

wellness wednesday quotes for work

Wellness Wednesday Quotes for Work: Boost Your Team's Mood & Productivity

Introduction:

Feeling the mid-week slump? Dragging yourself through Tuesday and staring down the barrel of Thursday? You're not alone! Many workplaces experience a dip in energy and morale mid-week. That's why we've compiled this ultimate collection of Wellness Wednesday quotes for work, designed to uplift your team, boost productivity, and inject a healthy dose of positivity into your workday. We'll explore quotes focusing on self-care, teamwork, resilience, and mindfulness – providing you with the perfect inspiration to share with your colleagues and invigorate your work environment. Get ready to transform your Wellness Wednesdays from a slump into a springboard for success!

1. Self-Care is Not Selfish: Quotes for Prioritizing Well-being

Let's face it: burning the candle at both ends leads to burnout. These quotes emphasize the importance of self-care as a crucial component of a productive and fulfilling work life. Remember, you can't pour from an empty cup.

"Take care of your body. It's the only place you have to live." – Jim Rohn. This classic quote reminds us of the fundamental importance of physical health. Encourage your team to prioritize sleep, nutrition, and exercise.

"Self-care is not a luxury; it's a necessity." – Unknown. This powerful statement frames self-care not as an indulgence but as a non-negotiable aspect of maintaining well-being. Promote healthy habits and normalize taking breaks.

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." – John Lubbock. Encourage mindfulness and relaxation. Even short breaks can significantly improve focus and reduce stress.

1. Teamwork Makes the Dream Work: Quotes on Collaboration & Support

A supportive work environment is key to maintaining a positive and productive atmosphere. These quotes highlight the power of teamwork and collaboration, emphasizing the importance of mutual support and encouragement.

"Alone we can do so little; together we can do so much." – Helen Keller. This enduring quote

encapsulates the power of collective effort and the benefits of working together towards shared goals. "The strength of the team is each individual member. The strength of each member is the team." – Phil Jackson. This quote emphasizes the interconnectedness of team members and the importance of mutual support.

"Coming together is a beginning, keeping together is progress, working together is success." – Henry Ford. This quote highlights the journey of teamwork, from initial collaboration to achieving shared goals.

1. Bounce Back Stronger: Resilience Quotes for Workplace Challenges

Work inevitably throws curveballs. These quotes inspire resilience and the ability to overcome obstacles, promoting a positive mindset even in the face of adversity.

"The oak fought the wind and was broken, the willow bent when it must and survived." – Robert Jordan. This quote highlights the importance of adaptability and flexibility in overcoming challenges. "Challenges are what make life interesting. Overcoming them is what makes life meaningful." – Joshua Marine. This quote frames challenges as opportunities for growth and personal development. "What doesn't kill you makes you stronger." – Friedrich Nietzsche. This well-known quote emphasizes the resilience of the human spirit and the ability to learn and grow from difficult experiences.

1. Mindful Moments: Quotes Promoting Focus and Presence

In our fast-paced world, mindfulness is crucial for maintaining focus and managing stress. These quotes emphasize the importance of being present and appreciating the small moments.

"Be here now." – Ram Dass. This simple yet profound quote encourages focus on the present moment, reducing stress and improving concentration.

"Mindfulness is simply being present, moment to moment." – Jon Kabat-Zinn. This quote clarifies the definition of mindfulness and emphasizes its practicality.

"You don't have to control your thoughts. You just have to stop letting them control you." – Dan Millman. This quote emphasizes the importance of observing thoughts without judgment, promoting emotional regulation.

1. Putting It All Together: Using Wellness Wednesday Quotes Effectively

Choosing the right quotes is only half the battle. To maximize their impact, consider these strategies:

Share them strategically: Use internal communication channels like email, Slack, or intranet posts to distribute quotes.

Create a visual theme: Design eye-catching graphics or use a consistent visual style for your Wellness

Wednesday messages.

Engage your team: Ask for feedback or encourage team members to share their favorite quotes.

