and mind are better equipped to handle stress and challenges.

Nourish Your Body: Focus on whole, unprocessed foods. Include plenty of fruits, vegetables, and lean protein in your diet.

Move Your Body: Find an activity you enjoy and make it a regular part of your routine. This could be anything from yoga and swimming to hiking and dancing.

Practice Mindfulness: Incorporate mindfulness techniques like meditation or deep breathing exercises into your daily life to reduce stress and improve focus.

Connect with Others: Spend quality time with loved ones. Strong social connections are crucial for mental and emotional well-being.

Unplug and Disconnect: Take breaks from screens and social media. Give yourself time to relax and recharge.

Beyond August: Sustaining Your Wellness Journey

National Wellness Month is a fantastic starting point, but the true goal is to cultivate sustainable wellness habits that extend far beyond August. Think of this month as a powerful launchpad for a lifelong commitment to your well-being. Use this time to identify your personal wellness needs, set realistic goals, and build a support system to help you stay on track. Consider journaling your progress, tracking your mood, and reflecting on your accomplishments throughout the month. This consistent self-assessment can help you identify what works best for you and adjust your approach as needed.

Conclusion

National Wellness Month 2024, regardless of its specific theme, presents a golden opportunity to invest in yourself. By focusing on holistic well-being – encompassing physical, mental, and emotional health – you can build a stronger foundation for a happier, healthier life. Remember, small, consistent actions accumulate over time, leading to significant positive changes. Embrace this month as a catalyst for long-term self-care and unlock

your best self.

Frequently Asked Questions (FAQs)

Q1: What is the official National Wellness Month 2024 theme?

A1: The official theme is typically announced closer to August. However, we can anticipate a continued emphasis on holistic well-being, encompassing physical, mental, and emotional health.

Q2: How can I participate in National Wellness Month 2024?

A2: Set realistic wellness goals, engage in activities you enjoy (exercise, mindfulness, social connection), and make conscious choices that support your well-being.

Q3: Is National Wellness Month only for adults?

A3: No, National Wellness Month is for everyone. Promoting well-being habits is important for people of all ages.

Q4: Where can I find more resources and information about National Wellness Month?

A4: Check out the websites of organizations dedicated to wellness and health. Many offer resources, articles, and events related to National Wellness Month.

Q5: What if I miss National Wellness Month? Can I still focus on my well-being?

A5: Absolutely! Every day is an opportunity to prioritize your well-being. National Wellness Month simply provides a focused period for reflection and action. Don't wait for a specific date to begin your wellness journey.

national wellness month 2024 theme: Foundations of Sleep Health F. Javier Nieto, Donna Petersen, 2021-11-11 Foundations of Sleep Health presents sleep health as a critical element of overall individual and population health. Sleep disorders are an increasing problem plaguing more than 40 million Americans. Sleep impacts numerous biological functions and plays a critical role in brain development, including learning and memory consolidation, cognitive functioning, and emotion regulation. This book provides an historic and current overview of the state of sleep health with an emphasis on the interplay between several levels of determinants and factors that influence sleep health. The text provides students in the health professions with in-depth discussion on the theory, research, and practice of sleep health, while also detailing mechanisms, hypotheses, and determinants of sleep and ways to improve sleep health. - Discusses the current state of knowledge of sleep health, research into the factors that contribute to and are impacted by sleep health - Uses a socioecological model to examine the whole range of determinants of sleep health, from biological to upstream environmental factors and possible modes of intervention - Contains a detailed glossary of

sleep health terms to aid in the understanding of key concepts - Includes learning outcomes for each chapter, objective assessments of knowledge, with explanations, and open-ended questions designed to facilitate discussion

national wellness month 2024 theme: *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

