

august is wellness month

August is Wellness Month: Your Guide to a Healthier, Happier You

August is Wellness Month! Forget the back-to-school rush and the lingering summer slump. This is your chance to prioritize you. This isn't just another wellness trend; it's a dedicated month to intentionally cultivate a healthier, happier lifestyle. In this comprehensive guide, we'll explore practical strategies, actionable tips, and inspiring ideas to make August your most wellness-focused month yet. We'll delve into everything from mindful movement to nourishing nutrition, stress reduction techniques, and building a sustainable wellness routine that lasts long after the calendar flips to September. Let's dive in and make this August truly unforgettable.

Understanding the Importance of August is Wellness Month

Why dedicate a whole month to wellness? Simply put, it's a powerful way to reset, refocus, and recharge. Life gets busy, and often, self-care falls to the bottom of our to-do lists. August is Wellness Month provides a structured framework to prioritize your well-being. It's a time to consciously incorporate healthy habits, address areas needing improvement, and celebrate the progress you make along the way. Think of it as a personal wellness retreat, spread throughout the month, designed to benefit your physical, mental, and emotional health.

Nourishing Your Body: Nutrition for a Healthier August

August's abundance of fresh produce makes it the perfect time to focus on nourishing your body. Think vibrant salads packed with seasonal vegetables, juicy berries bursting with antioxidants, and refreshing summer soups. Instead of restrictive diets, focus on mindful eating. Pay attention to your hunger cues, savor your food, and choose whole, unprocessed options whenever possible.

Hydration is Key: Summer heat can lead to dehydration, impacting energy levels and overall health. Carry a reusable water bottle and aim for at least eight glasses of water daily. Infuse your water with fruits like cucumber and lemon for an extra flavor boost.

Mindful Snacking: Prepare healthy snacks in advance to avoid unhealthy impulse choices. Think fruits, vegetables with hummus, nuts, or yogurt.

Embrace Seasonal Produce: Visit farmers markets and incorporate seasonal

fruits and vegetables into your meals. Their peak flavor and nutrient density will make healthy eating enjoyable.

Moving Your Body: Finding Joy in Movement

Physical activity isn't just about burning calories; it's a powerful tool for stress reduction, mood improvement, and boosting overall well-being. August is Wellness Month is the perfect time to find a movement you genuinely enjoy.

Explore Different Activities: Don't limit yourself to the gym. Try hiking, swimming, cycling, dancing, yoga, or simply taking a brisk walk in nature. Experiment to find activities that fit your interests and fitness level.

Make it Fun: Pair your workout with a friend, listen to upbeat music, or try a new fitness class. The more enjoyable the activity, the more likely you are to stick with it.

Listen to Your Body: Rest and recovery are crucial. Don't push yourself too hard, especially if you're just starting. Pay attention to your body's signals and adjust your activity level accordingly.

Stress Reduction Techniques for a Peaceful August

Stress is a significant contributor to various health problems. August is Wellness Month provides the opportunity to actively manage stress levels.

Mindfulness and Meditation: Even a few minutes of daily meditation can significantly reduce stress and improve mental clarity. Numerous apps offer guided meditations for beginners.

Deep Breathing Exercises: Simple breathing exercises can calm your nervous system and reduce anxiety in the moment. Try box breathing or diaphragmatic breathing techniques.

Spend Time in Nature: Nature has a calming effect. Spend time outdoors, go for a walk in the park, or simply sit under a tree and enjoy the peacefulness.

Prioritize Sleep: Aim for 7-8 hours of quality sleep each night. Establish a relaxing bedtime routine and create a conducive sleep environment.

Building a Sustainable Wellness Routine

The key to long-term well-being is building sustainable habits. August is Wellness Month is your launchpad for creating a routine that supports your holistic health.

Start Small: Don't try to change everything at once. Focus on one or two areas for improvement and gradually add more as you progress.

Track Your Progress: Keep a journal to monitor your habits and celebrate your achievements. This helps maintain motivation and identify areas needing adjustments.

Be Kind to Yourself: Progress isn't always linear. There will be setbacks.

Don't beat yourself up; learn from your mistakes and keep moving forward. Seek Support: Connect with friends, family, or a wellness professional for support and encouragement. Sharing your journey can make it more enjoyable and sustainable.