Make it interactive: Consider a weekly quote contest or a team discussion about the meaning and relevance of the chosen quote.

Integrate with other wellness initiatives: Combine quotes with other wellness activities, such as yoga sessions or mindfulness workshops.

Conclusion:

Wellness Wednesday quotes for work aren't just a feel-good exercise; they're a powerful tool for fostering a positive, productive, and supportive work environment. By incorporating these inspiring messages into your weekly routine, you can significantly improve your team's morale, boost productivity, and cultivate a culture of well-being. Remember, investing in your team's wellness is investing in your company's success.

FAQs:

1. Where can I find more Wellness Wednesday quotes? You can find a vast array of quotes online through various sources such as Goodreads, Pinterest, or inspirational quote websites. Search for keywords like "workplace wellness quotes," "motivational quotes for work," or "positive quotes for employees."

1. How often should I share Wellness Wednesday quotes? Aim for consistency; weekly sharing is ideal, but even bi-weekly or monthly reminders can be effective.

1. Should I only focus on positive quotes? While positive quotes are generally effective, consider incorporating quotes that encourage reflection and address challenges as well, promoting resilience and self-awareness.

1. What if my team doesn't seem receptive to Wellness Wednesday quotes? Gauge your team's reaction and adjust your approach. Start small, focus on relevant quotes, and keep the tone light and encouraging.

1. Can I use these quotes for other days of the week? Absolutely! The principles of self-care, teamwork, and resilience are relevant every day of the work week. Feel free to adapt these quotes for your ongoing communication strategy.

wellness wednesday quotes for work: A Beautiful Work in Progress Mirna Valerio, 2017
Runners' vocabulary is full of acronyms like DNS for Did Not Start and DNF for Did Not Finish, but when Mirna Valerio stepped up to the starting line, she needed a new one: DNQ for Did Not Quit. Valerio has tied on her running shoes all across the country, from the dusty back roads of central New Jersey to the busy Route 222 corridor in Pennsylvania to the sweltering deserts of Arizona. When you meet her on the trail, you might be surprised to see she doesn't quite fit the typical image of a long-distance runner. She's neither skinny nor white, and she's here to show just how misguided these stereotypes can be. In this prejudice-busting, body-positive memoir told with raw honesty, an adventurous spirit, and a sharp sense of humor, Valerio takes readers along on her journey from first-time racer to ultramarathoner and proves that anyone can become a successful athlete.

wellness wednesday quotes for work: Happiness Is the Way Dr. Wayne W. Dyer, 2019-08-27
The first book of spiritual teachings in several years from international best-selling author and beloved spiritual teacher Dr. Wayne W. Dyer. This book pulls from audio lectures of Wayne's from the 1990s and 2000s, restructuring them in a cohesive way to offer a fresh take on his teachings. One of Dr. Wayne Dyer's favorite quotes was When you change the way you look at things, the things you look at change. So in this book, which collects some of Wayne's most classic teachings in a new format, you will find a novel solution for most any problem you may be encountering. For, as Wayne was also fond of saying, There is no way to happiness. Happiness is the way.

wellness wednesday quotes for work: Social Media Wellness Ana Homayoun, 2017-07-27
Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, Social Media Wellness is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. Tips From Teens On Promoting Social Media Wellness Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but Social Media Wellness is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of The Gift of Failure This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of The Curse of the Good Girl Read About Ana Homayoun in the news: NYTimes, The Secret Social Media Lives of Teenagers NYTimes, How to Help Kids Disrupt 'Bro Culture' Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online Chicago Tribune, Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking? Today Show, 9 Tips to Help Teens Manage Their Social Media Footprint 5 Ways Parents Can Help Kids Balance Social Media with the Real World

wellness wednesday quotes for work: The Wellness Sense: A Practical Guide to your Physical and Emotional Health Based on Ayurvedic and Yogic Wisdom Om Swami, 2015-08-10
Why do certain foods harm some people and help others? How come the results of a weight loss programme varies from individual to individual? And why do some people fall sick more often than others? The science of Ayurveda holds answers to these questions and many more. Its scriptures took a holistic approach to health by combining our lifestyle with our natural tendencies (which vary

