

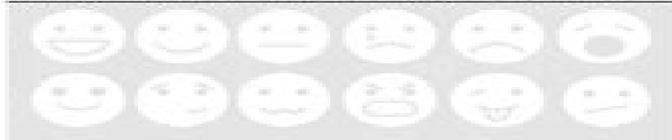
Mental health check in



DATE _____

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

MY RANKING OF MY MENTAL HEALTH THIS WEEK

Wellness Worksheets

Werner W. K. Hoeger



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Take Charge of Your Health Worksheets Lynne Blesz-Vestal, Rebecca J. Donatelle, 2007-02-22 Twelve new worksheets have been added to this edition s collection of self assessment activities providing a total of 50 self assessment exercises Worksheets are available as a gummed pad and can be packaged at no additional charge with the main text

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Personal Health Patricia A. Floyd, Sandra E. Mimms, Caroline Yelding, 2003 PERSONAL HEALTH PERSPECTIVES AND LIFESTYLES emphasizes the individual s personal responsibility for wellness by presenting general core and current health information to guide decision making The focus of the text is to present health topics including cultural racial ethnic and gender diversity identify risk factors and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family Filled with practical advice stimulating discussion questions and self assessment exercises this text take an applied approach and empowers students to take control of their own health Concentrated emphasis on health issues as they relate to various cultural differences make this text one of the most up to date resources for health related culture gender ethnic and age issues

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