



# Working on Your Wellness: An Ongoing Journey

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# Be Well. Do Well. GatorWell.

- Free health promotion services:
  - Wellness Coaching for Academic Success
  - Stress and Mindfulness Consultations
- Straightforward health information and resources
- Convenient locations across campus:
  - Main Office: Reitz Union, Level 1
  - Jennings and Springs
  - Health Hut



# Today we will...

- ▶ Describe the 9 dimensions of wellness
- ▶ Discuss available campus health and wellness resources
- ▶ Identify where you are with your wellness and determine ways to work on improving your wellness
  - ▶ You will need the handout (or a piece of paper) and a writing utensil

# Poll Everywhere

- ▶ Go to: **[pollev.com/gatorwelluf396](https://pollev.com/gatorwelluf396)** to join and respond
  - ▶ Instructions will be at the top of each page with a question too
- ▶ Quick Question:
  - ▶ When someone says “wellness”, what comes to mind?



< 9 dimensions



Visual settings



Edit



When poll is active, respond at [PollEv.com/gatorwelluf396](https://PollEv.com/gatorwelluf396)

**When you think of the word "wellness" what comes to mind?**

Loading...

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# The Nine Dimensions of Wellness





## FINANCIAL

Satisfaction with current and future financial situations. This dimension is about learning how to successfully manage expenses for both the short and long term, and not living beyond your means.



## PHYSICAL

Recognizing the need for physical activity, healthy food, and sleep. This dimension also involves seeking medical attention when needed and taking part in primary care/prevention screenings.



## INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills. This dimension involves having curiosity about the world around you and being a lifelong learner.



## OCCUPATIONAL

Personal satisfaction and enrichment from one's work. This dimension is also about being able to balance your responsibilities - academics, work, extracurricular, etc. while having time to do the things you enjoy.



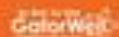
## CULTURAL

Creating and maintaining a positive, inclusive environment that values diversity and social justice. This dimension involves developing an awareness, knowledge and appreciation for one's identities and the identity of others.



## SOCIAL

Developing a sense of connection, belonging, and a well-developed support system. This dimension includes your relationships with friends and family as well as how you are connected to and involved in the community.



## SPIRITUAL

Expanding a sense of purpose and meaning in life. This dimension involves clarifying your values and beliefs. This area also deals with how you create meaning in your life and define your purpose.



## ENVIRONMENTAL


Good health by occupying pleasant, stimulating environments that support well-being. This dimension is about being aware of the natural and built environment. It looks at who and what you are surrounded by, how the environment impacts you, and how your actions impact the environment.



## EMOTIONAL


Coping effectively with life and creating satisfying relationships. This part of wellness looks at feelings and thoughts and how you cope with and react to your emotions. It helps you cope with the ups and downs of life by working on building resiliency.





INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills. This dimension involves having curiosity about the world around you and being a lifelong learner.



Strategies	Campus Resources
Assess and work with your learning style.	The Broward Teaching Center
Play brain games / puzzles.	<b>The UF Writing Studio</b>
Take a leisure course.	The Reitz Union
Explore the Arts on campus and in Gainesville.	<b>The UF Arts and Cultural Plaza</b>
Go to speaking events on campus.	The Disability Resource Center



# Occupational Wellness



## OCCUPATIONAL

Personal satisfaction and enrichment from one's work. This dimension is also about being able to balance your responsibilities - academics, work, extracurricular, etc. while having time to do the things you enjoy.



### Strategies

Make an appointment with the C3 for major/career exploration.

Attend the Career Fair.

Work on your time management.

Explore leadership opportunities on campus.

Network with individuals in your field.

### Campus Resources

**Career Connections Center (C3)**

Brown Center for Leadership and Service

Academic advising

GatorWell Health Promotion Services

The Disability Resource Center

# Physical Wellness



## PHYSICAL

Recognizing the need for physical activity, healthy food, and sleep. This dimension also involves seeking medical attention when needed and taking part in primary care/prevention screenings.



### Strategies

Walk or bike around campus instead of riding the bus.

Get a free flu shot at SHCC.

Visit a campus dietician.

Set up your bedroom for optimal sleep.

Carry a water bottle.