from one person to another). This groundbreaking new work from Om Swami combines the yogic view of food as sattvic, rajasic and tamasic with Ayurvedic perspective, and further relates it to the modern view of foods as acidic and alkaline. This is also the first time that Ayurvedic prakriti (vata, pitta and kapha) has been discussed in the context of yogic prakriti (sattvic, rajasic and tamasic) in a truly cohesive fashion. The Wellness Sense extracts the essence of Ayurveda, yoga and tantra to combine it with modern medicine in this simple, step-by-step handbook on how to take better care of yourself. Accessibly written, deeply researched and distilled from Om Swami's own lived experience, The Wellness Sense puts your health and happiness in your hands.

wellness wednesday quotes for work: Emotional Wellness Osho, 2007-04-03 How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time, provides here a practical and comprehensive approach to dealing with this conflict effectively. Incorporating new, never-before-published material, Emotional Wellness leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life’s inevitable ups and downs with far greater confidence and equilibrium. Discover: • The impact that fear, anger, and jealousy have on our lives • How emotions like guilt, insecurity, and fear are used to manipulate us • How to break out of unhealthy responses to strong emotions • How to transform destructive emotions into creative energy • The role of society and culture on our individual emotional styles Osho’s unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a richer, fuller life.

wellness wednesday quotes for work: How to Do the Work Dr. Nicole LePera, 2021-03-09 #1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of the holistic psychologist—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she’d learned with others—and soon “The Holistic Psychologist” was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In How to Do the Work, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

wellness wednesday quotes for work: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic

method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

wellness wednesday quotes for work: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs Workplace Wellness That Works provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

wellness wednesday quotes for work: The Palgrave Handbook of Fulfillment, Wellness, and Personal Growth at Work Joan Marques, 2023-10-02 This handbook discusses the role of sustainability, well-being and growth in engagement and purpose at work. When employees are dissatisfied with their job, they tend to be disengaged and less productive. Given the correlation between job satisfaction and job performance, organizations are looking for ways to increase employee engagement and productivity. Divided into three sections, this work opens with an examination of the concept of work, then discusses fulfillment of workforce members at mental, emotional, and spiritual levels. The next section on wellness explores drivers that advance interhuman approaches and trends, including meaning, leadership, happiness, resilience, and motivation. The last section focuses on personal and professional growth through the cultivation of an entrepreneurial mindset, but also justice, equity, and interactive flourishing through the promotion of positive trends or the conscious reduction of toxic ones. With contributions from a global cluster of scholars, this book offers readers broad perspectives on the potential nature of work as a gratifying vocation. It will serve as a horizon-expanding reference for those researching topics related to meaningful work and workplace fulfillment and thriving.

wellness wednesday quotes for work: Project 333 Courtney Carver, 2020-03-03 Wear just 33 items for 3 months and get back all the JOY you were missing while you were worrying what to wear. In Project 333, minimalist expert and author of Soulful Simplicity Courtney Carver takes a new approach to living simply--starting with your wardrobe. Project 333 promises that not only can you survive with just 33 items in your closet for 3 months, but you'll thrive just like the thousands of woman who have taken on the challenge and never looked back. Let the de-cluttering begin! Ever

ask yourself how many of the items in your closet you actually wear? In search of a way to pare down on her expensive shopping habit, consistent lack of satisfaction with her purchases, and ever-growing closet, Carver created Project 333. In this book, she guides readers through their closets item-by-item, sifting through all the emotional baggage associated with those oh-so strappy high-heel sandals that cost a fortune but destroy your feet every time you walk more than a few steps to that extensive collection of never-worn little black dresses, to locate the items that actually look and feel like you. As Carver reveals in this book, once we finally release ourselves from the cyclical nature of consumerism and focus less on our shoes and more on our self-care, we not only look great we feel great-- and we can see a clear path to make other important changes in our lives that reach far beyond our closets. With tips, solutions, and a closet-full of inspiration, this life-changing minimalist manual shows readers that we are so much more than what we wear, and that who we are and what we have is so much more than enough.