Conclusion

August is Wellness Month offers a unique opportunity to prioritize your well-being and cultivate a healthier, happier life. By incorporating mindful eating, regular exercise, stress reduction techniques, and building sustainable habits, you can transform this month into a powerful catalyst for positive change. Remember, consistency is key. Small, consistent steps lead to significant long-term results. Embrace this month as a journey of self-discovery and create a wellness routine that supports your overall well-being throughout the year and beyond.

FAQs

1. Is August is Wellness Month an official holiday? No, August is Wellness Month isn't an official holiday but a widely observed initiative encouraging individuals to focus on their well-being.
1. What if I miss a day or two in my wellness routine? Don't get discouraged! It's about consistency, not perfection. Simply get back on track the next day.
1. How can I make wellness affordable? Many wellness practices are free or low-cost. Walking, yoga videos online, and meditation apps are all budget-friendly options.
1. I'm overwhelmed – where do I start? Begin with one small change – maybe drinking more water or taking a short walk daily. Building gradually is more sustainable.
1. Can I still celebrate August is Wellness Month if I'm already healthy? Absolutely! Wellness is an ongoing journey, not a destination. Use this month to refine your existing habits and explore new areas for growth.

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

august is wellness month: 4 Weeks to Wellness Tarah Chieffi, 2018 4 Weeks to Wellness provides a step-by-step plan to get your eating and your lifestyle back on track. It explains how to make real food (minimally processed, in its natural state) work for your real life. Author Tarah Chieffi addresses her readers like a friend who has solid advice to share, and her book is filled with bright graphics, color photos, and fun asides (rubber chicken, anyone?). In just four weeks--one month--you can take control of your diet to take control of your life.

august is wellness month: Chase's Calendar of Events 2021 Editors of Chase's, 2020-10-27 Find out what's going on any day of the year, anywhere across the globe! The world's date book since 1957, Chase's is the definitive, authoritative, day-by-day resource of what the world is celebrating and commemorating. From national days to celebrity birthdays, from historical anniversaries to astronomical phenomena, from award ceremonies and sporting events to religious festivals and carnivals, Chase's is the must-have reference used by experts and professionals—a one-stop shop with 12,500 entries for everything that is happening now or is worth remembering from the past. Completely updated for 2021, Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips. 2021 is packed with special events and observances, including National days and public holidays of every nation on Earth The 400th anniversary of the Plymouth pilgrim Thanksgiving The 200th independence anniversary from Spain of its Central and South American colonies. The 100th anniversary of the Tulsa Race Massacre Scores of new special days, weeks and months Birthdays of new world leaders, office holders, and breakout stars And much more! All from the reference book that Publishers Weekly calls one of the most impressive reference volumes in the world.

august is wellness month: Best Holistic Life Magazine August 2024 Jana Short, 2024-08-01 Unveiling the Future of Fitness and Wellness in Our August 2024 Issue of Best Holistic Life Magazine! Get ready to elevate your health and spirit with our August 2024 Best Holistic Life Magazine issue! This month, we proudly feature Elizabeth Marshall, the dynamic founder of Thighs Over Thirty and this year's Female Health Coach of the Year. In an exclusive interview, Elizabeth shares her transformative insights and inspiring journey. What's Inside: Rich Relationships: Forge deeper connections and enhance your interpersonal dynamics. Empowered Wellness: Adopt comprehensive wellness practices that nourish both body and soul. Mental Resilience: Strengthen your mental fortitude with strategies that help you thrive in adversity. Nutritious Recipes: Enjoy a selection of delicious recipes that are as healthful as they are flavorful. Powerful Mindsets: Develop a mindset geared towards growth and positivity. Holistic Well-being: Explore integrative approaches

to achieving and maintaining peak health. Financial Acumen: Discover savvy financial strategies for a secure and prosperous future. Peak Nutritional Wisdom: Uncover the secrets to optimizing your diet for maximum health benefits. Each feature and article in our magazine will be a stepping stone toward a life of balance and harmony. With Best Holistic Life Magazine as your guide, you're not just reading about a holistic lifestyle—you're living it. Join over 1.5 million subscribers who are already thriving with the help of our expert guidance and the supportive community of holistic enthusiasts. Are you ready to embark on this dynamic self-empowerment and holistic health journey with us? Subscribe now and start your summer with the best fuel for your body and mind!

