

Optimizing Academic Wellness

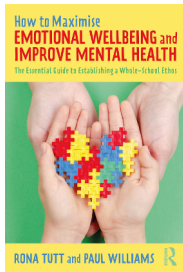
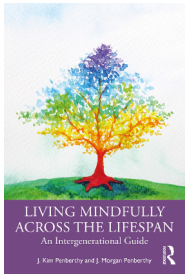
*Prioritizing Mental Health in Academic Communities
Individually and Collectively*



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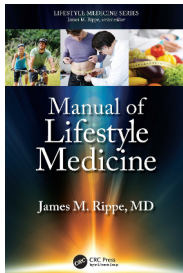
1. Belief is Half the Battle!

J. Kim Penberthy, J. Morgan Penberthy *Living Mindfully Across the Lifespan An Intergenerational Guide*

2. Creating a Healthy Ethos and Environment

Rona Tutt, Paul Williams

How to Maximise Emotional Wellbeing and Improve Mental Health The Essential Guide to Establishing a Whole-School Ethos



3. Stress and Coping

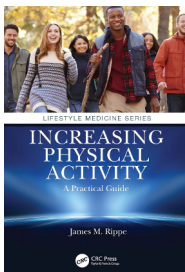
Gary W. Wood

The Psychology of Wellbeing

4. Lifestyle Medicine and Brain Health

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Manual of Lifestyle Medicine



5. Overcoming Sedentary Behavior

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Increasing Physical Activity A Practical Guide



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