wellness wednesday quotes for work: Kintsugi Wellness Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's Japanese heritage has informed her journey back to health at every turn. Now, in *Kintsugi Wellness*, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, *Kintsugi Wellness* provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, *Kintsugi Wellness* truly stands out." —Sophia Amoruso, Founder and CEO, *Girlboss* "All aspects of our well-being are connected. And with *Kintsugi Wellness*, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of *Thrive Global* and CEO and Co-founder, *Huffington Post*

wellness wednesday quotes for work: *Why We Sleep* Matthew Walker, 2017-10-03 Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming--Amazon.com.

wellness wednesday quotes for work: *Ikigai* Héctor García, Francesc Miralles, 2017-08-29 INTERNATIONAL BESTSELLER • 2 MILLION+ COPIES SOLD WORLDWIDE "Workers looking for more fulfilling positions should start by identifying their *ikigai*." —Business Insider "One of the unintended—yet positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal *ikigai*, and live your best life." —Forbes Find your *ikigai* (pronounced ee-key-guy) to live longer and bring more meaning and joy to all your days. "Only staying active will make you want to live a hundred years." —Japanese proverb According to the Japanese, everyone has an *ikigai*—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of *ikigai*—where what you love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. *Ikigai* reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the *ikigai* that brings satisfaction to their lives. And it provides practical tools to help you discover your own *ikigai*. Because who doesn't want to find happiness in every day?

wellness wednesday quotes for work: *Commerce Business Daily* , 1998-08

wellness wednesday quotes for work: **Wellness Recovery Action Plan (WRAP)** Mary Ellen Copeland, 2003

wellness wednesday quotes for work: Managing Psychosocial Hazards and Work-Related Stress in Today's Work Environment Ellen Pinkos Cobb, 2022-08-08 Today's evolving world of work makes it imperative for employers to manage psychosocial hazards (PSH) and risks leading to work-related stress. This book contains essential, general, and country-specific information and templates for the successful management of hazards to prevent psychological harm in the workplace. Acknowledged as global issues affecting all workers and industries, PSH are work factors that have the potential to lead to physical or psychological injury and stress, relating to how work is designed, organized, and managed, and to work relationships and interactions. This book advances the idea that management of PSH, and psychological health and safety, is part of the duty of care of today's responsible and ethical employers to employees, and that U.S. employers should recognize this responsibility. Clear and easy to follow, this guide presents comprehensive information on addressing PSH, discussing measures taken internationally (laws, guidance, and resources from Europe, Canada, Mexico, Australia, and Japan), and a new global standard on psychological health and safety at work. (Note: At times within this book, and Part II in particular, punctuation may be added to quoted provisions for ease of reading and for consistency.) Practitioners and students in the fields of management, occupational health and safety, human resource management, ethics and compliance, occupational health psychology, and organizational psychology will come away with a deeper understanding of the importance of PSH and their management.

wellness wednesday quotes for work: Building a Wellness Business That Lasts Rick Stollmeyer, 2020-10-20 Start and grow a durable business in the rapidly growing wellness industry! As we emerge from COVID-19 the world sits on the cusp of a massive wave of wellness industry growth. This Fourth Wave of Wellness will bring hundreds of millions more people into healthier, happier lifestyles, creating millions of jobs and producing massive entrepreneurial opportunities. Whether your goal is to work from home, open a neighborhood wellness studio or launch the next global wellness brand, Building a Wellness Business That Lasts is your definitive guide. Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations, and hundreds of thousands of wellness business entrepreneurs. Independent teachers, trainers, and therapists and studio, gym, spa, and salon owners across the globe are transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Author Rick Stollmeyer is the co-founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Over more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience has given Rick a front row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurship to Building a Wellness Business That Lasts. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer to on your path to success.

