

# planner

| Mon | Tues | Wed | Thurs |
|-----|------|-----|-------|
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# daily mindfulness planner

## Intention for the day

## How am I feeling?

|                                                                                                                                                                            |                                                                                                                                                                           |                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• happy</li> <li>• sad</li> <li>• anxious</li> <li>• relaxed</li> <li>• angry</li> <li>• frustrated</li> <li>• depressed</li> </ul> | <ul style="list-style-type: none"> <li>• excited</li> <li>• nervous</li> <li>• stressed</li> <li>• calm</li> <li>• content</li> <li>• neutral</li> <li>• tired</li> </ul> | <ul style="list-style-type: none"> <li>• annoyed</li> <li>• satisfied</li> <li>• concerned</li> <li>• afraid</li> <li>• proud</li> <li>• other</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|

## log 1 to 5

1.

2.

3.

## what did I do to take care of myself today?

- slept in
- nourished my body
- moved my body
- meditated
- mindfulness practice
- affirmations
- said no
- took breaks

- did a craft
- spent time outdoors
- spent quality time with loved ones
- played a game
- other

[illegible][illegible]

# daily planner

large priorities

day of the week

the other stuff

notes

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# Wellness Planner International Bestseller

**VM Jensen**



## **Wellness Planner International Bestseller:**

The Dr. Sears T5 Wellness Plan William Sears, Erin Sears Basile, 2017-12-26 The best of today's science based nutrition and lifestyle research is finally available in one crystal clear plan All you need is five steps and five weeks Maybe you've just received a wake up call your own health crisis or a sick parent or friend Or maybe you're just tired of feeling tired and sick of feeling sick You don't need a diet plan You need a health transformation from the inside out For more than 20 years The Baby Book author William Sears's advice has been trusted by millions of parents across the country and around the world Now along with his daughter Erin a health coach and fitness instructor who went through her own transformation losing 70 pounds and radically improving her health Sears turns his science based guidance to creating better health for everyone The Dr Sears T5 Wellness Plan is a book for all ages and all ailments Decrease inflammation protect your brain and heart strengthen your gut balance your hormones and even make your own medicine The Dr Sears T5 Wellness Plan's five step five week mind and body makeover field tested by the authors in their medical and health coaching practices changes your body's biochemistry to help you feel better look better and enjoy the New You From its lively illustrations to motivating transformer testimonies T5 is fun to read and fun to do which means it's the program you'll stick with Your mind and body will thank you You Will Thrive on T5

**Educator Wellness Plan Book** Tina H. Boogren, Timothy D. Kanold, Jasmine K. Kullar, 2023-06-06 Educators' daily stressors can easily accumulate without intentional wellness actions in place Designed as both a plan book and journal this companion resource to Educator Wellness A Guide for Sustaining Physical Mental Emotional and Social Well Being offers inspirational practical weekly routines and reflections for teachers committed to improving their wellness practices throughout the school year Use this plan book and journal to Commit to practices that encourage well being in each of the four dimensions physical mental emotional and social Organize your thoughts collect data on your current habits and reflect on areas to improve with 46 field tested tools Monitor your progress on each month's wellness goal and set intentions to encourage long term maintenance of positive habits Contents Part 1 About This Plan Book and Journal Part 2 Summer A Season of Renewal Part 3 Fall A Season of Opportunity Part 4 Winter A Season of Perseverance Part 5 Spring A Season of Transition Appendix Journal Tools References and Resources Index

**Help Heal Yourself from Cancer** William Sears, MD, Martha Sears, 2022-10-04 Cancer can make you feel powerless Survival rate statistics can leave you feeling helpless and afraid But you are a person not a percentage And you are not powerless you have the ability to help yourself heal In Help Heal Yourself from Cancer cancer survivors and trusted medical professionals Bill and Martha Sears help you go from patient to partner in your cancer healing journey They outline the steps you can take both in working with your cancer care providers and on your own to maximize your chances of not just beating cancer but thriving in its wake This comprehensive guide will help you Develop a conquer cancer mindset The science is clear cancer healing begins with the brain Believing you will heal is the first step Personalize your treatment plan Find out what tests to ask for which advice to pay attention to and

what to ignore and how to talk to your oncologist about designing a plan that's perfectly tailored to you and your cancer

**LEAN in to supporting your immune system** Learn how to best support your natural cancer fighting army through lifestyle exercise and nutrition giving chemotherapy and radiation the best chance of success With eye catching illustrations to boost understanding and special sections on breast colon lung and brain cancers this book gives you the tools you need to stop fearing your cancer and start boosting your immune system fine tuning your treatment plan and taking charge of your healing all so you can ultimately Help Heal Yourself from Cancer

*Second Child: Essential Information and Wisdom to Help You Decide, Plan and Enjoy* Susan Moore, Doreen Rosenthal, 2022-08-09 From changes in workload sibling rivalry money and relationship issues to health and well being an addition to your family raises questions challenges and emotions Offering a practical and reassuring guide this book provides the tried and tested expert advice supplemented with the voices of parents and children to help you successfully navigate the difficult decision of welcoming a second child A trusted companion for parents alike feel positive prepared and excited about your new family with *Second Child Essential Information and Wisdom to Help You Decide Plan and Enjoy* Doreen Rosenthal PhD born 1938 is an Australian academic researcher specialising in adolescent sexual and women's health In 2020 Rosenthal was appointed Professor Emerita in the School of Population Health at La Trobe University and Honorary Professor in the Melbourne School of Population and Global Health at the University of Melbourne Her research spans studies of homeless young people drug use and HIV risk along with women's sexual health Her recent self help books include *The Psychology of Family History Exploring our Genealogy* and *Second Child Essential Information and Wisdom to Help You Decide Plan and Enjoy* She provides expert advice with a reassuring human touch Susan Moore was born in Melbourne and is a university researcher and Fellow of the Australian Psychological Society She has co authored several books articles in newspapers magazines and journals Many with a focus on life span developmental issues particularly the psychology of adolescence and risk taking She has worked as a psychologist and researcher in universities and schools for over 40 years and is now semi retired She has a daughter stepdaughter and stepson as well as three primary school aged grandchildren

*The Wellness Program Management Yearbook* Beth-Ann Kerber, 2001

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**We Need to Talk: The Number 1 Bestseller** Tony Holohan,2023-09-21 Dr Tony Holohan served as Chief Medical Officer in Ireland for 14 years but only really became known to the public during the Covid 19 pandemic During this time his remarkable leadership skills came to the fore and he became the public face of the pandemic helping to steer the nation through the biggest public health crisis in Ireland s modern history However while dealing with the most serious pandemic in a century in his professional life he was also enduring challenges at home His beloved wife of 25 years Emer was battling cancer and died in February 2021 This remarkable book reflects on these experiences and inspires us to have those difficult conversations that ultimately make life more meaningful

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