august is wellness month: Wilderness to Wellness Dr. Nina Knight Ed.D, 2016-12-27 Building on the themes of faith, perseverance, and love, Dr. Nina Knight presents the most compelling and comprehensive account of unrelenting hope amid life's most hostile challenges. Highlighting the authors' transparent and extensive translation of life's circumstances and triumphs, the book brings to life the real experiences, hardships, and victories of a life champion in an innovative and engaging fashion. The book contains sacred stories about life's unpredictable changes and encourages readers to find hope and the courage to love and rediscover themselves. In addition to giving readers a deep understanding of holistic healing and embracing the full provision of God, the book inspires everyone to trust the will and purpose of God for their lives.

august is wellness month: Training the Best Dog Ever Larry Kay, Dawn Sylvia-Stasiewicz, 2012-09-25 Training the Best Dog Ever, originally published in hardcover as The Love That Dog Training Program, is a book based on love and kindness. It features a program of positive reinforcement and no-fail techniques that author Dawn Sylvia-Stasiewicz used to train the White House dog, Bo Obama, and each of Senator Ted Kennedy's dogs, among countless others. Training the Best Dog Ever relies on trust and treats, not choke collars; on bonding, not leash-yanking or reprimanding. The five-week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits. Illustrated with step-by-step photographs, the book covers hand-feeding; crate and potty training; and basic cues—sit, stay, come here—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct typical behavior problems, including jumping, barking, and leash-pulling. Plus: how to make your dog comfortable in the world—a dog that knows how to behave in a vet's office, is at ease around strangers, and more. In other words, the best dog ever.

august is wellness month: 1 STEP TOWARDS HEALTHY AND HAPPY LIFE Dr. Mansi Tyagi, 2022-04-10 This book is to create awareness among people about the importance of healthy life as it is very important nowadays. This book will take you on a tour of essential elements required for an individual to lead a healthy and happy life. This book will motivate all age groups to maintain a balanced lifestyle.

august is wellness month: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any poor decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

august is wellness month: The Self-Care Solution Jennifer Ashton, Sarah Toland, 2019-12-30 ABC's chief medical correspondent helps you ring in the New Year right with a resolution that's actually doable: a year-long plan to improve your emotional and physical

health—from giving up alcohol to doing a digital detox, but each for only one month. Dr. Jennifer Ashton is at the top of her field as an ob-gyn and news correspondent. But even at the top there's still room to improve, and with *The Self-Care Solution*, she upends her life one month at a time, using her own experiences to help you improve your health and enhance your life. Dr. Ashton becomes both researcher and subject as she focuses on twelve separate challenges. Beginning with a new area of focus each month, she guides you through the struggles she faces, the benefits she experiences, and the science behind why each month's challenge—giving up alcohol, doing more push-ups, adopting an earlier bedtime, limiting technology—can lead to better health. Month by month, Dr. Ashton tackles a different area of wellness with the hope that the lessons she learns and the improved health she experiences will motivate her (and you) to make each change permanent. Throughout, she offers easy-to-comprehend health information about the particular challenge to help you understand its benefits and to stick with it. Whether it's adding cardio or learning how to meditate, Dr. Ashton makes these daily lifestyle choices and changes feel possible—and shows how beneficial a mindful lifestyle can be. Inspiring, practical, and informative, illustrated with helpful photos and charts, *The Self-Care Solution* teaches you how to recalibrate your life to enjoy a better, healthier year, one month at a time. Featuring guidance from top experts, entertaining case studies, easy-to-follow advice and tips, and Dr. Ashton's observations and insights, this book can help you achieve a better life balance and a more active and healthy lifestyle.

august is wellness month: Self-Care for Men Garrett Munce, 2020-05-05 This straightforward and illuminating guide offers self-care techniques—from skin care to stress relief—designed for modern men who want to live longer, look better, and feel calm, focused, and happy. Taking care of your mind, body, and soul is important to living a longer, more satisfying life and helps you feel confident in your daily interactions with others. In *Self-Care for Men*, author Garrett Munce—grooming editor for *Esquire* and *Men's Health* and confirmed self-care practitioner—teaches you how to improve your physical and mental health and overall well-being through these easy and practical tips and exercises—from grooming to meditation—that are proven to work. Practiced by men like David Beckham, Snoop Dogg, and Adam Levine, self-care is a key component to overall wellness. This helpful guide introduces you to anti-aging products and practices, explains why masks are the HIIT workout of skincare, and shows you how to relax when you're on the go. Offering advice on a range of topics from hair care, supplements, detoxing, the wonders of CBD, improving your energy levels, and more, *Self-Care for Men* will not only help you look and feel better, but live a happier, healthier, and more successful life.