### Campus Resources

Student Health Care Center

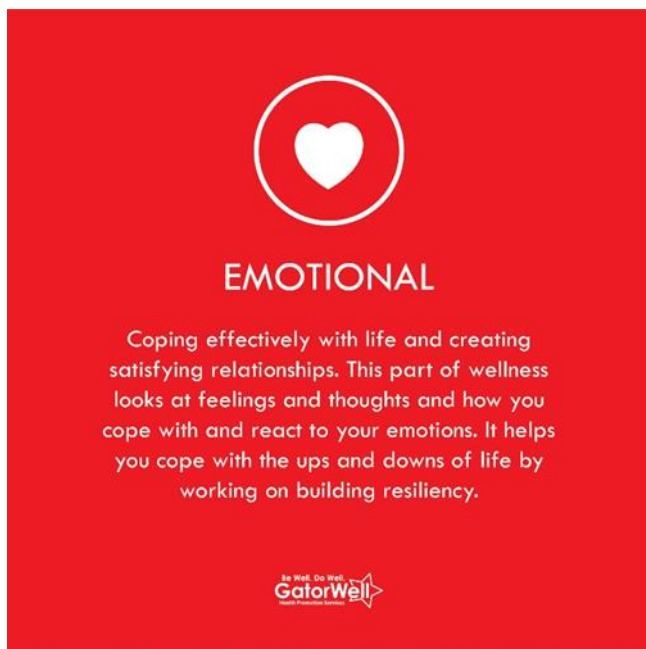
**RecSports**

GatorWell Health Promotion Services

Lake Wauburg through RecSports

**GatorGradCare**

# Emotional Wellness



Strategies	Campus Resources
Take breaks for your mental well-being.	<b>Counseling and Wellness Center</b>
Practice gratitude.	Dean of Students Office, CARE Team / U Matter
Have a “toolbox” of stress management strategies.	GatorWell Health Promotion Services
Practice positive self-talk.	<b>UF Mindfulness</b>
Talk to your friends and family about how you are feeling.	



SOCIAL

Developing a sense of connection, belonging, and a well-developed support system. This dimension includes your relationships with friends and family as well as how you are connected to and involved in the community.



Strategies	Campus Resources
Join a student organization.	<b>Student Activities and Involvement</b>
Stay connected with friends and family back home.	<b>Multicultural Diversity Affairs</b>
Participate in community service.	Brown Center for Leadership and Service
Attend campus events.	RecSports
Participate in intramurals.	



# Spiritual Wellness



**SPIRITUAL**

Expanding a sense of purpose and meaning in life. This dimension involves clarifying your values and beliefs. This area also deals with how you create meaning in your life and define your purpose.



Strategies	Campus Resources
Practice mindfulness.	<b>UF Mindfulness</b>
Do a value clarification exercise.	The Center for Spirituality and Health
Set goals.	GatorWell Health Promotion Services
Visit the reflection room on the 3 <sup>rd</sup> level of the Reitz.	<b>The Baughman Center</b>
Set aside time each day for self-reflection.	

# Environmental Wellness



Strategies	Campus Resources
Recycle.	The Office of Sustainability
Use reusable bags and refillable water bottles.	UF/IFAS Extension Program
Spend time outside.	<b>Center for Outdoor Recreation and Education (CORE)</b>
Participate in a campus or community clean up.	RecSports Outdoor Facilities (Lake Wauburg, pools, tennis)
Organize your environment to promote health and productivity (ex. sleep, studying, motivation).	<b>Field and Fork Farm, Gardens and Pantry</b>



## FINANCIAL

Satisfaction with current and future financial situations. This dimension is about learning how to successfully manage expenses for both the short and long term, and not living beyond your means.



### Strategies

Create a budget and stick to it.

Talk to a financial advisor.

Open a savings account.

Use coupons.

Take a course about managing your finances.

### Campus Resources

**Office of Student Financial Aid and Scholarships**

Field and Fork Pantry

**Career Closet**

Cash Course (online and free to UF students)

Career Connections Center



## CULTURAL

Developing awareness, knowledge, and appreciation for one's identities and the identities of others. Ability to create and maintain a positive, inclusive environment that values inclusivity, diversity, and social justice.



### Strategies

Learn about your own identity and culture

Join a student organization

Explore inclusion and diversity

Get involved with social justice

Take a course about identities and cultures

### Campus Resources

Multicultural and Diversity Affairs

**Disability Resource Center**

CARE Team

Counseling and Wellness Center

**UF International Center**





Activity:  
Where are you  
at with your  
wellness?

