

# 10

# Self-care tips to boost your mental health



Get enough sleep



Take up a hobby



Take time to relax



Focus on the positives



Eat healthy foods



Create a routine



Say "No"  
when needed



Exercise regularly



Spend time  
outdoors



Connect  
with others

# Zelle Mental Health Tips Guide

**Debra P. Hymovich**

## **Zelle Mental Health Tips Guide:**

*Psychiatric-Mental Health Guidelines for Advanced Practice Nurses* Brenda Marshall, Julie Bliss, Suzanne Drake, 2024-11-20 Delivers a breadth of content encompassing all aspects of psych mental health care along the provider continuum. This unique clinical reference supports APRNs and PMH NPs as they strive to provide high quality evidence based care to patients with mental health issues and conditions. Designed to support the ongoing needs and changing practice requirements of these nursing professionals this new text provides a comprehensive examination of best practice psychiatric methods ethical concerns patient assessment and management strategies. These accessible guidelines for clinicians in a variety of settings bring together scientific skills backed by theory and professional knowledge along with helpful recommendations to bolster the clinician's psychiatric skills. With an easy to navigate format the book encompasses five distinct sections covering general psychiatric nursing guidelines diagnostic specific procedures and patient treatment planning cultural and other considerations for special populations the administrative basics for establishing an APRN practice and additional topics related to mental health. Reflecting expertise from authors versed in varied practice fields and numerous subspecialties the resource combines evidence based practice advanced research and practical humanistic approaches. Key Features Provides comprehensive psychiatric mental health guidelines to advanced practice nurses in easy to access format. Delivers step by step coverage of conducting psychiatric assessments and making referrals. Covers polypharmacy differential diagnosis and patient education. Includes coverage of special populations including LGBTQ, homeless and indigent veterans and survivors of war and many others.

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Edelman, Elizabeth Connelly Kudzma, 2017-07-25 Promote health and wellness for all ages and population groups. *Health Promotion Throughout the Life Span* 9th Edition provides a comprehensive guide to leading health promotion concepts from assessment to interventions to application. Its lifespan approach addresses patients unique needs with case studies and care plans with an assessment framework based on Gordon's Functional Health Patterns. New to this edition is expanded coverage of genomics and QSEN competencies. Written by nursing experts Carole Edelman and Elizabeth Kudzma this bestselling text covers all the latest research and trends in health promotion and disease prevention. Separate chapters on population groups the individual family and community highlight the unique aspects of assessment and health promotion for each group. Coverage of growth and development helps you apply health promotion concepts to each age and each stage of development through the lifespan. Case studies present realistic situations with questions asking you to apply key concepts and care plans include nursing diagnoses defining characteristics related factors expected outcomes and interventions. Quality and Safety Scenario boxes focus on QSEN related competencies with examples of health promotion. Innovative Practice boxes outline unique and creative health promotion programs and projects currently being implemented. Healthy People 2020 boxes

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