august is wellness month: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

august is wellness month: Outstanding Books for the College Bound Angela Carstensen, Young Adult Library Services Association, 2011-05-27 Connecting teens to books they'll truly enjoy

is the aim of every young adult librarian, and the completely revamped guide Outstanding Books for the College Bound will give teen services staff the leg up they need to make it happen. Listing nearly 200 books deemed outstanding for the college bound by the Young Adult Library Services Association (YALSA), this indispensable resource Examines how the previous lists in the series were developed, and explains the book's new layout Features engaging, helpful book descriptions useful for readers' advisory Offers programming tips and other ideas for ways the lists can be used at schools and public libraries Includes indexes searchable by topic, year, title, and author More than simply a vital collection development tool, this book can help librarians help young adults grow into the kind of independent readers and thinkers who will flourish at college.

august is wellness month: 1500+ Culture, Lifestyle, Hobbies, Tourism & Downright Hilarious Events Promotions, Holidays & Anniversaries for 2019 LEEP Calendar, 2018-10-29 1500+ Culture, Lifestyle, Hobbies, Tourism & Downright Hilarious Events Promotions, Holidays & Anniversaries for 2019 is the exclusive industry specific 2019 editorial and promotional calendar created for media, entertainment, bloggers, social media experts, brand managers, retailers, hobby enthusiasts and curious travelers. This cultivated calendar (from the full database of over 7,000 events) focuses on how people live, the activities they enjoy, culture, art, tourism and the wacky events people love to talk about like National Cat Herders Day and Blah, Blah Day. The book is separated into four parts. Part one gives you all the events in alphabetical order, including the general categories each falls into in addition to health care, the event location, the event source or reference URL and the primary champion of the event. Part two is an alphabetical listing of the events that are estimated for 2019. At the time of compilation, September 5, 2019, the dates for these events had not been set for 2019. It is unknown if they will run again and the date presented is estimated on past years' patterns. Part three is the chronological calendar, listing the monthly, weekly and daily events beginning in January and going through December 2019. Part four separates the events based upon location. a) Worldwide health care industry events occur throughout the world. b) Australian health care industry events are unique to Australia. c) Canadian health care industry events are unique to Canada. d) United Kingdom health care industry events are unique to the United Kingdom. e) United States health care industry events are unique to the United States And we've included those that don't fall under these main categories. Brand mangers, lifestyle marketers, lifestyle bloggers, lifestyle social media experts, lifestyle public relations experts and lifestyle, hobby and tourism journalists, 1500+ Culture, Lifestyle, Hobbies, Tourism & Downright Hilarious Events Promotions, Holidays & Anniversaries for 2019 is YOUR calendar. It was created specifically for you and it will save you weeks of work and frustration. Download your copy today and start working within a minute..

august is wellness month: *Vibrant* Stacie Stephenson, 2021-03-23 Stop thinking of your own well-being as something that's beyond your control. Today's view of wellness is far too often fragmented, focusing on specific symptoms rather than the whole person. In *Vibrant*, Dr. Stacie Stephenson introduces readers to a new and empowering way of looking at health. A recognized leader in functional and integrative medicine, Stephenson has helped thousands by focusing not on treating disease, but on creating health-by giving individuals the knowledge, confidence, and inspiration they need to do so for themselves. By the end of this life-changing book, readers will have the tools to transform their energy, weight, fitness, and general wellness, tackling everything from enhancing sleep quality to building an iron-clad immune system. Beginning with basics such as the truth about the best diet, the critical role of exercise in vitality and longevity, and the importance of human connection, *Vibrant* also dives deeper to give a holistic picture of health and how to achieve it. With helpful breakdowns on supplements, detoxification, and how to think about disease, this is much more than just another wellness book. It's also packed with practical, useful features, including: • Self-assessment tools to aid you in listening to your body • A foolproof two-week meal plan • 40 delicious, healthful chef-created recipes • 30 days of baby steps to start building the habit of health With Stephenson's candid and conversational voice, *Vibrant* is like having a friend who also happens to be a leading health authority take you under her wing. Along with practical advice, she

shares powerful insights that will change the way you think about everything from exercise to relationships, and sends readers off with an inspirational chapter on how health has a ripple effect that can change your family, your community, and help to create a more vibrant world. With a step-by-step program for making foundational lifestyle shifts, Vibrant shows you how to reclaim your health and energy, reverse aging, and glow-not just on the outside, but from deep within yourself.