# Wellness Self Reflection

- ▶ Based on each dimension and the questions on the following slides, consider how **often you agree** with the statement.
  - ▶ Use your handout (or paper) and writing utensil to keep a tally or calculate in your mind, this is for you!
  - ▶ Total for each area of wellness
- ▶ Some questions adapted from the Princeton U\_Matter Wellness Self-Assessment:  
<https://umatter.princeton.edu/sites/umatter/files/media/princeton-umatter-wellness-self-assessment.pdf>



# Intellectual Wellness

Consider:	How Often?
Do you participate in activities to expand your knowledge?	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Do you learn about new people and cultures?	
Do you travel/explore?	
Do you take brain breaks/challenge your brain to work in new ways?	



## INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills. This dimension involves having curiosity about the world around you and being a lifelong learner.



Consider:	How often?
Do I get personal satisfaction and enrichment from the work I do?	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Can I balance my work and social life well?	
Do I seek ways to improve my skills and knowledge?	
Can I handle any stress related to work?	



## OCCUPATIONAL

Personal satisfaction and enrichment from one's work. This dimension is also about being able to balance your responsibilities - academics, work, extracurricular, etc. while having time to do the things you enjoy.





Consider:	How often?
Do I engage in regular exercise? (30 mins 5x/week)	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Do I get enough sleep? (7-9 hours/night)	
Do I fuel my body well with food that sustains me?	
Do you get regular exams? (eye, dental, annuals, etc.)	



## PHYSICAL

Recognizing the need for physical activity, healthy food, and sleep. This dimension also involves seeking medical attention when needed and taking part in primary care/prevention screenings.



Consider:	How Often?
Do I take guilt-free breaks for myself?	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Can I easily express my emotions?	
Can I make decisions easily?	
Am I resilient and able to bounce back after disappointment or a problem?	



## EMOTIONAL

Coping effectively with life and creating satisfying relationships. This part of wellness looks at feelings and thoughts and how you cope with and react to your emotions. It helps you cope with the ups and downs of life by working on building resiliency.

Consider:	How Often?
Do I communicate effectively with those in my life?	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Can I consider the feelings of others and not act in selfish or hurtful ways?	
Do I participate in a wide variety of social activities?	
Do I feel supported and respected in my close relationships?	



## SOCIAL

Developing a sense of connection, belonging, and a well-developed support system. This dimension includes your relationships with friends and family as well as how you are connected to and involved in the community.



Consider:	How Often?
Do I know my values and beliefs and aim to live by them?	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Do I feel like my life has meaning and purpose?	
Do I take time for self-reflection about what is important to me?	
Do I have a sense of connection to others and/or something larger than myself?	



## SPIRITUAL

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Consider:	How Often?
Do I practice environmentally conscious behaviors? (Recycling, reusable bags, etc.)	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Do I contribute to improving the environment?	
Do I recognize how various environments impact me?	
Do I utilize resources that can help improve my environment?	



## ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being. This dimension is about being aware of the natural and built environment. It looks at who and what you are surrounded by, how the environment impacts you, and how your actions impact the environment.



Consider:	How Often?
Can I create and stick to a budget?	Never = 1 Rarely = 2 Sometimes = 3 Usually = 4
Do I try to balance wants and needs with my finances?	
Am I satisfied with my current financial situation?	
Do I seek out ways to improve my financial situation?	



## FINANCIAL

Satisfaction with current and future financial situations. This dimension is about learning how to successfully manage expenses for both the short and long term, and not living beyond your means.



Consider:	How Often?
Do I take time to learn about my own identity and culture?	<b>Never = 1</b> <b>Rarely = 2</b> <b>Sometimes = 3</b> <b>Usually = 4</b>
Do I work to create an inclusive environment?	
Do I take advantage of opportunities to explore inclusion and diversity?	
Do I advocate for social justice?	



