Wellness & You

Wellness has a direct relationship with educational excellence, helping to promote students to their highest potential. Our student health programs, policies and practices are designed to support the university mission through promotion of independent thought, understanding of self, ethical conduct, and the relationship of self to community. It is a dynamic equilibrium among body, mind and community through individual responsibility and positive lifestyle choices.

Wellness has been divided into seven distinct areas:

- Emotional Wellness
- Intellectual Wellness
- Occupational/Career Wellness
- Physical Wellness
- Social Wellness
- Values/Spiritual Wellness
- Environmental Wellness

Emotional Wellness

Emotional wellness is an individual's ability to identify, understand, manage and use their emotions in a way that promotes health and success. Emotional wellness has not only been found to be predictive of personal happiness and satisfaction in life, but also success at work and in relationships. Emotional health is a vital aspect of all of our lives.

Individuals with a high degree of emotional wellness are aware of and accept a wide range of feelings in themselves and others. They cope effectively with stress and are able to maintain emotional balance. They are able to make good decisions by integrating their feelings, thoughts, behaviors, values and desires. These individuals form healthy relationships with others through a foundation of mutual trust and respect. They can work independently and function well in groups. They are open with their feelings and at the same timeaware of the impact of their expression and action on others. Lastly, emotionally well students are realistic in their assessment of their strengths and limitations, enjoy challenges, and recognize conflict as a potential source of growth.

The mind and body are constantly communicating.

The following campus resources may provide assistance:

Student Health Center

Counseling Services

Intellectual Wellness

Establishing and maintaining intellectual wellness requires a regular routine of mental activity. Your mind needs exercise and good nutrition. The more the mind is exercised, the more it develops. So the key to improving your intellectual wellness is to develop a mental exercise plan. The first step in developing your mental exercise plan is to honestly evaluate the extent to which you challenge yourself to use and expand your intellectual abilities.

The following campus resources may provide assistance:

College One

Student Advising & Learning Center

Occupational/Career Wellness

At any given time, anywhere from 33 to 75 percent of our campus population may be unclear to their occupational choice or how they fit into the world of work. It is better to be undecided as to career choice than to pick a field without fully investigating its compatibility with you. The first step for change is to undergo a series of self-assessments to better understand yourself in relation to your values and lifestyle preference. These major issues effect how you view your work and feel rewarded in your life, they influence your interests whether academic or personal and they illustrate skills and activities that match your work styles. The next step is to investigate these occupations and then develop your strategy.

The following campus resources may provide assistance:

Career Services

Student Financial Services

Student Employment

Physical Wellness

Our body is like a fine-tuned engine that needs materials and mechanics to stay in good working order. The foods we eat provide the nutrients that make necessary reactions occur in the body. Too much or too little of any one nutrient can cause imbalance in our bodies. Physicians and nurses can help us treat illness, but through self-knowledge we can maximize our physical wellness potential. The old saying, "An ounce of prevention is worth a pound of cure," is true when it comes to the human body. Health is more than the effort to cure disease. It means having the will to take charge of your life by reducing your risk of chronic disease and preventing injury. Prevention is not a substitution for health care; rather it compliments the health care system. Self-care means decisions you make and actions you take affect your health. It is the style by which you live.

The following campus resources may provide assistance:

Student Health Center

Campus Recreation Center

Campus Dining

Social Wellness

Social wellness refers to how effective and comfortable we are in interacting with people from a variety of backgrounds. How comfortable we are with others may depend on how comfortable we are with ourselves.

The following campus resources may provide assistance:

Student Government

Intramural Recreation

Student Clubs

Values/Spiritual Wellness

Spiritual wellness refers to integrating our beliefs and values with our actions. A sense of purpose, direction, and awareness are important. Realizing what values, rights, and responsibilities take some thought and discussion. The first step in developing values and spiritual wellness is to examine your own values: respect, honestly, human life, family, education, religion, health, wealth, community service, diversity. Discuss values with others, spend time and act in a manner congruent with your values and the values of the community/society.

The following campus resources may provide assistance:

Student Affairs

Environmental Wellness

Environmental Wellness recognizes that we are accountable for the quality of the air we breathe, the nourishment we seek, the water to quench our thirst and the space we fill as we grow. The environmentally well person takes personal and social responsibility for creating sustainable communities that include all of earth's creatures, encourages minimizing disposable products, and evaluates purchases and conveniences based on their environmental impacts.

The following campus resources may provide assistance:

Campus Dining