

Concepts in health and wellness

Robinson, James, 1943-, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20398925&lokasi=lokal>

Abstrak

Contents :

Current health issues -- Building wellness skills -- Managing stress -- Mental and emotional health --
Resolving conflict -- Developing healthy relationships -- Sexual wellness and reproduction -- The physically
active lifestyle -- Nutritional wellness -- A healthy approach to weight management -- Tobacco -- Alcohol
and other drugs -- Infectious diseases -- Chronic diseases -- Safety and emergency preparedness --
Environmental wellness -- Health and wellness through the life span.