national wellness month 2024 theme: WHO guideline on self-care interventions for health and well-being World Health Organization, 2021-07-31 Self-care interventions are among the most promising and exciting new approaches to improve health and well-being, both from a health systems perspective and for people who use these interventions. The World Health Organization (WHO) uses the following working definition of self-care: Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker. The scope of self-care as described in this definition includes health promotion; disease prevention and control; self-medication; providing care to dependent persons; seeking hospital/specialist/primary care if necessary; and rehabilitation, including palliative care. It includes a range of self-care modes and approaches. While this is a broad definition that includes many activities, it is important for health policy to recognize the importance of self-care, especially where it intersects with health systems and health professionals. Worldwide, an estimated shortage of 18 million health workers is anticipated by 2030, a record 130 million people are currently in need of humanitarian assistance, and disease outbreaks are a constant global threat. At least 400 million people worldwide lack access to the most essential health services, and every year 100 million people are plunged into poverty because they have to pay for health care out of their own pockets. There is an urgent need to find innovative strategies that go beyond the conventional health sector response. While self-care is not a new term or concept, self-care interventions have the potential to increase choice, when they are accessible and affordable, and they can also provide more opportunities for individuals to make informed decisions regarding their health and health care. In humanitarian settings, for example, due to lack of or limited health infrastructure and medical services in the crisis-affected areas, self-care could play an important role to improve health-related outcomes. Self-care also builds upon existing movements, such as task sharing, which are powerful strategies to support health systems.

national wellness month 2024 theme: The Total Money Makeover: Classic Edition Dave Ramsey, 2013-09-17 Do you want to build a budget that actually works for you? Are you ready to transform your relationship with money? This New York Times bestseller has already helped millions of people just like you learn how to develop everyday money-saving habits with the help of America's favorite personal finance expert, Dave Ramsey. By now, you've already heard all of the nutty get-rich-quick schemes and the fiscal diet fads that leave you with a lot of quirky ideas but not a penny in your pocket. If you're tired of the lies and sick of the false promises, Dave is here to provide practical, long-term help. The Total Money Makeover is the simplest, most straightforward game plan for completely changing your finances. And, best of all, these principles are based on results, not pie-in-the-sky fantasies. This is the financial reset you've been looking for. The Total Money Makeover: Classic Edition will give you the tools and the encouragement you need to: Design a sure-fire plan for paying off all debt--from your cars to your home and everything in between using the debt snowball method Break bad habits and make lasting changes when it comes to your relationship with money Recognize the 10 most dangerous money myths Secure a healthy nest egg for emergencies and set yourself up for retirement Become financially healthy for life Live like no one else, so later you can LIVE (and GIVE) like no one else! This edition of The Total Money Makeover includes new, expanded Dave Rants that tackle marriage conflict, college debt, and so much more. The Total Money Makeover: Classic Edition also includes brand new back-of-the-book resources to help you make The Total Money Makeover your new reality.

national wellness month 2024 theme: Silent Spring Rachel Carson, 2002 The essential,

cornerstone book of modern environmentalism is now offered in a handsome 40th anniversary edition which features a new Introduction by activist Terry Tempest Williams and a new Afterword by Carson biographer Linda Lear.

national wellness month 2024 theme: *Oxford Textbook of Creative Arts, Health, and Wellbeing* Stephen Clift, Paul Marc Camic, 2016 There is growing interest internationally in the contributions which the creative arts can make to wellbeing and health in both healthcare and community settings. A timely addition to the field, this book discusses the role the creative arts have in addressing some of the most pressing public health challenges faced today. Providing an evidence-base and recommendations for a wide audience, this is an essential resource for anyone involved with this increasingly important component of public health practice.