august is wellness month: The Secret Language of Your Body Inna Segal, 2010-08-31

Discover the groundbreaking bestseller and TikTok sensation that reveals the connection between your physical health and emotional well-being, and offers processes for healing—featuring a foreword by Bernie Siegel, M.D. Dive into the enchanting world of holistic healing with renowned intuitive healer Inna Segal. Digging into the root causes of over 300 symptoms and medical conditions, she lays bare the mental, emotional, and energetic triggers behind physical ailments. This comprehensive guide comes complete with a free thirty-five-minute audio download where Inna herself guides you into a powerful self-care and well-being journey, attuning you to the messages your body communicates. Venture into an empowering, transformative journey that calls upon your body's built-in ability to heal itself. With Segal's gentle guidance, you'll not only restore your physical self but also break free from the shackles of limiting beliefs and emotions that may be hindering your growth and vitality. Decode the secret language of disease, access quick and easy exercises for nurturing your organs, and use color to rejuvenate your life. By the end of this inspiring journey, you'll have uncovered and applied the life-altering teachings your body has been signaling you all along and be able to live the life you were truly meant to live.

august is wellness month: The More or Less Definitive Guide to Self-Care Anna Borges,

2019-11-01 Some days you need a pick-me-up, some days you need a life preserver. “For most of us,” writes Anna Borges, “self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with.” You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

august is wellness month: 2014 LEEP Event, Editorial & Promotional Calendar Laura

Dawn Lewis, 2013-12-03 3,800+ Holidays, Promotions, Events for 2014 in the United States, United Kingdom, Canadian, Australian and Chinese Markets. The 2014 LEEP features over 3,800 dates in over 53 categories arranged alphabetically (with source URLs), chronologically and by length. This calendar of holidays and events for 2014 includes National, Promotional, Industry and International Events, Federal Holidays, Major Sporting Events and industry specific promotions. The LEEP Calendar is the invaluable time-saving, idea generating, revenue building business reference tool that provides exceptional marketers, publishers and journalists a quantifiable critical advantage over the competition. Created by a marketing and publishing industry veteran for: Advertising Executives Authors Bloggers Business Networkers Business Owners Editors Educators Event Planners Journalists Marketing Executives Media Planners Media Sales Reps Promotional Products Retailers Public Relations Publicists Publishers Retail Executives Sales Executives Social Media Marketers and anyone who is curious!

august is wellness month: Maximum Impact Brian K. Creasman, Brad Hughes, 2020-11-01

Maximum Impact is an affirmation of the importance of communication by America's local boards of education and superintendents. The book is based on principles developed in our professional roles as authors, a district superintendent, educational researcher, broadcast journalist, public affairs and social media director and government spokesperson. Each chapter - highlighting critical aspects of team communication by boards of education and the superintendent - is grounded in our work and experience. Our belief in communication as a tool for district transformation leads us to focus on

dynamics between school leaders and the need to deploy a strategic communication strategy, a first book in today's literature. We endeavor to help boards of education and superintendents - aspiring, novice or veteran - to recognize the vital nature of communication in the governance and leadership of public education, now and in the future. With the call for more transparency in government, including public education, we offer our primary target audience of school leaders with new principles of communication that will help them to engage the community, employees and stakeholders in helping to make their school district successful!

