

## Taking Care of Your Values and Beliefs

- Understanding your own values, ethics and beliefs and respecting others'.
- Understanding that spirituality is a personal experience
- Connecting to a spiritual community when desired

## Taking Care of Your Body

- Engaging in physical activity safely and regularly
- Sleeping 7-8 hours per night
- Avoiding drugs, tobacco, and excessive alcohol
- Eating a nutritional, balanced diet



## Taking Care of Your Future Goals

- Setting and meeting academic and career goals in a healthy way
- Challenging yourself to new life experiences
- Having supportive peers who share similar goals



## Taking Care of Your Mind

- Accepting yourself for who you are
- Valuing self-exploration
- Having a generally positive outlook
- Managing stress effectively



# Seven Dimensions of Wellness



Spiritual

Career/Academic

Emotional

Social/Cultural

Financial

Physical

Environmental

## Taking Care of What's Around You

- Being aware of the impact you have on the environment
- Living in clean, safe, and adequate housing
- Developing safe habits to avoid accidents and injury
- Enjoying time in nature



## Taking Care of Your Relationships and Society

- Developing and maintaining healthy relationships
- Budgeting time to spend with loved ones
- Managing unhealthy relationships effectively
- Respecting identities of all individuals



## Taking Care of Your Finances

- Developing long-term and short-term financial goals
- Budgeting effectively
- Living within your current means