national wellness month 2024 theme: *Careers in Student Affairs* Peggy C. Holzweiss, Kelli Peck Parrott, 2017

national wellness month 2024 theme: *The Big Letdown* Kimberly Seals Allers, 2017-01-24 Breastfeeding. The mere mention of it has many mothers wracked with anxiety (how will I manage with work, other kids, what if I don't make enough milk?) or guilt about not doing it (will I be hurting my child if I choose not to breastfeed? what will people think of me if I choose not to?). This hot-button issue is one we've talked about repeatedly in the media and in celebrity culture. Remember when Angelina Jolie posed for the cover of *W* nursing her newborn? Oh, the controversy! And when Barbara Walters complained about the woman breastfeeding next to her on a plane? She was forced to issue a public apology. Or what about when supermodel Gisele Bündchen declared that there should be worldwide law that mothers be required to breastfeed their babies for the first six months of life? All hell broke loose. This topic gets people riled up, and there has never been a narrative account that explores the breastfeeding big picture for parents and their children in today's world. *THE BIG LETDOWN* by author, journalist, and breastfeeding advocate Kimberly Seals Allers will change that for the better and open up a candid conversation about the cultural, sociological, and economic forces that shape the breastfeeding culture and how it undermines women in the process.

national wellness month 2024 theme: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral

health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

national wellness month 2024 theme: Men As Caregivers Betty J. Kramer, PhD, Edward H. Thompson, Jr., PhD, 2001-12-27 Today, more and more caregivers are male. Despite this fact, the vast majority of research on caregiving has centered on the experience of the female caregiver. This volume addresses the fundamental gap in our knowledge and theories about the growing male subpopulation of caregivers. The authors identify the serious limitations that result from viewing men caregivers through the lens of women's experiences and call for an unbiased and fresh perspective in future research. Special consideration is given to men who care for a family member with dementia; fathers of adult children with mental retardation; gay male caregivers for partners with AIDS; and sons and parent care.

national wellness month 2024 theme: The Future of Nursing Institute of Medicine, Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, 2011-02-08 The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles-including limits on nurses' scope of practice-should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

national wellness month 2024 theme: Homelessness, Health, and Human Needs Institute of Medicine, Committee on Health Care for Homeless People, 1988-02-01 There have always been homeless people in the United States, but their plight has only recently stirred widespread public reaction and concern. Part of this new recognition stems from the problem's prevalence: the number of homeless individuals, while hard to pin down exactly, is rising. In light of this, Congress asked the Institute of Medicine to find out whether existing health care programs were ignoring the homeless or delivering care to them inefficiently. This book is the report prepared by a committee of experts who examined these problems through visits to city slums and impoverished rural areas, and through an analysis of papers written by leading scholars in the field.

national wellness month 2024 theme: Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. Transforming the Workforce for Children Birth Through Age 8 explores the science of child

development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

national wellness month 2024 theme: Families Caring for an Aging America National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Family Caregiving for Older Adults, 2016-12-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

national wellness month 2024 theme: Marijuana, Facts Parents Need to Know, 1995

national wellness month 2024 theme: 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.

national wellness month 2024 theme: What the Best Law Teachers Do Michael Hunter Schwartz, 2013-08-20 This pioneering book is the first to identify the methods, strategies, and personal traits of law professors whose students achieve exceptional learning. Modeling good behavior through clear, exacting standards and meticulous preparation, these instructors know that

little things also count--starting on time, learning names, responding to emails.

national wellness month 2024 theme: Head Start Program Performance Standards United States. Office of Child Development, 1975

national wellness month 2024 theme: Research on Women's Health , 1997

national wellness month 2024 theme: Jivamukti Yoga Sharon Gannon, David Life, 2011-04-06

