

The image shows a purple and white Wellness Planner. The cover features the title "Wellness" in a large, purple, cursive font, with "PLANNER" in a smaller, purple, sans-serif font below it. A green lotus flower icon is positioned above the "ness" part of "Wellness". Below the cover, a "DAILY MOOD TRACKER" page is visible. It has a section for "TODAY'S LABEL:" with a blank space for writing, and a "DATE:" field with a line for writing. To the right of the date field is a row of seven small, empty square boxes for tracking mood.

A stack of wellness trackers and a cup of green juice. The top tracker is titled "DAILY HABIT TRACKER" and features a grid for tracking habits across days of the week. Below the grid is a section for "Goals for Today". A cup of vibrant green juice with a swirl of cream is placed on the right side of the trackers. The bottom tracker is partially visible, showing the title "DAILY WELLNESS".



DAILY MOOD TRACKER

Today's Label: _____

Date: / /

Mood: _____

DAILY MOOD SCALE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Things I am Grateful For:

Notes:

A photograph of a 'Daily Wellness Planner' notebook. The notebook is open, showing a page with a title 'DAILY WELLNESS PLANNER' at the top. Below the title, there are several sections for tracking health and wellness. These include 'Wake Up Time', 'Mood', 'Energy Level', 'Water', 'Meals', 'Exercise', 'Bedtime', 'Self-Care', 'Gratitude', 'Thoughts', and 'Notes'. Each section has a series of lines or boxes for writing. A black pencil is lying on the right side of the notebook. The notebook is placed on a light-colored surface.



Review Wellness Planner

**Dr. Robert Feinstein, Dr. Joseph
Connelly, Marilyn Feinstein**



Review Wellness Planner:

A Clinician's Guide to Integrative Oncology Kylie O'Brien,Avni Sali,2017-07-24 This book is the definitive guide for oncologists general medical practitioners and other healthcare professionals with an interest in integrative oncology Guiding you on how to conduct the ultimate consultation from an integrative medicine perspective this text is a valuable educational tool presenting the latest evidence based approaches to managing the cancer patient as well as anecdotes and practical recommendations from Dr Sali s decades of clinical experience as a leading expert in integrative oncology Topics include the role of mind body medicine in cancer stress reduction diet sleep sunshine and Vitamin D exercise vitamins and other supplements supportive complementary medicines including Chinese herbal medicine and acupuncture and innovative investigative and treatment technologies Written by two clinicians who are also educators and researchers *A Clinician s Guide to Integrative Oncology* provides practical evidence based information and patient advice that clinicians can put into practice immediately

CBT for Depression in Children and Adolescents Betsy D. Kennard,Jennifer L. Hughes,Aleksandra A. Foxwell,2016-04-05 Despite the availability of effective treatments for child and adolescent depression relapse rates in this population remain high This innovative manual presents an evidence based brief therapy for 8 to 18 year olds who have responded to acute treatment but still have residual symptoms Each session of relapse prevention cognitive behavioral therapy RP CBT is illustrated in step by step detail including focused techniques for promoting and sustaining well being supplemental strategies for tailoring treatment to each individual s needs and ways to involve parents In a convenient large size format the book features 51 reproducible handouts and forms Purchasers get access to a Web page where they can download and print the reproducible materials

The Wellness Journal Clarita Escalante,2021-11-27 This Wellness Journal includes Instructions to journal My goals 30 Day Calendar Daily planner Daily journal Notes Weekly review We hope you enjoy your Wellness Journal and please share with us the unboxing of your Journal by tagging us on Instagram the_clarita_escalante

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Integrating Behavioral Health and Primary Care Dr. Robert Feinstein,Dr. Joseph Connelly,Marilyn Feinstein,2017-04-13 Integrated care incorporates behavioral and physical health services into primary care and specialty medical environments Integrated care models are patient centered delivered by teams of medical professionals utilize care coordination and a population based approach This book is practical office based and comfortably accessible to students residents faculty and all mental health

professionals primary care and medical specialists We examine and recommend applying collaborative care and other existing models of integrated care based on existing literature When there is no literature supporting a specific approach our experts offer their ideas and take an aspirational approach about how to manage and treat specific behavioral disorder or problems We assume the use of integrated team staffing including a primary care or specialist provider s front desk staff medical assistant s nurse s nurse practitioners behavioral health specialist s health coaches consulting psychiatrist and care coordinator s manager s

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