

NDSU Counseling Center

212 Ceres

701.231.7671

www.ndsu.edu/counseling

After having reviewed the seven dimensions of wellness, take note of your own sense of balance in each of the dimensions.

Too much -or too little- of anything can create

problems. So, let yourself adjust accordingly. You're looking for balance. You're looking to take better care with yourself.



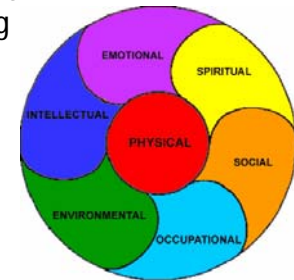
Thanks to the NDSU Wellness Center for the definitions of wellness used in this brochure.

Taking Care With Yourself

This may be a stressful time in your life, and, if so, self-care is going to be especially important now. You can aid yourself in getting through this time or in recovering your good health by paying attention to the seven dimensions of wellness and using this as a model of self-care and balance.

The Seven Dimensions of Wellness

Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life. Wellness combines seven dimensions of well-being into a quality way of living.



Overall, wellness is the ability to live life to the fullest and to maximize your personal potential in a variety of ways. Wellness places responsibility on the individual; it becomes a matter of self-evaluation and self-assessment. Wellness involves continually learning and making changes to enhance your state of wellness.

Physical Wellness

A healthy body maintained by good nutrition, regular exercise, avoiding harmful habits, making informed and responsible decisions about health, and seeking medical assistance when necessary.

Ways to develop your physical wellness are:

- Make sure you're getting enough sleep. If not, review the Virtual Workshop Sleep Hygiene at the NDSU Counseling Center website: www.ndsu.edu/counseling
- If you have concerns regarding your health, schedule an appointment at Student Health Services at 231-7331.
- Regular exercise is important. If you've not been active, it might be wise to set up an appointment with a fitness specialist to consult about what activities might be best for you. You can find out more about a fitness consultation at: <http://wellness.ndsu.nodak.edu/fitness/Services/index.php#consultation>
- Watch your usage of alcohol during stressful times. If you have any concerns about your alcohol habits, you can complete an alcohol screening at the Quick Link at our website, www.ndsu.edu/counseling
- Good nutrition is important for a health body and mind. If you have concerns regarding your nutrition, you can schedule a free appointment with Wellness Center dietitian Kevin Kelly by calling 231-5208. If you need to contact Kevin directly, the most efficient way is by email at Kevin.Kelly@ndsu.edu. His phone number is 231-5211.



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Spiritual Wellness

The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life. Spiritual Wellness leads one to strive for a state of harmony with oneself and others, while working to balance inner needs with the rest of the world.

Ways to develop your spirituality:

- Journal. Writing down your innermost thoughts can help you connect with yourself more fully. Another way to journal is to create a Gratitude Journal where you write down the things for which you are grateful. Or you can create a Good Moments Journal where each day you write down three moments during the day in which something good happened.
- Volunteer. Doing something for someone else can give some meaning to our lives. You can check out possibilities at the Volunteer Network website: www.ndsu.edu/memorial_union/volunteer
- Try a Yoga class at the Wellness Center. Yoga can create a peace within you and set up your mind for stimulation.
- Pray. If you subscribe to the belief in a higher power, prayer can bring a sense of peace.
- Challenge yourself to be a better person and think about what that means for you.
- Attend the meditation group at the Counseling Center. For more information, call 231-7671.



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Emotional Wellness

The ability to understand your own feelings, accept your limitations, achieve stability, and become comfortable with your emotions. Emotional Wellness implies the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way, and enjoy life despite its occasional disappointments and frustrations.

