

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 toward enhancing your physical, intellectual, 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!

PHYSICAL

- Get a physical exam
- Be consistent with self-exams like BSE/TSE
- For women: gynecological exam
- Current immunizations
- Regular exercise & eat balanced meals
- Dental and eye exams
- Limit or avoid alcohol and tobacco
- Get a massage to ease tired and worked muscles

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 & express your thoughts
- Talk to a trusted friend or family member & vent
- Give & receive lots of hugs
- Be optimistic - believe in yourself & your abilities
- If you are feeling overwhelmed make an appointment with a professional healthcare provider

SPIRITUAL

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

SOCIAL

- Develop relationships where both parties feel good
- Able to interact with others in public and private situations
- Comfortable adapting to various social settings
- Stick to values & beliefs without being persuaded by peer pressure
- Join clubs to expand your social network, it's a great way to get involved & meet others with similar interests
- Read the newspaper - you will be amazed with all of the events going on & off campus

INTELLECTUAL

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

ENVIRONMENTAL

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