Did You Get Your Dose of Wellness?

Wellness is a state of optimal well-being that is oriented toward maximizing an individual’s potential. This is a life-long process of moving towards enhancing your physical, mental, emotional, social, spiritual, and environmental well-being.

These six dimensions highlight important components of wellness. Take time to explore your own level of wellness and see if you have gotten “your dose of wellness” today!

**MENTAL**
- Find outlets that are intellectually stimulating
- Set and meet realistic goals academically, personally, and professionally
- Decide on things that help you relax and do them
- Take advantage of opportunities that may offer you different experiences
- Practice deep breathing to help the mind-body connection
- Spoil yourself after completing a goal

**SOCIAL**
- Develop relationships where both parties feel good
- Interact well with others in public and private situations
- Maintain values and beliefs without being persuaded by peer pressure
- Feel comfortable adapting to various social settings
- Join clubs to expand your social network – it’s a great way to get involved and meet others with similar interests
- Read the newspaper – you will be amazed with all of the events going on both on and off campus

**EMOTIONAL**
- Recognize when your emotions affect your body
- Express your needs, feelings, and opinions appropriately
- Use humor to defuse negative thoughts or situations
- Use journal writing to relieve stress and express your thoughts
- Talk to a trusted friend or family member and vent
- Give and receive lots of hugs
- Be optimistic – believe in yourself and your abilities
- If you are feeling overwhelmed, make an appointment with a professional healthcare provider

**ENVIRONMENTAL**
- Appreciate and respect the environment
- Do your part to preserve and improve environmental conditions
- Whether it’s at home or work, have a welcoming space for you and others to feel comfortable
- Reduce noise and pollution
- Keep yourself and others safe – like buckling up
- Have a place that you can go to relax, chill out

**PHYSICAL**
- Get a physical exam
- Be consistent with self-exams like BSE/TSE
- For women, get yearly gynecological exams
- Stay current on immunizations
- Exercise regularly and eat balanced meals
- Get dental and eye exams
- Limit or avoid alcohol and tobacco
- Get a massage to ease tired and worked muscles

**SPIRITUAL**
- Nourish yourself through personal beliefs, morals, and/or religion
- Feel connected with yourself and others
- Find purpose in life and meaning in the little things you do everyday
- Develop a philosophy of life that you want to live by

Source: J Carson, MS, Stress Educator & Wellness Promotion Specialist, McKinley Health Center, University of Illinois at Urbana-Champaign, 2006

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your healthcare provider.

Visit the McKinley Health Center Web site at: [http://www.mckinley.illinois.edu](http://www.mckinley.illinois.edu)