august is wellness month: Strange Rites Tara Isabella Burton, 2020-06-16 A sparkingly strange odyssey through the kaleidoscope of America's new spirituality: the cults, practices, high priests and prophets of our supposedly post-religion age. Fifty-five years have passed since the cover of Time magazine proclaimed the death of God and while participation in mainstream religion has indeed plummeted, Americans have never been more spiritually busy. While rejecting traditional worship in unprecedented numbers, today's Americans are embracing a kaleidoscopic panoply of spiritual traditions, rituals, and subcultures -- from astrology and witchcraft to SoulCycle and the alt-right. As the Internet makes it ever-easier to find new tribes, and consumer capitalism forever threatens to turn spirituality into a lifestyle brand, remarkably modern American religious culture is undergoing a revival comparable with the Great Awakenings of centuries past. Faith is experiencing not a decline but a Renaissance. Disillusioned with organized religion and political establishments alike, more and more Americans are seeking out spiritual paths driven by intuition, not institutions. In *Strange Rites*, religious scholar and commentator Tara Isabella Burton visits with the techno-utopians of Silicon Valley; Satanists and polyamorous communities, witches from Bushwick, wellness junkies and social justice activists and devotees of Jordan Peterson, proving Americans are not abandoning religion but remixing it. In search of the deep and the real, they are finding meaning, purpose, ritual, and communities in ever-newer, ever-stranger ways.

august is wellness month: Human Resource Management Talya Bauer, Berrin Erdogan, David Caughlin, Donald Truxillo, 2018-11-29 Human resources is rapidly evolving into a data-rich field but with big data comes big decisions. The best companies understand how to use data to make strategic workforce decisions and gain significant competitive advantage. *Human Resource Management: People, Data, and Analytics* by Talya Bauer, Berrin Erdogan, David Caughlin, and Donald Truxillo introduces students to the fundamentals of talent management with integrated coverage of data analytics and how they can be used to inform and support decisions about people in an organization. Features tied to SHRM competencies and data exercises give readers hands-on opportunities to practice the analytical and decision-making skills they need to excel in today's job market. Engaging examples illustrate key HRM concepts and theories, which brings many traditional HRM topics concepts to life. Whether your students are future managers or future HR professionals, they will learn best practices for managing talent across the lifecycle in the changing workplace.

august is wellness month: Cases on Critical Practices for Modern and Future Human Resources Management Akella, Devi, Eid, Niveen, Sabella, Anton, 2021-03-26 Human resources management (HRM) has evolved in the last few years as a result of such factors as outsourcing, work-life balance issues, globalization, increasing proportion of older workers, generational differences, etc. As such, it is imperative to revisit past views and perspectives on methods and practices in HRM in order to ensure that best procedures are being utilized. *Cases on Critical Practices for Modern and Future Human Resources Management* offers teaching cases from the corporate, public, and educational sectors that present critical reviews of different aspects of HRM, its origin, role and responsibilities, functions, and the future of HRM in the context of changing patterns of work, society, and the world. It functions as a resource that will spur future HR personnel to become more ethically conscious managers and citizens. Highlighting important topics that include employee wellbeing, recruitment, and retention, this book is ideal for human resources managers, organization development consultants, small and medium enterprises, non-profit organizations, professionals, academicians, researchers, and students

august is wellness month: A Cast of Caregivers Sherri Snelling, 2013-01-01 What caregiving

role will you play? How will you avoid the caregiving cost drain? Are you prepared for the end? How will you overcome stress, burn-out, depression, guilt? How will you find happiness and support? How do you start the caregiving conversation with a loved one? Are you caring for yourself while caregiving? More than 65 million Americans are caring for a loved one yet most don't know what they are facing or where to get help. Caregiving expert Sherri Snelling shines a spotlight on the world of caregiving and interviews celebrities who have taken the caregiving journey and shared their lessons learned. This how-to guide also covers caregiving topics A to Z, self-care advice and more. Inside you will find numerous expert interviews and tips on how to have the C-A-R-E Conversation and how to find your Me Time Monday. Written to inspire and empower you, this is your screenplay for health and happiness while caregiving. As Dorothy said in *The Wizard of Oz*, Toto, I have a feeling we're not in Kansas anymore. Welcome to the Cast of Caregivers.

august is wellness month: The Self-Care Planner Meera Lester, 2019-12-03 Incorporating self-care into your busy schedule has never been easier with this helpful, organized planner—including prompts, reminders, and checklists, so you can make your well-being a top priority. Set your self-care intentions and make time to achieve them! The Self-Care Planner helps you choose your wellness goals, offering weekly reminders, inspiration, and tracking so you can create a self-care routine—and stick to it. Focusing on all aspects of your mind, body, and spirit, this planner offers reminders to unplug and take mental breaks, as well as helps you set and track your physical intentions and provides journaling prompts to connect with your spiritual side. Whether you crave more time for yourself or are simply searching for better physical health, peace of mind, or more play time, this planner can help make that happen.

