

STUDENT WELLNESS DIMENSIONS



The **Student Wellness Dimensions** is a visual representation of all the factors that may impact our students academic attainment. To illustrate how each of these characteristics affects a person's life, we use the wellness wheel model. The following aspects of the circle are: social, emotional, financial, environmental, physical, intellectual, occupational, and spiritual. An inner circle with the word "You" sits in the middle of our wheel, symbolizing all the identities that our students carry with them throughout life (ex. athlete, female, first-gen college student, oldest sibling, etc.). These identities have an effect on how a student may perceives and engages with the wellness dimensions, but also helps us understand how the wellness dimension may influence the students ability to express themselves through one or more identities.

WELLNESS DIMENSIONS

SOCIAL

Social Wellness is the ability to establish healthy connections and able to respect oneself and others around you. In this dimension, students can ask themselves, "Can I establish boundaries?"

EMOTIONAL

Emotional Wellness is having the capacity to successfully manage their emotions and helps students have a higher sense of self. In this dimension, students can ask themselves, "Can I communicate my emotions effectively?"

FINANCIAL

Financial Wellness refers to a student having the skills necessary to respond to financial emergencies. This helps students create realistic goals and enhance the ability to budget. In this dimension, students can ask themselves, "Do I have a financial plan for the future?"

ENVIRONMENTAL

Environmental Wellness empowers students to be conscious of their surroundings, manage available resources and cultivate a positive relationship with nature. In this dimension, students can ask themselves, "Am I limiting power consumption at home?"

WELLNESS DIMENSIONS

PHYSICAL

Physical Wellness is having the ability to maintain a healthy connection with their bodies. For example, exercising regularly, drinking enough water, good hygiene and more. In this dimension, students can ask themselves, "Am I taking good care of myself?"

INTELLECTUAL

Intellectual Wellness is a student's ability to continuously learn and share their knowledge with others. In this dimension, students can ask themselves, "Am I learning new skills?"

OCCUPATIONAL

Occupational Wellness refers to students ability to balance, work, school and personal life in a healthy and positive manner. In this dimension, students can ask themselves, "Am I making progress towards my career goals?"

SPIRITUAL

Spiritual Wellness guides students to find their peace. It provides room for mindfulness, self-reflection and gratitude. In this dimension, students can ask themselves, "What is my purpose in life?"

WE ARE NOT 100% IN ALL DIMENSIONS AND THAT IS OKAY!

As students, you play multiple roles in your life - you are athletes, students, children, caretakers, etc. It is completely normal to feel like you are 100% in one dimension but not in any other and that is okay. This does not mean that you are an "unhealthy" person, however, not paying 100% to your needs can impact all the other dimensions. It is important to note that one dimension is not more important than another. Sometimes unexpected life events can impact how you are doing in a dimension. The Student Wellness Dimension is intended for students to recognize areas in life that are going well and areas that can improve, all while learning about applicable supports.

EACH DIMENSION CAN REPRESENT SOMETHING DIFFERENT TO ALL OF US.

Many of the aspects of wellness overlap in most things we do in life. It is important to remember that our life experiences are different than anybody else's. This means that one dimension can mean something different to you depending on your identity (and life experiences) compared to someone else's. Be mindful of the words you say and actions you do that can negatively impact the wellbeing of yours and others.

BCCHS IS READY TO SUPPORT YOU!

If you feel like you need additional support in improving a certain dimension, BCCHS staff is here to support! Reach out to your Counselor or PSW.

RESOURCES FOR IMPROVING/MAINTAINING WELLNESS

SOCIAL



<https://my-personality-test.com/true-colours>

PHYSICAL



<https://collegeinfo geek.com/improve-fitness-without-gym/>

EMOTIONAL



<https://collegeinfo geek.com/feeling-overwhelmed/>

INTELLECTUAL



<https://www.artofmanliness.com/character/habits/podcast-581-the-tiny-habits-that-change-everything/>

FINANCIAL



<https://www.khanacademy.org/college-careers-more/personal-finance>

OCCUPATIONAL



<https://www.khanacademy.org/college-careers-more/career-content>

ENVIRONMENTAL



<https://collegeinfo geek.com/easy-ways-to-be-eco-friendly/>

SPIRITUAL



https://www.youtube.com/watch?v=ssss7V1_eyA

YOU

WELLNESS
DIMENSION

Find more resources by visiting:
<https://sites.udel.edu/studentwellness/wellness-dimensions/>