The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures "In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. "—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga's ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means "soul liberation," guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment: AHIMSA-The Way of Compassion: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice ASANA-The Way of Connection to the Earth: postures and sequences, breathing, transforming energy, understanding the bandhas KARMA-The Way of Action: creating good karma, giving thanks NADAM-The Way of Sacred Music: appreciating the sacred sounds of yoga MEDITATION-The Way of the Witness: how to sit still and move inward BHAKTI-The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. "If there is only one book you read about the practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I'm grateful for their work and teaching."—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute

national wellness month 2024 theme: Results from the ... National Survey on Drug Use and Health National Survey on Drug Use and Health (U.S.), 2002

national wellness month 2024 theme: The Spirit of Nursing The Spirit of Nursing Project, 2019-01-28 The Spirit of Nursing is filled with stories from more than 40 authors who have been inspired by their choice of career. Collectively, they boast 1,091 years of practice, diverse certifications, and numerous degrees. Some have just begun their practice and others have worked as nurses for half a century or more. Read how we have earned the true credentials needed to provide care for strangers, family members, and each other. Learn how we have earned the academic and honorary titles required to lead each other in our profession. The stories we have collected here cover the moment each contributor knew he or she was to become a nurse, what was learned (and what was not) in nursing school, and unforgettable patients and colleagues. But this book is about more than the sum of all of the parts that make up our nursing trajectories. It is about the process of becoming and being a nursing colleague. Filled with professionals who have earned their distinction as leaders in practice and healers in their communities, it is rumination on what it means to care. It is also a thank you to a line of work that has given us so much.

national wellness month 2024 theme: National Health Education Standards Joint Committee on National Health Education Standards, 2007 Concluding a two-year review and revision process supported by the American Cancer Society and conducted by an expert panel of health education professionals, this second edition of the National Health Education Standards is the foremost reference in establishing, promoting, and supporting health-enhancing behaviors for students in all grade levels. These guidelines and standards provide a framework for teachers, administrators, and

policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress; provide students, families, and communities with concrete expectations for health education; and advocate for quality health education in schools, including primary cancer prevention for children and youth.

national wellness month 2024 theme: Disease Control Priorities, Third Edition (Volume 2) Robert Black, Ramanan Laxminarayan, Marleen Temmerman, Neff Walker, 2016-04-11 The evaluation of reproductive, maternal, newborn, and child health (RMNCH) by the Disease Control Priorities, Third Edition (DCP3) focuses on maternal conditions, childhood illness, and malnutrition. Specifically, the chapters address acute illness and undernutrition in children, principally under age 5. It also covers maternal mortality, morbidity, stillbirth, and influences to pregnancy and pre-pregnancy. Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood, in particular, the overlap and commonality with the child development volume. The DCP3 evaluation of these conditions produced three key findings: 1. There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy, unsafe abortion, nonsexually transmitted infections, infertility, and violence against women. 2. Investments in the continuum of care can have significant returns for improved and equitable access, health, poverty, and health systems. 3. There is a large difference in how RMNCH conditions affect different income groups; investments in RMNCH can lessen the disparity in terms of both health and financial risk.

national wellness month 2024 theme: Breast Health Handbook Caryn Franklin, 1996 This breast health handbook is a readable, concise, practical and non-scary book which has everything readers need to know about taking care of their breasts. It covers everything from self-examinations and finding lumps to operations and treatment

national wellness month 2024 theme: Spicebox Kitchen Linda Shiue, 2021-03-16 A renowned chef and physician shares her secrets to a healthy life in this cookbook filled with healthy recipes that will fuel and energize your body and mind. I like to think of a spicebox as the cook's equivalent of a doctor's bag--containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking.—from the Introduction In her first cookbook, chef and physician Linda Shiue puts the phrase let food be thy medicine to the test. With 175 vegetarian and pescatarian recipes curated from her own kitchen, Dr. Shiue takes you on a journey of vibrant, fresh flavors through a range of spices from amchar masala to za'atar. With a comprehensive Healthy Cooking 101 chapter, lists of the healthiest ingredients out there, and tips for prevention, Spicebox Kitchen is a culinary wellness trip you can take in your own kitchen.

national wellness month 2024 theme: *The Dot* Peter H. Reynolds, 2022-05-31 Vashti believes that she cannot draw, but her art teacher's encouragement leads her to change her mind and she goes on to encourage another student who feels the same as she had.