## CULTURAL

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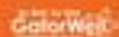
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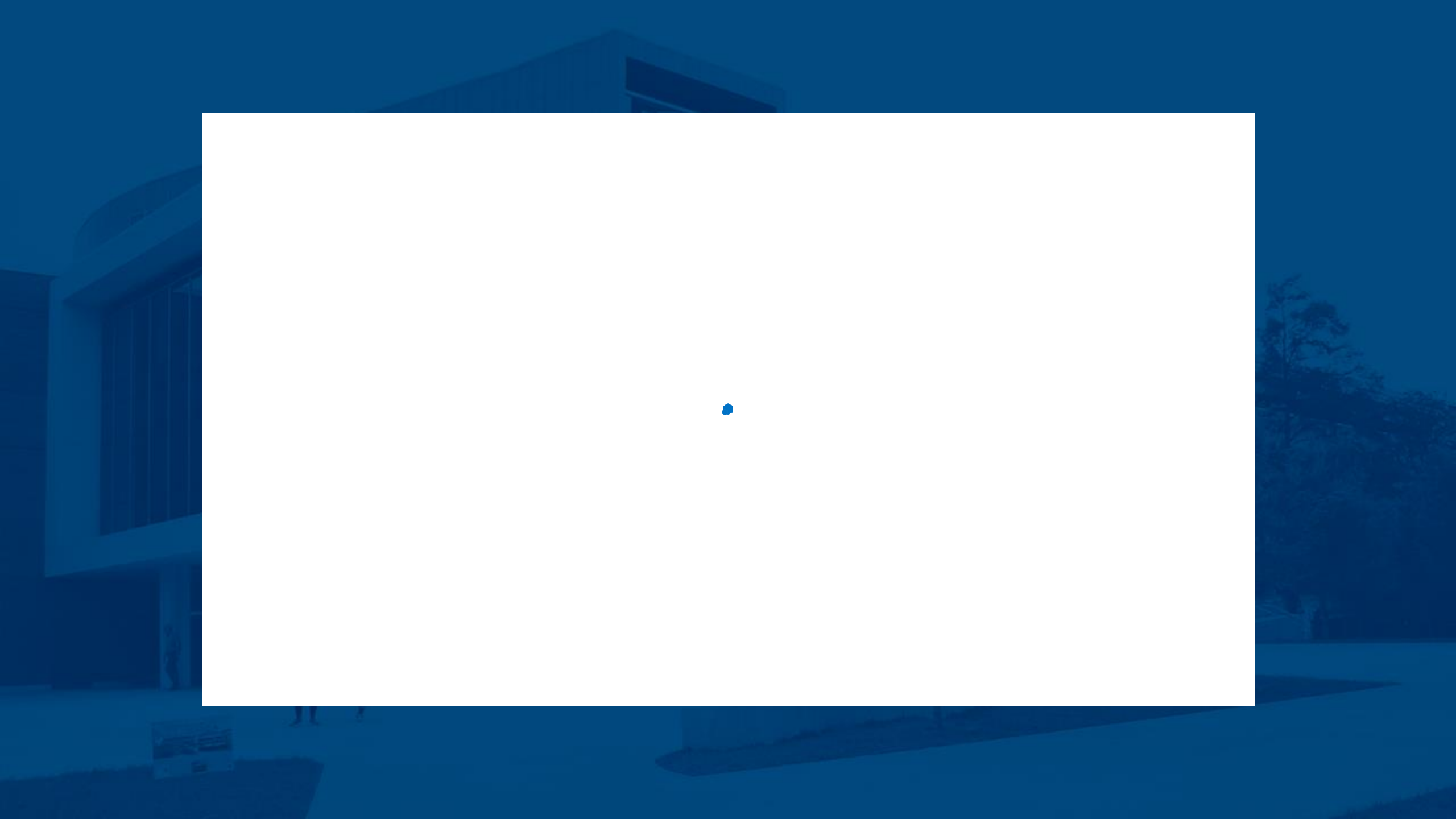
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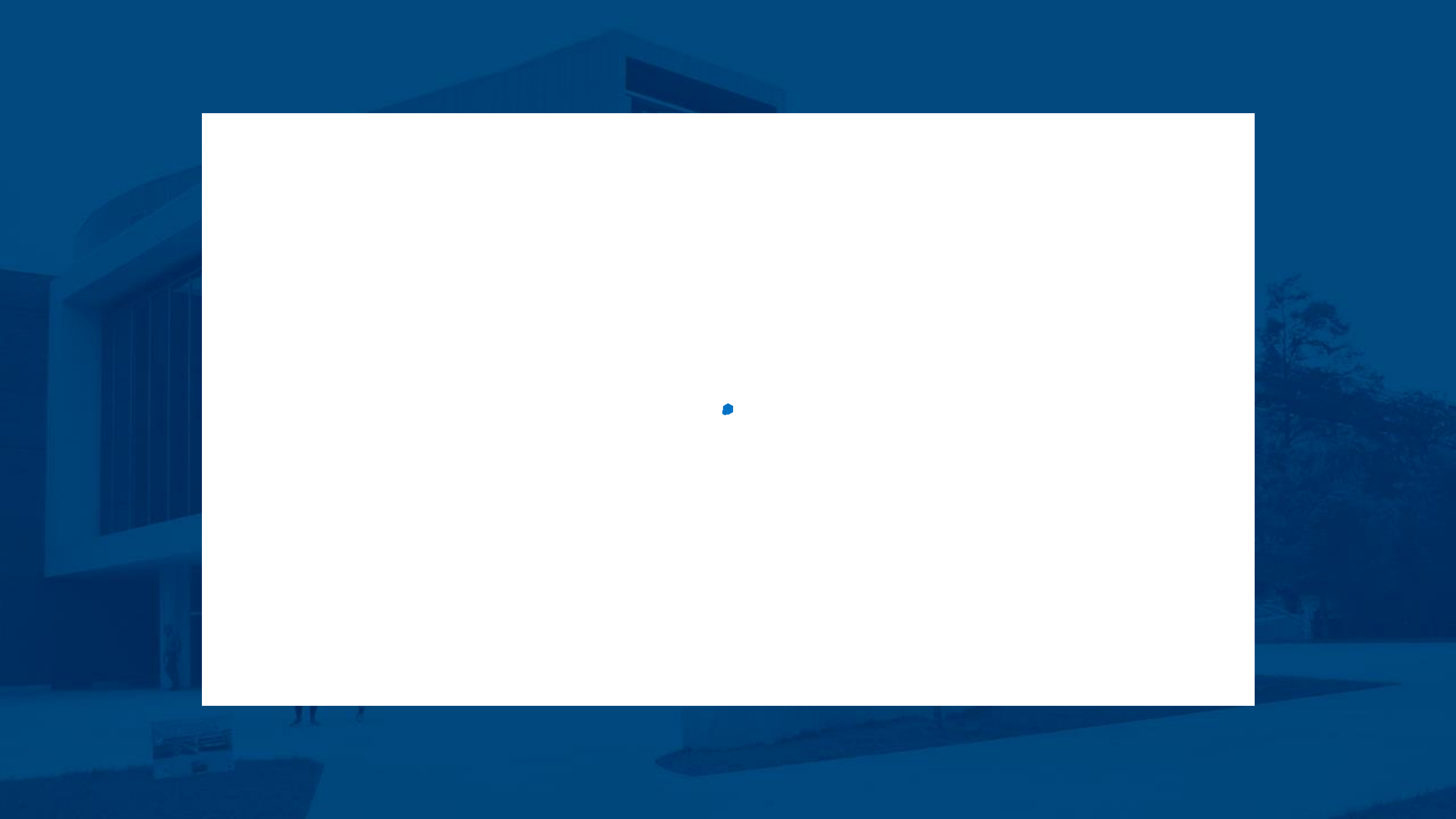


