

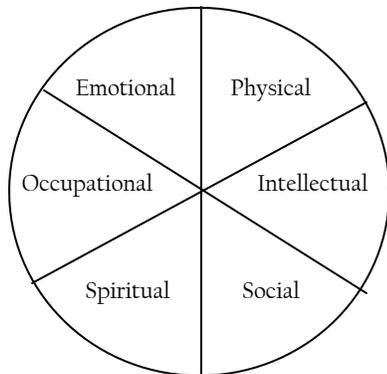


Personal Wellness

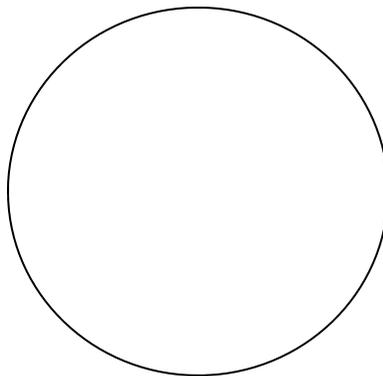
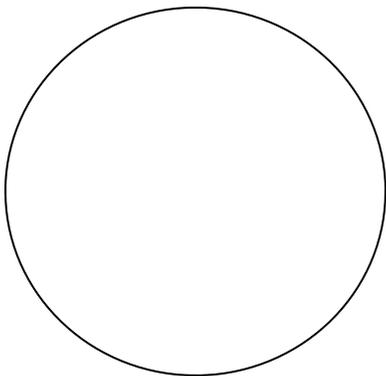
Taking care of yourself in college is probably the most important thing you can do, and is often times the first thing to be forgotten when times get rough. Classes, work, social activities, leadership roles, and family commitments are all very important. However, it is also important to ensure that you get some much needed personal time and attention.

Making the time to do things for YOU will not only help to make you a healthier person, it will increase your success and happiness in your other commitments as well. Think about ways you can start putting yourself first. Think it's impossible? These tips, warning signs, and tools, will help you pay more attention to your personal wellness and find balance in your hectic life!

The Wellness Wheel



Using the model of the wellness wheel above, complete the two wheels below according to your current state of wellness and balance. Divide the wheel on the left according to how you currently spend your time and divide the wheel on the right according to how you would like to spend your time.



What steps can you take to begin making this transition?

Questions to Ponder....

- Do you constantly feel tired?
- Do you skip meals because you are too busy to stop?
- Do you feel overwhelmed by your tasks and obligations?
- Do you ever need a stimulant, such as coffee, to get you through?
- Do you turn to fast food and instant meals because you are too busy to cook?
- Do you tend to skimp on exercise or meditation whenever something urgent needs doing?
- Do you find yourself saying "Hurry Up!" to your partner, your friends, your dog?
- Do you feel a pressure in your chest or gut at traffic lights, in queues, waiting for things to download on your computer?
- Do you go for hours without laughing?
- Do you suffer from tension headaches?
- Do you spend more than two thirds of your waking hours indoors?
- If you answered "yes" to several of these questions, your body may be functioning in overdrive! It may be time to rethink your lifestyle and find ways to achieve balance between work and play.

Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life.



-anonymous

Quick Tips

The Seven Dimensions 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.

Emotional Wellness: The ability to understand your own feelings, accept your limitations, achieve emotional stability, and become comfortable with your emotions.

Environmental Wellness: The capability to live in a clean and safe environment that is not detrimental to health.

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.

Intellectual Wellness: A state in which your mind is engaged in lively interaction with the world around you.

Social Wellness: The ability to relate well to others, both within and outside the family unit.

Occupational Wellness: Preparing and making use of your gifts, skills and talents in order to gain purpose, happiness and enrichment in your life.

Want to see how in tune you are with the seven dimensions of wellness? Check out the online wellness inventory at <http://www.vto.vt.edu/owrc/dmsn.php?did=inv>

Pieces of Leadership
brochures are available on
the following topics:

Budgeting
Communication
Conflict Resolution
Delegation
Facilitation
Goal Setting
Group Dynamics
Ice Breakers/Team Builders
Mission Statements
Motivation
Officer Transition
Peer Supervision
Program Planning
Qualities of a Good Leader
Running a Good Meeting
Stress Management
Time Management
Wellness

The information provided in this brochure was adapted from:

*North Dakota State University, Wellness Center
www.care2.com
Virginia Tech Online Resource Center
Hettler (1980), Wellness Promotion on a
University Campus*

For more information on the topics listed above or to access the resources in our Leadership Library, please visit the

**Office of Student Activities and
Leadership Development**

Located on the
First Floor of the
Usdan University Center
860-685-2460

or check out our website at

<http://www.wesleyan.edu/stuact/>

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Tips for the Wesleyan Leader

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*Building your Leadership
one piece at a time...*