How do you take care of your wellbeing?

Wellness is a dynamic process of change and growth. Wellbeing is composed of different areas. A balance among the different dimensions of wellbeing leads to a fuller, more satisfying life.

1. Physical
   The role that you take in maintaining your body for strength, vitality and energy.
   - Exercise, healthy eating, good sleep habits, medical checkups, follow public safety guidelines, avoid drugs and alcohol.

2. Emotional - mental
   Managing your feelings, being at peace with who you are, and having the tools you need to weather life’s ups and downs.
   - Engage in mental health habits, stress relief strategies, mindfulness strategies, meditation, talking with others.

3. Environmental
   Reflects the impact your environment has on you and the impact you have on the environment.
   - Evaluate your housing situation, engage in community activities to help the environment, learn about the environment, recycle and consume wisely.

4. Financial
   Your relationship with money, skills for managing resources, ability to make good consumer choices and seek out appropriate financial opportunities.
   - Monitor your budget and learn about personal finances, save money, learn to invest, and explore financial aid services.

5. Occupational
   The work you choose to do and how it contributes to your community and fulfills you.
   - Define your career goals, make a plan to achieve them, explore ups and downs of your field, research about your dream job and talk to those already in the field.

6. Social
   How you choose to define and connect with your community and the people around you.
   - Volunteer and give to your community, participate in events, join a group or organization, stay in touch with peers, friends, professors and advisors.

7. Intellectual
   Feeling stimulated and engaged with learning and staying open to new ideas and perspectives.
   - Practice good study habits, plan ahead and be organized with your resources, know the way you learn and how you study best, know your strengths and areas of improvement.

8. Spiritual
   Your understanding of your place and purpose, how you make meaning of what happens, and where your mind goes to for comfort or relief.
   - Explore your personal values, core beliefs and attitudes, find others who share your views, learn about what gives you comfort or relief.

Write down a quick list of things you will do this semester to take care of your well-being.