

## The image shows the front cover of a 'Wellness Planner' and a sample of its 'Daily Mood Tracker' page. The cover is white with a purple spine and a purple decorative bar at the top. The title 'Wellness' is written in a large, elegant, purple script font, with a green lotus flower graphic integrated into the letter 's'. Below it, the word 'PLANNER' is written in a smaller, purple, all-caps sans-serif font. The 'Daily Mood Tracker' page is partially visible below the cover, featuring a purple header with the title 'DAILY MOOD TRACKER' in white, all-caps sans-serif font. Below the title, there is a section for 'TODAY'S LABEL:' followed by a large purple rectangular box. To the right of this box, there is a row of seven small, empty square boxes for tracking mood, and below them, a line for 'Date:'.

## A cup of green matcha latte with a swirl of foam, placed next to a 'DAILY HABIT TRACKER' and 'DAILY WELLNESS' journal. The journal has a purple header and a grid for tracking habits. The cup is a dark brown ceramic mug.



**DAILY MOOD TRACKER**

Date: \_\_\_\_\_

TODAY'S LABEL: \_\_\_\_\_

**DAILY MOOD SCALE**

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

THINGS I AM GRATEFUL FOR:

Notes:

**DAILY WELLNESS PLANNER**

Wake Up Time: \_\_\_\_\_

Mood: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )

Stress Level: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )

Energy Level: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )

Water: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )

Meals: \_\_\_\_\_

Exercise: \_\_\_\_\_

Self-Care: \_\_\_\_\_

Gratitude: \_\_\_\_\_

Thoughts: \_\_\_\_\_

Notes: \_\_\_\_\_

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# Review Wellness Planner

**Heather Prendergast**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

## **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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