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

with joy, love, and fulfillment. This horoscope astrological guide contains: All about the planets, elements, and astrology in general 12 zodiac signs and their Personality profile, traits, etc. General 2024 astrology forecast Relationship compatibility for all zodiac signs 7 lucky best days every month from the Cosmos. Monthly forecasts on love, money, career, health, and more Get this horoscope prediction for 2024 and know what to expect for what should be a wonderful and exciting new year.

august is wellness month: Self-Care for Grief Nneka M. Okona, 2021-08-03 Process your grief, protect your mental health, and find moments of happiness with these 100 self-care activities specifically designed for difficult and distressing situations. When faced with loss or trauma, the grief can oftentimes feel overwhelming. It can feel difficult, if not impossible, to focus your attention elsewhere. And yet, during hard times is the perfect time to look inwards for support and practice self-care. Tuning in to your personal needs and taking the time to create a thoughtful self-care practice can make all the difference in moving forward in a healthy way. In Self-Care for Grief, you'll find 100 self-care activities that are specifically designed to help you protect your mental health, even while grieving. You'll find useful activities like: -Cooking to honor your loss -Practicing saying "No" -Naming your emotions -And many more No matter what the circumstances are, Self-Care for Grief has the activities you need to de-stress, stay calm, and even find moments of joy in the most challenging of times.

august is wellness month: Creative Forecasting , 2007

august is wellness month: The Journey from Illness to Wellness (I to WE) Debi Prasad Acharjya, 2019-08-27 Are you ready to transform your current thoughts, beliefs and assumptions? Are you ready to optimize your health and energy, amplify your physical strength and create outrageous results in every single area of your life? Humans possess an innate self-healing potential, an 'inner wisdom of the body'. Accessing this self-healing system is the primary goal of the healing arts. And addressing the cause of any illness is the first step towards accessing the body's own healing potential. Too much health emphasis today is on the magic bullets (introduced every other day) to fix sickness. Even with drugs, the body does the healing. The medical profession will openly admit that they do not have a cure for any autoimmune disease and can only treat to offer relief to victims. Which is why natural, non-pharmaceutical measures should generally be the first approach - not the last resort! Both in the Indian system of Ayurveda and even in modern medicine, there have been attempts to stress the role of the mind in disease. William Harvey so graphically described the role of the mind in disease when he wrote in 1648 AD, "When in anger, the pupils contract, in infamy and shame, the cheeks blush, in lust does the member gets distended and erected in no time!"

august is wellness month: Sober Curious Ruby Warrington, 2018-12-31 Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, Sober Curious is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, Sober Curious is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

august is wellness month: 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

august is wellness month: Wellness Journal Courtney Eng, 2019-11-06 Its never too late to start a new routine and wellness plan. This self care planner will help you track all of your daily

goals, in a simple to use, easy concise manner. There are a handful of pages for each month, all allowing you to log: Daily Routines Mood Tracker Fitness Log Gratitude Journal Sleep Chart and more... This book is not dated, so you can start any time of the year! Simply fill in the month you begin and get going to a better you!

august is wellness month: *Eat Better, Feel Better* Giada De Laurentiis, 2021-03-16 #1 NEW YORK TIMES BESTSELLER • Giada De Laurentiis shares how her unique approach to wellness completely transformed her relationship with food—featuring 100 recipes to boost gut health and immunity and nourish your mind, body, and spirit. This book is the culmination of a ten-year journey. . . . I've made a conscious effort to take control of my health because it had finally become impossible to ignore the fact that the choices (or lack thereof) I'd been making for the past twenty years just weren't working for me anymore. In Giada's most personal book yet, she gives you an inside look at her path to wellness and how she maintains a balanced life. Giada walks you through how to select food that can actually make you feel better and curate a personalized wellness routine to support a healthy mind and body. She shows you her own process of reconfiguring her diet to control inflammation—and how you can use the same steps to turn your life around. Giada also includes information on how to use complementary wellness tactics like intermittent fasting, meditation, and other self-care routines to optimize your well-being. Giada devotes an entire chapter to her 3-day reboot—which she follows several times a year—and offers more than two dozen dairy-free, sugar-free, and gluten-free recipes to accompany the plan, as well as a 21-day menu outline that makes good, healthy cooking easy to implement at home. Even though it's so much more than a cookbook, *Eat Better, Feel Better* also offers 100 new recipes, from Italian-influenced ones like Fusilli with Chicken and Broccoli Rabe and Pan-Roasted Pork Chops with Cherry and Red Wine Sauce to her everyday healthy favorites including Quinoa Pancakes; Sheet Pan Parmesan Shrimp and Veggies; Roasted Cauliflower and Baby Kale Salad; and Chocolate and Orange Brown Rice Treats. *Eat Better, Feel Better* is the perfect jumpstart to wellness.