national wellness month 2024 theme: National Prevention Strategy: America's Plan for Better Health and Wellness Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

national wellness month 2024 theme: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and

spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

national wellness month 2024 theme: Keeping Patients Safe Institute of Medicine, Board on Health Care Services, Committee on the Work Environment for Nurses and Patient Safety, 2004-03-27 Building on the revolutionary Institute of Medicine reports To Err is Human and Crossing the Quality Chasm, Keeping Patients Safe lays out guidelines for improving patient safety by changing nurses' working conditions and demands. Licensed nurses and unlicensed nursing assistants are critical participants in our national effort to protect patients from health care errors. The nature of the activities nurses typically perform – monitoring patients, educating home caretakers, performing treatments, and rescuing patients who are in crisis – provides an indispensable resource in detecting and remedying error-producing defects in the U.S. health care system. During the past two decades, substantial changes have been made in the organization and delivery of health care – and consequently in the job description and work environment of nurses. As patients are increasingly cared for as outpatients, nurses in hospitals and nursing homes deal with greater severity of illness. Problems in management practices, employee deployment, work and workspace design, and the basic safety culture of health care organizations place patients at further risk. This newest edition in the groundbreaking Institute of Medicine Quality Chasm series discusses the key aspects of the work environment for nurses and reviews the potential improvements in working conditions that are likely to have an impact on patient safety.

national wellness month 2024 theme: Cole's Kingdom Twinkl Originals, 2020-11-30
“Introductions!” the man said with a kind smile. “I am King Enk, this is my kingdom – and you,” he added with a flash of his dark eyes, “you are the one we have been waiting for, Cole.” For as long as Cole can remember, he has always seemed very unimpressive next to his brother and sister. However, when a trip to his grandma’s ancient house turns into the adventure of a lifetime, he is given a choice which makes him question everything that he thought he wanted. Hurlled into a strange place where even stranger creatures dwell and fierce powers are at play, Cole must find out where his own talents lie and put them to good use before time runs out. Follow Cole through the mousehole into Deriuss: a land where all you need is a little belief in yourself to unlock a world of magic. Download the full eBook and explore supporting teaching materials at www.twinkl.com/originals Join Twinkl Book Club to receive printed story books every half-term at www.twinkl.co.uk/book-club (UK only).

national wellness month 2024 theme: Opening Up James W. Pennebaker, 1990 Using original research, Dr. James Pennebaker presents astounding evidence for the health benefits of personal self-disclosure, offering sound advice on how each of us can confront and conquer buried turmoil and get on the road to good health.

national wellness month 2024 theme: Lasting Love Gay Hendricks, Kathlyn Hendricks, 2004 The most important thing in life is the feeling of love inside and around you. But we are all bound to face problems from time to time in a committed relationship. Theorists Gay and Kathlyn Hendricks, reveal what saps vitality from long-term relationships and what you can do to make vitality surge again.

national wellness month 2024 theme: The Nation's Nurses American Nurses Association, Aleda V. Roth, 1974

national wellness month 2024 theme: 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 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.