wellness wednesday quotes for work: Vibrate Higher Daily Lalah Delia, 2019-12-10 Tap into your inner power with this mind-opening guide to vibrational-based living from Instagram star and self-help pioneer behind the internet community Vibrate Higher Daily. "There is another way of being in the world. There is a better way to exist, rise, move beyond, and take our power back." Too often we feel pulled down by circumstances or the negativity of others. We think we have no control over the things that are hurting us and holding us back from realizing our truest selves. But according to Lalah Delia, we have more power within us than we know: listen to your unique inner voice and trust your instincts. By doing so, you're already experiencing the transformative power of vibrational-based living. Vibrating higher daily is about making intentional day-to-day choices that lift us out of mindsets, habits, and lifestyles that don't serve us and into ones that do. This book is an invitation to engage with everything that feeds our soul and raises our vibration, and to

simultaneously let go of the things bringing our energy down. Through poetry, mantras, and affirmations, Lalah Delia empowers us to live with higher potential and quality of being. *Vibrate Higher Daily* is a manifesto unlike any other for stepping into our power.

wellness wednesday quotes for work: *Change Your Brain, Change Your Body* Daniel G. Amen, M.D., 2010-02-16 THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to: * Reach and maintain your ideal weight * Soothe and smooth your skin at any age * Reduce the stress that can impair your immune system * Sharpen your memory * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals * Enhance sexual desire and performance * Lower your blood pressure without medication * Avoid depression and elevate the enjoyment you take in life's pleasures. Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, *Change Your Brain, Change Your Body* is all you need to start putting the power of the brain-body connection to work for you today.

wellness wednesday quotes for work: *The 22 Non-Negotiable Laws of Wellness* Greg Anderson, 2012-10-30 Everything we think, say, feel, and do has a direct impact on our physical and emotional health. And yet, we overlook this fundamental truth every day. A solution exists. The 22 Non-Negotiable Laws of Wellness advocates a holistic no-nonsense approach to health and well-being that is keenly sensitive to all facets of body, mind, and spirit. These twenty-two keys provide the definitive toolkit for achieving your own high-level wellness.

wellness wednesday quotes for work: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

wellness wednesday quotes for work: *Handbook of Workplace Spirituality and Organizational Performance* Giacalone, 2015-05-18 An explanation of how and why the economic downturn of 2007 became the Great Recession of 2008 and 2009. It explores the root causes of the cycle of boom and bust of the economy. It describes social equity in terms of its arguments and claims in political,

economic, and social circumstances.

wellness wednesday quotes for work: Wellth Jason Wachob, 2016 Mindbodygreen founder Jason Wachob ... redefines successful living and offers readers instead a new life currency to build on, one that is steeped in physical and emotional health and well-being--

wellness wednesday quotes for work: *The Light in the Heart* Roy T Bennett, 2020-02-02 It's important that what thoughts you are feeding into your mind because your thoughts create your belief and experiences. You have positive thoughts and you have negative ones too. Nurture your mind with positive thoughts: kindness, empathy, compassion, peace, love, joy, humility, generosity, etc. The more you feed your mind with positive thoughts, the more you can attract great things into your life.

wellness wednesday quotes for work: *Working Scared (Or Not at All)* Carl E. Van Horn, 2013-02-28 Working Scared tells the story of the American workforce during a period of wrenching economic change and two recessions. By tracing the experiences of workers in times of economic prosperity and economic recession, labor and public policy expert Carl E. Van Horn captures the shifting perceptions of America's workers as they are buffeted by the changing realities of the labor market and the impact of rapid economic change.

