

# The ROOTS of Wellbeing

INTELLECTUAL  
EMOTIONAL  
PHYSICAL  
FINANCIAL  
ENVIRONMENTAL  
SOCIAL  
SPIRITUAL

## ENVIRONMENTAL WELLNESS

is being aware of the interactions between the environment, the community and ourselves.

## INTELLECTUAL WELLNESS

is being open to new ideas and seeking new challenges.

## EMOTIONAL WELLNESS

is the ability to notice and recognize all feelings without judgement and to express feelings in a constructive way.

## SPIRITUAL WELLNESS

is finding connection and meaning with the world and people around us.

## FINANCIAL WELLNESS

is understanding the process of sustaining ourselves financially for the short and long term while maintaining a balanced relationship with money.

## SOCIAL WELLNESS

is the ability to build meaningful connections with others and to help cultivate a supportive community.

## PHYSICAL WELLNESS

is taking care of your body for optimal health and functioning.

**TRY THESE!**  
Nourish  
**YOUR ROOTS**

Here are some self-care practices & activities you can use to support various dimensions of wellness

Identify and seek out things that bring you **joy**

**express gratitude**

Appreciate the bounty of fall...

- take a walk & enjoy the color!
- Eat a fresh, local apple!

**ENGAGE YOUR INTELLECT IN NEW AREAS**

**enjoy sexual intimacy**

do something where you don't feel pressure to excel

**SPEND SOME TIME ALONE EVERY DAY**

**\$** Get help to understand your finances



**The Stall Street Journal**  
the Student Wellness Center  
3rd Floor Robo | 603.646.9414