Ways to increase emotional wellness are:

- Journal. In writing out your thoughts, your feelings may become more evident to you, which will give you a chance to express them-whether by written word or verbally.
- Express your feelings in a conversation with a trusted friend. In times of difficulty in life, we need to reach out to friends and let them be a friend to us.
- If stress is affecting your emotional wellness, the NDSU Counseling Center website has several virtual workshops on subjects related to stress.
- If you feel that you need some help managing your emotions, there are several excellent books that can help you with that: “Mind Over Mood”, by Greenberger and Padesky, and/or the “Feeling Good Workbook” by David Burns.
- Join the Meditation group at the NDSU Counseling Center. Mindfulness meditation trains the mind to be less reactive and more stable, and can create more of a feeling of peace. Call the Center at 231-7671 for more information.
- You may want to visit with a counselor about managing your stress or learning better ways to express your emotions.



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Occupational Wellness

Preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life. Occupational Wellness means successfully integrating a commitment to your occupation into a total lifestyle that is satisfying and rewarding. This is strongly related to your attitude toward work.

Ways to develop occupational wellness are:

- If stressed on the job, peruse the Virtual Workshops found on our webpage (www.ndsu.edu/counseling) for ideas on managing your stress.
- It might be wise to assess the amount of time you are working currently. During difficult times we may need to allow our selves some free time to help alleviate some of our stress.
- If part of your stress is due to not having a direction for your future, you can explore your career options with your current counselor or visit with a career counselor here at the Counseling Center.
- There are also a couple of Virtual Workshops available at the Counseling Center website that explore careers and choosing a major.
- Career Planning classes (Education 124) are offered through the Counseling Center each semester. This allows for a thorough examination of you, your abilities, and your dreams.



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Social Wellness

The ability to relate well to others, both within and outside the family unit. Social Wellness endows us with the ease and confidence to be outgoing, friendly, and affectionate toward others. Social Wellness involves not only a concern for the individual, but an interest in humanity as a whole.

Ways to increase social wellness are:

- If you think that your relationships could be healthier, review the Virtual Workshop 'Building Healthy Relationships' at the NDSU Counseling Center website: www.ndsu.edu/counseling. You may also want to talk with a counselor about these issues.
- If you need more social interaction in your life, check out the many student organizations on our campus at the following website: www.ndsu.edu/memorial_union/studentorgs.
- If you need to make some new friends, review the Virtual Workshop, "Making New Friends" at the NDSU Counseling Center website: www.ndsu.edu/counseling.
- If you wish that you could speak more directly to people, telling them what you honestly think and feel, consider taking the Assertiveness Class, Education 125, through the NDSU Counseling Center.



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Environmental Wellness

The capability to live in a clean and safe environment that is not detrimental to health. To enjoy Environmental Wellness, we require clean air, pure water, quality food, adequate shelter, satisfactory work conditions, personal safety, and healthy relationships.

Ways to develop environmental wellness are:

- Make sure that your physical environment creates a safe and secure haven for you to live in. Check to see that you have secure and effective locks on your doors. If you are living with people who threaten your safety, be sure to mention that to your counselor, and make efforts to change your living arrangements.
- Be aware of safety issues on campus. If you need to walk on campus after dark, be sure to have someone accompany you, or call campus police for an escort.



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Intellectual Wellness

A state in which your mind is engaged in lively interaction with the world around you. Intellectual Wellness involves unbridled curiosity and ongoing learning. This dimension of wellness implies that you can apply the things you have learned, and that you create opportunities to learn more.

This area is usually fulfilled by the college experience. However, if you are not feeling challenged intellectually, **some ways to increase intellectual wellness are:**

- Check out some of the area museums, special exhibits, Brown Bag presentations sponsored by NDSU-YMCA, and the numerous theatrical productions presented in Fargo-Moorhead.
- Decide to learn something new. Decide on the subject and then research it to your heart's content. Share your new found information with others.
- Join or create a book discussion club.
- If you are experiencing academic difficulties, schedule an appointment with an academic counselor at our center who can help assess your problem and make recommendations for improvement. Classes in Study Skills (Education 123) are also offered each semester.



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