



what it takes

For All Students

October 8, 2023

Time to Think About Wellness

Hello Students,

It finally feels like fall, doesn't it? For many, it's that time of the semester where the fun of a new academic year may be starting to wear off and you are probably realizing that there's a lot to do and not enough time to do it.

Are you feeling overwhelmed with your assignments, classes, or work? Is it difficult to stay balanced in accomplishing all the things you need to do while still maintaining your social/family relationships, taking care of yourself, and trying to fit in some fun? Life is busy, and having a plan to manage it is vital to your success in all of these areas!

Let's talk a bit about wellness. You can take a completely free wellness assessment—and use your results to make a self-care action plan—using the U Matter platform provided by Princeton University. We encourage you to **take the quiz** and use your results to set some goals for the rest of the semester.

If you want to know more about wellness, Halbert Dunn (1961) defined the term “high-level wellness” as an optimal state of health that includes a sense of meaning and purpose, zest for life, social responsibility, developing habits to maximize personal potential for well-being, and acquiring the skills for adapting to the challenges of an ever-changing environment. That's a doozy of a definition. We can break it down into a few different dimensions though, and we have given you some suggestions below about how to engage with each one of them.

Physical Wellness: Drink water! Get outside and exercise for at least 30 minutes today. Take a trip to the fitness center or sign up for a class or activity on the WellRec app. Set a healthy eating goal, even if it starts with eating one veggie a day.

Emotional Wellness: Take a minute daily to assess how you are feeling and what those feelings mean for you. Keep a gratitude journal or commit to reflecting on something you are grateful for at the end of every day. If stress becomes overwhelming, visit the Center for Student Counseling relaxation room.

Occupational Wellness: Make sure you have goals to accomplish with school every day; go to class, start that assignment, and manage procrastination. Download the Shovel app, which is time management and study planner. Better yet, it's free for life if you download it this semester. Go to shovelapp.io/pfw for more info.

Social Wellness: Spend time with someone who is close to you; grab a coffee or lunch. Find one new social activity to try every month. Check out the PFW [Events Calendar](#) if you need ideas.

Intellectual Wellness: Find a topic or current event that challenges your thinking. Try to look at all perspectives associated with it. Learn one new thing that stimulates your curiosity each week.

Environmental Wellness: Clean up your room or study space! Get things organized so you can focus and do your best work. Do one thing that is good for the earth—recycle, plant something, or just take a walk and reflect on the beauty of the world around you.

Financial Wellness: Set one goal for this month. Maybe you can save \$50, get your financial aid paperwork in order, pay all your bills on time, or create a personal spending/saving budget.

Spiritual Wellness: Spend some time reflecting on your values and how you are living those values in your everyday life. Find a way to be kind and compassionate to someone else. Meditate, reflect, or connect with a spiritual practice that is meaningful to you.

You can't engage with all of these areas every day, so don't get overwhelmed by trying to do it all. Just choose a few goals to work on at a time to increase your overall well-being, happiness, and balance.

Stay well, Mastodons and Red Foxes!



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