wellness wednesday quotes for work: *The Mamba Mentality* Kobe Bryant, 2018-10-23 The Mamba Mentality: How I Play is Kobe Bryant's personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the late Los Angeles Laker superstar. In the wake of his retirement from professional basketball, Kobe "The Black Mamba" Bryant decided to share his vast knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary "Mamba mentality." Citing an obligation and an opportunity to teach young players, hardcore fans, and devoted students of the game how to play it "the right way," The Mamba Mentality takes us inside the mind of one of the most intelligent, analytical, and creative basketball players ever. In his own words, Bryant reveals his famously detailed approach and the steps he took to prepare mentally and physically to not just succeed at the game, but to excel. Readers will learn how Bryant studied an opponent, how he channeled his passion for the game, how he played through injuries. They'll also get fascinating granular detail as he breaks down specific plays and match-ups from throughout his career. Bryant's detailed accounts are paired with stunning photographs by the Hall of Fame photographer Andrew D. Bernstein. Bernstein, long the Lakers and NBA official photographer, captured Bryant's very first NBA photo in 1996 and his last in 2016—and hundreds of thousands in between, the record of a unique, twenty-year relationship between one athlete and one photographer. The combination of Bryant's narrative and Bernstein's photos make The Mamba Mentality an unprecedented look behind the curtain at the career of one of the world's most celebrated and fascinating athletes.

wellness wednesday quotes for work: *The Leader's Guide to Wellbeing* Audrey Tang, 2023-08-11 Your practical toolkit to banish burnout, create a culture of psychological safety and inclusion to keep high-performance teams feeling valued, motivated and energised.

wellness wednesday quotes for work: *Handbook of Workplace Spirituality and Organizational Performance* Robert A. Giacalone, Carole L. Jurkiewicz, 2003 A comprehensive, research-based, interdisciplinary, and action-oriented approach to spirituality in organizational life. It defines workplace spirituality as all aspects of the workplace that promote individual feelings of satisfaction through a sense of connection to a larger force.

wellness wednesday quotes for work: *The Great Big Fitness Quote Book* Cameron M. Clark, 2015-01-17 To All Personal Trainers, Training Clients, Crossfitters and more! Here's the perfect gift for a client or yourself! Finally, a book with a motivational fitness quote for every day of the year!!! Getting fit is all about reaching for, achieving, and sustaining a commitment to take care of yourself for the rest of your life. - Dara Torres (Olympic Gold Medalist) Rather than finding reasons why something cannot be done, though you know it needs to be done, get on with doing it. See problems as challenges. - Stuart McRobert (Fitness Writer) I know a lot of people say: 'If I had the money then I'd be able to achieve health, fitness, peace of mind and joy.' I can't say it enough

times: your health account and your bank account are synonymous. - Jack LaLanne (Fitness Guru)

For most of us, getting in shape is not easy. It involves a certain level of planning, discipline and most importantly motivation! Enter 'The Great Big Fitness Quote Book' compiled by Cameron M. Clark. A book of over 365 inspirational quotes that actually apply to health, fitness, nutrition and well-being. Think about it that's a new motivational quote for EVERY DAY OF THE YEAR! Finally, a book that collects the inspirational words of many of the best and most successful coaches, trainers, athletes, martial artists and other accomplished individuals into one handy volume you can access at any time! Make NO mistake! This is not your 'run-of-the-mill' book of 'inspirational' quotes taken from a few different Internet websites and then collected into one volume. There are a ton of those for sale already. Instead, this is a combination of many previously-Internet-published quotes and some that have never been published online. In fact, when Clark was looking for a resource like 'The Great Big Fitness Quote Book, ' he found one book with 'motivational quotes' on fitness that included a quote from one of the most notorious totalitarian dictators of the 20th Century. This led Clark to realize two things: that these quote books were not well-researched and that there would be a need for a book that actually compiled quotes that were applicable to health, wellness and fitness. With over 365 inspirational quotes, this is a collection that makes it easy for you to use a different quote each day to get yourself into the kind of physical shape you have always wanted to attain. This book takes on all areas of Health and Fitness such as Aging, Exercise, Fat Loss, Goal Setting, Nutrition, Overcoming Obstacles and Stress among so many others with motivational words from Olympic athletes like Dara Torres, Picabo Street and Jesse Owens. You'll also find words of wisdom from popular fitness trainers like Bob Harper, Kim Lyons, Chris Powell and Jillian Michaels. Other fitness gurus quoted include Arnold Schwarzenegger, Jack LaLanne and Stuart McRobert. There are also quotes from martial artists like the legendary Bruce Lee, Georges St. Pierre and the first female UFC Champion, Ronda Rousey. Organized into nearly 50 different categories, these individually-numbered quotations are effective to read within context and easy for you to return to read again and again whenever the need for inspiration arises. Also included as a special bonus at the end of this book, there is a brief biographical information on each man and woman quoted, such as their occupation, their achievements along with the titles of some of the published works they may have written. Clark felt this information is useful in helping the reader to seek out the source of this wisdom and more importantly know they won't be reposting or quoting tyrannical dictators who oppressed their own people. The Great Big Fitness Quote Book is a 'must' for any practitioner of exercise and sports be they an amateur powerlifter, a busy mom looking for a quick workout or the aspiring athlete who just wants to take it to the next level.