**What dimension is currently  
your strongest?**





**What dimension needs more  
attention/love/respect?**







# Activity Recap

# Group Discussion and Brainstorm



# Small Group Discussion

- ▶ Will split into break out rooms
  - ▶ Go to the room with the area of wellness you want to **work on/improve in**
  - ▶ Questions in the Zoom chat and broadcast once in the rooms
  
- ▶ 15 mins
  - ▶ 3 mins - 1: Share one area of wellness that ***is going well*** for you right now and why
  
  - ▶ 5 mins - 2: Share an area of wellness that is ***not*** going as well as you would like right now and what you might want it to look like moving forward/during your graduate program
  
  - ▶ 7 mins - 3: Brainstorm/discuss together ways you could work on your wellness.  
\*Let the individual share first who wants to work on that area if they have any ideas\*

# Moving Forward

- ▶ Set one mini goal to help you work on a dimension of wellness
- ▶ Make it SMART
- ▶ Consider:
  - ▶ Accountability
  - ▶ Motivation
  - ▶ Support

## SMART GOALS

**S**pecific: The details — who, what, where.

**M**easurable: Quantify your goal.

**A**ttainable: Is this goal realistic and manageable for you to achieve?

**R**elevant: Is this important to you?  
Are you motivated to work on it?

**T**imebound: When will you accomplish your goal?





**What is one thing you will start  
doing in the next 2 weeks to work  
on your wellness?**

**Q & A**

**GatorWell Website: [gatorwell.ufsa.ufl.edu/](http://gatorwell.ufsa.ufl.edu/)  
Find us on Social Media @UFGatorWell**

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