national wellness month 2024 theme: The A-to-Z Self-care Handbook for Social Workers and Other Helping Professionals Erlene Grise-Owens, Justin Miller, Mindy Eaves, 2016 Self-care is an imperative for the ethical practice of social work and other helping professions. From A (awareness) to Z (ZZZZ--Sleep), the editors and contributors use a simple A-to-Z framework to outline strategies to help you build a self-care plan with specific goals and ways to reach them realistically. Questions for reflection and additional resource lists help you to dig deeper in your self-care journey. Just as the ABCs are essential building blocks for a young child's learning, you can use the ABCs in *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* to build your way to a happy, healthy, ethical life as a helping professional. Includes a self-care planning form to help you set goals and formulate strategies. *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals...offers a broad range of concrete suggestions for improving individual self-care that should provide guidance and support to fit a broad range of practitioner needs. The book also includes material in several chapters that notes the important role organizations must take in stress and burnout reduction and support of self-care. SUE STEINER, Ph.D., MSW, Professor, School of Social Work at California State University, Chico, Co-author, Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators ...a caring and useful resource for helping professionals concerned about burnout, stress, staff turnover, and wellness.... By focusing on insights and reflections and providing resources and strategies, The A-to-Z Self-Care Handbook is a practical guide and an empowering book. DR. BARBARA W. SHANK, Ph.D., MSW, Dean and Professor, School of Social Work, University of St. Thomas, St. Catherine University, Chair, Board of Directors, Council on Social Work Education As the leader of a large nonprofit organization, the health and well-being of my colleagues is always top of mind for me. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is just what an organization like ours needed to promote self-care in a way that makes sense for all of us! JENNIFER HANCOCK, LCSW, President & CEO, Volunteers of America-Mid-States Sometimes there is a book that speaks to what you also have tried to put into words that feels truly hand-in-glove. I see *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* as precisely this book. SARA KAY SMULLENS, MSW, LCSW, author of *Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions* Grise-Owens, Miller, & Eaves' *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* is a much-needed handbook to inspire*

and guide self-care practice. Its insights are far-ranging, original, practical, and flexible. The short chapter format, focused topics, and fresh tone are both accessible and sure to motivate. Even those who have given a great deal of thought and attention to self-care will find new, exciting, and practicable guidance in its pages. LISA D. BUTLER, Ph.D., Associate Professor, University at Buffalo, School of Social Work, Primary Developer, UBSSW Self-Care Starter Kit

national wellness month 2024 theme: *ASCA National Model* American School Counselor Association, 2019 The ASCA National Model reflects a comprehensive approach to the design, implementation and assessment of a school counseling program that improves student success. The publication defines the school counselor's role in implementation of a school counseling program and provides step-by-step tools to build each component of your school counseling program, including defining, managing, delivering and assessing. This fourth edition reflects current education practices, aligns with the ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student and the ASCA professional standards & competencies and assists school counselors in developing an exemplary school counseling program-[P. 4], Cover.

national wellness month 2024 theme: *Opioid Facts for Teens* National Institutes Of Health, National Institute on Drug Abuse, 2020-03-03 You have probably heard a lot about the opioid overdose crisis in the news lately. But what are opioids? And why are they such a problem? You might not realize this, but if you have had a sports injury, dental work, or surgery, it is possible your doctor gave you a pain reliever that was actually an opioid medication. While opioids can be very effective at treating pain, they can be very addictive and should only be used under a doctor's careful watch. In addition to opioids given to you by a doctor, there is another kind of opioid you have probably heard about called heroin. Heroin is a very dangerous drug that is usually used by injecting it directly into a vein with a needle. The chemical makeup of heroin is the same as that of pain relievers and both can be very addictive and cause deadly opioid overdoses. The hope of this booklet is to share information about opioids with your friends, parents, teachers, and others.

national wellness month 2024 theme: *World Health Statistics 2020* WORLD HEALTH ORGANIZATION., 2021-05-13 The World health statistics 2020 report is the latest annual compilation of health statistics for 194 Member States. It summarizes trends in life expectancy and causes of death and reports on progress towards the health and health related Sustainable Development Goals (SDGs) and associated targets. Four indicators of emerging public health importance relating to poliomyelitis, hypertension and obesity in adults and school age children have been included. These are part of the WHO's Thirteenth General Programme of Work 2019-2023 (GPW13), which the 71st World Health Assembly approved in May 2018. The GPW13 is largely based on the SDGs and sets out WHO's strategic direction until 2023

national wellness month 2024 theme: *National Techies Day* Techies day, 2021-08-21 National Techies Day: A perfect notebook/journal to celebrate National Techies Day and it is also a great gift on any occasion. You can fill the notebook journal with all of your most precious thoughts, secrets, dreams and future plans.

Additional Resources

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