wellness wednesday quotes for work: *The Little Book of Gratitude* Dr Robert A Emmons PhD, 2024-08-15 Gratitude is, first and foremost, a way of seeing that alters our gaze. Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. It's not just good medicine though, a nice sentiment, a warm fuzzy feeling, or a strategy or tactic for being happier or healthier. It is also the truest approach to life. We did not create or fashion ourselves, and we did not get to where we are in life by ourselves. Living gratefully begins with affirming the good and recognizing its sources. It is the understanding that life owes you nothing and all the good you have is a gift, accompanied by an awareness that nothing can be taken for granted. Featuring beautiful illustrations and simple exercises, this is the perfect little book to help you: - Practice gratitude - Improve your health and wellbeing - Enhance your relationships - Encourage healthy sleep - Heighten feelings of connectedness

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wellness wednesday quotes for work: Female Academics' Resilience during the COVID-19 Pandemic Charmaine Bissessar, 2023-06-24 This edited book encompasses themes related to resilience during the pandemic with a special focus on what female academics did to hone their resilience. It addresses issues of resilience related to mental health, care and well-being, leading, teaching, and learning. The book offers the reader a glimpse into the academics' lived

experiences and shows how they negotiated and navigated the pandemic. Each academic discusses challenges and triumphs such as wellness, leadership, work-life balance, and workplace burnout. The information contained in the book is significant to different parts of the world such as Guyana, Trinidad, Jamaica, Ireland, England, USA, US Virgin Islands, India, Tanzania, Philippines and China. The authors come from various backgrounds with experiences that add to the multi-cultural and multifaceted nature of resilience. They are leading practitioners who have been involved in face-to-face and online teaching, leading and learning for many years. The book brings with it the experience, enculturation, and wealth of knowledge which is of value to academics, researchers, and policy makers who wish to interrogate and understand the concept of resilience.

wellness wednesday quotes for work: Student-Centered Pedagogy and Course

Transformation at Scale Chantal Levesque-Bristol, 2023-07-03 In response to national concerns a decade ago, driven by research that showed that higher education was making little impact on students' development of broad competencies and critical thinking, the provost and president of Purdue University, a research university, instituted a program whose goals were to build on the accumulated knowledge on effective teaching to facilitate student learning, improve outcomes, and change the institutional culture around teaching and learning – objectives to which many institutions aspire, but which few consistently attain, or attain at scale. This book describes the development of Purdue's IMPACT program (Instruction Matters: Purdue Academic Course Transformation), from its tentative beginning, when it struggled to recruit 35 faculty fellows, to the present, when 350 have been enrolled and the university has more applications than it can currently handle. Overall, more than 600 courses have been impacted, many of which have seen significantly reduced DFW rates. Chantal Levesque-Bristol, whose Center for Instructional Excellence is part of an institutional team that comprises the Provost's Office, Teaching and Learning Technologies Unit, Institutional Assessment, the Purdue University Library and School of Information Studies, and the Evaluation and Learning Research Center, describes the evolution of IMPACT, lessons learned, and the central tenets that have led to its success. The purpose of this book is not only to describe the program, but also to highlight the importance and implications of the underlying motivational theoretical framework guiding the initiative. Having started as a course redesign program that faltered in achieving its objectives, the breakthrough came with the introduction of the fundamental motivational principles of self determination theory (SDT) followed by the applications of these principles to the research in higher education leadership and pedagogy. Giving faculty fellows the autonomy to build on their disciplinary expertise, pursue their interests and predilections, within a guided framework, and leveraging interactions with colleagues through FLCs, stimulated faculty fellows' motivation and creativity. This book describes the core and structure of the IMPACT program, presents details of faculty learning curriculum, explains how the focus on SDT principles shaped the program's evolution and transformation from a course redesign to a professional faculty development program, and covers the considerations behind the formation of faculty fellow IMPACT teams. A concluding chapter addresses how the IMPACT program, having helped faculty pivot to emergency remote teaching when the campus closed owing to the COVID-19 pandemic, is being modified so it can be successfully sustained online if circumstances require, or as a means to expand its reach in the future. While the principles behind this initiative will be of compelling interest to its primary audience of faculty developers, several chapters will have appeal to instructors and administrators.

