

WELL-BEING

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. Mental Health, as defined by the World Health Organization, is a state of well-being in which an individual realizes their own potential, can cope with typical life stressors, can work productively and fruitfully, and contributes to their community. Managing our mental health is vital in maintaining optimal well-being.

Wellness is multidimensional. All dimensions of wellness need our attention for us to flourish. There doesn't have to be a balance among all dimensions. Instead, the goal is to find a personal harmony with the dimensions that is most authentic for you. Here are the 8 dimensions of well-being:

- Emotional/Mental - Coping effectively, having a sense of positive self-regard, and creating satisfying relationships.
- Environmental - Occupying pleasant, stimulating environments that support well-being.
- Financial - Satisfaction with current and future financial situations.
- Intellectual - Recognizing ways to expand knowledge and skills through intellectually stimulating activities.
- Occupational - Personal satisfaction and enrichment from one's work.
- Physical - Recognizing the need for physical activity, healthy foods, and sleep.
- Social – Developing a sense of connection, belonging, and a well-developed support system.
- Spiritual - Attending to our sense of purpose and meaning in life.

Handouts/Websites

Creating a Healthier Life: A Step-By-Step Guide to Wellness - SAMSHA

The Steve Fund: Dedicated to the Emotional Well-Being of Students of Color

Center for Healthy Minds: Why Well-Being?

Positive Steps to Well-Being Worksheet

Podcasts/Videos

TED Talk: Simone Cox, “Emotional Well-Being Affects Personal Growth”

TED Talk: “One Simple Idea to Improve Mental Well-Being Worldwide”

TED Talk: Lana Johnson, “Wellbeing Contagion”

Podcast: Wisdom and Wellbeing with Wannie Chisala

Podcast: Power Hour: with Adrienne Herbert

Podcast: Tiny Leaps; Big Changes

BOOKS

The College Wellness Guide: A Student's Guide to Managing Mental, Physical and Social Health on Campus by Casey Rowley Barneson

The Joy of Missing Out: Finding Balance in a Wired World by Christina Crook

Wellbeing: The Five Essential Elements by Tom Rath & Jim Harter