august is wellness month: *Chase's ... Calendar of Events* , 2005

august is wellness month: *Read It Before You Eat It* Bonnie Taub-Dix, 2010-08-31 A nationally recognized nutrition expert tells shoppers exactly what should be going into their carts. The whole foods movement explained how to shop healthfully at the farmers market, but how can families shop smart at Wal-Mart? There is a wealth of information on labels, but most people have no idea that products labeled trans-fat free can contain trans-fats or that all natural is a meaningless phrase. Readers can bring this handy guide to the supermarket to help them interpret labels like a pro. How much sodium is too much? Are all carbs the kiss of death? And what does organic really mean? Renowned nutritionist Bonnie Taub-Dix clears up the confusion by showing readers how to make sense of the labels and sidestep tricky marketing ploys. She walks them through a typical grocery store and points out the best food choices to make in every aisle.

august is wellness month: *Wellbeing: The Five Essential Elements* Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

august is wellness month: *Black Women's Yoga History* Stephanie Y. Evans, 2021-03-01 How have Black women elders managed stress? In *Black Women's Yoga History*, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection, exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as

mental health, healing, and wellness that is both compassionate and political.

august is wellness month: *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.

august is wellness month: *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

august is wellness month: *The Outlook*, 2004-08

august is wellness month: *A New Way to Age* Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With *A New Way to Age*, she "is at the forefront again, bringing seminal information to people, written in a way that all can understand" (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you've just had the best checkup ever. There is a new way to age. I'm doing it and it's the best decision I've ever made. I love this stage of my life: I have 'juice,' joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and "the big three": heart disease, cancer, and Alzheimer's disease. But you don't have to accept this fate. Now there's a new way to grow older—with vibrancy, freedom, confidence, and a rockin' libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

august is wellness month: *Grow Your Eye Care Practice* Ming Wang, 2024-06-01 A crash course in marketing for eye care professionals, *Grow Your Eye Care Practice: High Impact Pearls* from the Marketing Experts guides readers through this crucial area of business development. With an increase in patients undergoing elective procedures and an increase in the amount of providers, marketing has become the most important way for eye care professionals to grow their practices and differentiate themselves from their competition. Since marketing is not addressed in any formal course in medical school, optometry school, residency or fellowship, many eye care professionals lack basic understanding and skills in this area of growing importance to their businesses. To meet this critical need, editor Dr. Ming Wang and associate editors Shareef Mahdavi, Michael Malley and Dr. Tracy Swartz have created this essential, timely handbook aggregating the key ophthalmic marketing pearls, teachings and experiences of some of the leading national and international marketing experts. *Grow Your Eye Care Practice* begins with an overview of the history and current state of ophthalmic marketing, including a fascinating look at the commoditization of eye care as was demonstrated with the introduction of LASIK. The core chapters address foundational and innovative marketing concepts and their application to eye care, including: Market research, segmentation, targeting and positioning Patient experience Branding versus call to action Word of mouth referrals Digital marketing, including social media, websites and SEO Innovative marketing

approaches Ethics and laws governing medical marketing Upcoming disruptive marketing technologies Grow Your Eye Care Practice: High Impact Pearls from the Marketing Experts is an indispensable desktop reference for all eye care professionals--ophthalmologists, optometrists, administrators, practice managers, business associates, residents, fellows, medical students and optometry students—who wish to improve their marketing skills, grow their practices and differentiate themselves from their competition.

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