wellness wednesday quotes for work: *Essentials of Nursing Leadership & Management* Sally A Weiss, Ruth M Tappen, Karen Grimley, 2019-03-29 Transition from student to professional with confidence. Stepping out of the classroom and into professional nursing practice can be stressful. This handy guide will build your confidence and prepare you to meet the challenges you'll face as a new staff nurse in today's dynamic health-care environment. You'll explore your future responsibilities as a leader and a manager and the workplace issues and trends that you'll encounter in practice.

wellness wednesday quotes for work: ABC of Clinical Professionalism Nicola Cooper,

Anna Frain, John Frain, 2018-01-09 Clinical professionalism is a set of values, behaviours and relationships which underpins the public's trust in healthcare providers both as individuals and organisations. 'First, do no harm' is expressed most clearly today in the patient safety movement and the imperative for transparency and candour in the delivery of healthcare. Professional conduct is essential for safe and high quality clinical care. The ABC of Clinical Professionalism considers recent evidence on how healthcare practitioners maintain professionalism including how values are developed and affected by the working environment, the challenges of maintaining personal and organisational resilience and the ethical and regulatory framework in which practice is conducted. Topics covered include: Acquiring and developing professional values Patient-centred care Burnout and resilience Confidentiality and social media The culture of healthcare Ensuring patient safety Leadership and collaboration Ethical and legal aspects of professionalism Teaching and assessing professionalism Regulation of healthcare professionals The chapter authors come from a range of countries and have experience of working in multidisciplinary clinical teams, research, and in the training of future healthcare practitioners including their development as professionals.

wellness wednesday quotes for work: Physician Suicide Peter Yellowlees, MBBS, M.D., 2018-06-25 The book examines how the related disorders of burnout, anxiety, depression, and addiction, can lead to suicide and explores the influence of gender, culture, aging, and personal resilience on outcomes. In addition, it investigates ways to mitigate the impact of these factors to improve physician health and well-being.

wellness wednesday quotes for work: Employee Benefits in Small Private Establishments, 1990 , 1991

wellness wednesday quotes for work: What to Expect When You're Experiencing Infertility Debby Peoples, Harriette Rovner Ferguson, 1998 Written in a question-and-answer format, this sympathetic and practical book offers practical advice on how to contend with the emotional ups and downs of infertility--from learning how to communicate feelings more effectively to coping with the losses of failed treatments or miscarriages.

wellness wednesday quotes for work: Experiencing Infertility Debby Peoples, Harriette Rovner Ferguson, 2000 A past president of the RESOLVE support organization for infertile individuals joins a psychotherapist to offer guidance through the coping phases, a guide for professionals, self-help guide, and resources. First published as What to Expect When You're Experiencing Infertility. Annotation copyrighted by Book News, Inc., Portland, OR

wellness wednesday quotes for work: Soulful Simplicity Courtney Carver, 2017-12-26 Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things.

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