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Wellness

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- 	Defined by the absence of illness signs and symptoms of disease.
- 	May not seek preventative care or services.
- 	People who use this model may not seek preventive health services or they may wait until they are very ill to seek care.
- 	You go to the hospital if you need immediate help ...

Nr 222 health and wellness study guide final nr 222 2020 ...

NR222 Unit 1 health and wellness study guide - Chamberlain college of nursing A Grade / School graded Edelman Ch 1 1.	Margaret Newman: define of health in 2 paradigms:
a.	Wellness-illness continuum i.	Dichotomized portrayal of health and illness ranging from high- level wellness to depletion of health 1.	High-level wellness is a sense of well-being life satisfaction and quality of life a.	Involves progression toward higher level of functioning an open-ended and ever ...

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Health is the condition of physical, emotional, mental, and social well-being. physical health. Physical health is the part of health that deals with the body. 7 healthy habits. 1. Eat a balanced diet. 2. Participate in plenty of physical activities. 3.

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Health Final Study Guide. health. wellness. priority healthy lifestyle choices. components of

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health and wellness. freedom of disease and a state of optimal physical, mental, so.... positive component of health that involves having good quality.... one of the key lifestyle choices (regular physical activity, s....

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Heredity, environment, culture, peers, media, technology, behavior, attitude. What are the 6-steps of goal setting? 1. State the question 2. List the options 3. Weigh the possible outcomes 4. consider the values 5. Make a decision and act on it 6. Evaluate the decision.

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Physical. -Consume a healthy diet and align the correct nutrition. -Lean protein. -Fruits and vegetables. -Whole grains. -Healthy fats. -Be physically active. -Play sports. -Weight training.

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School graded Unit 5 Edelman: Ch4 1.	The Therapeutic Relationship a.	Nurse-
person interaction is an interpersonal process in which both parties have an emotional
involvement with each other there is a degree of mutuality and reciprocity whereby needs
and expectations are shared b.	Successful ...

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