



The Eight Dimensions of Wellness: Keeping your health & well-being in check

Because “wellness” is a multi-dimensional term that encompasses aspects of mental, emotional and physical health, breaking it down into dimensions can assist with evaluating one’s overall well-being. The eight dimensions of wellness require ongoing attention to achieve improved quality of life and greater resilience for dealing with challenges and adversities.

Intellectual Wellness

Expanding your knowledge and skills by opening your mind to new ideas and intellectually stimulating activities, thinking critically and seeking out new challenges.

Questions to Help Improve Intellectual Wellness

If you're struggling in a class or with studying or managing your time, do you seek out help?

Are you aware of your own strengths and stressors and the study habits that work best for you?

Social Wellness

Building relationships with others, dealing with conflict appropriately and connecting with a positive social network.

Questions to Help Improve Social Wellness

Are you aware of the student groups and organizations offered on campus? Do any of these interest you?

What types of leisure activities do you enjoy or would be interested in exploring?

Are your relationships stimulating and positive? Do they encourage personal growth?

Get Involved: Intellectual Wellness

- › Participate in the Clarkson College Supplemental Instruction program.
- › Become involved with academic and professional organizations on and off campus.
- › Attend professional development workshops, conferences and seminars.
- › Volunteer to be a part of a research study or nonprofit group.
- › Become a tutor or participate in a study group.

Get Involved: Social Wellness

- › Make an effort to spend time with your roommates, friends and family.
- › Join a student organization that interests you.
- › Take a trip overseas with Academic Travel Abroad.
- › Devote time for leisure activities and entertainment.

Get Involved: Physical Wellness

- › Develop an exercise routine you find enjoyable.
- › Incorporate fruits, vegetables and lean proteins into your daily diet, and limit your intake of fast food.
- › Seek help for any substance abuse or other unhealthy habits.

Physical Wellness

Recognizing the need for physical activity, healthy foods and adequate sleep.

Questions to Help Improve Physical Wellness

Are you aware of the on-campus and nearby fitness facilities and outdoor bike/walking trails?

Do you know who to contact for help with combating drug and alcohol abuse or smoking addiction?

Get Involved: Spiritual Wellness

- › Be open to different cultures and religions.
- › Define personal values and ethics, and make decisions that complement them.
- › Join Campus Crusade, stop by a Diversity Council event or attend a free yoga session on campus.
- › Schedule a free appointment with the personal counselor on campus or with another professional counselor who is a part of our off-campus counseling service.

Spiritual Wellness

Finding meaning in life events, demonstrating individual purpose and leading a life that reflects your own values and beliefs.

Questions to Help Improve Spiritual Wellness

What brings your life meaning?

Who or what do you rely on for support?

What gives you strength or helps keep your life in balance?

Environmental Wellness

Placing yourself in pleasant, stimulating environments that support well-being.

Questions to Help Improve Environmental Wellness

Do you currently utilize any public services or campus resources?

Do you feel a connection with or a responsibility to take care of the environment?

Would you know where to turn to help yourself or someone else involved in an unsafe situation or relationship?

Emotional Wellness

Having a positive attitude, high self-esteem, a strong sense of self-regard and the ability to recognize and express your feelings to others.

Questions to Help Improve Emotional Wellness

How do you cope with stressors at school, in your personal life and at work?

Do you feel you are aware of and able to control your own emotions?

What do you do to find comfort or bounce back when things don't go as planned?

Get Involved: Environmental Wellness

- › Find a favorite study spot.
- › Keep your living space clean.
- › Educate yourself about support services on campus and within the community.
- › Be aware of your surroundings at all times.
- › Be mindful of your impact on the environment.

Get Involved: Emotional Wellness

- › Be sensitive to your feelings and the feelings of others.
- › Learn and practice effective strategies to cope with stress.
- › Be realistic about your expectations and time.
- › Schedule a free appointment with the personal counselor on campus or with another professional counselor who is a part of our off-campus counseling service.