

## Seven Dimensions of Wellness

Take a look at the survey that you just completed. Congratulate yourself on the area(s) in which you scored highly. Remember that every positive choice you make, no matter how small, is a step in the right direction and important to a healthy lifestyle.

Now, take a look at the area(s) in which you scored lower. Your willingness to consider improving your lifestyle is the first step. Check out the ideas below to help you to improve your wellness in the dimensions in which you are struggling.

### Physical Wellness

Physical wellness encompasses a variety of healthy behaviors including: adequate exercise, proper nutrition, and abstaining from harmful behaviors like drugs use and alcohol abuse.

#### Fitness

Experts recommend 30 minutes or more of physical activity most days of the week. Physical fitness includes the following components: flexibility, muscle strength, and endurance (aerobic).

*For more information:* American College of Sports Medicine [www.acsm.org](http://www.acsm.org) and American Council on Exercise [www.acefitness.org](http://www.acefitness.org).

*On campus resources* – UND Wellness Center [www.wellness.und.edu](http://www.wellness.und.edu)

#### Nutrition

Experts recommend eating a balanced meal by paying attention to serving size and using the food pyramid as a guide. The USDA (United States Department of Agriculture) recommends a diet that is rich in whole grains, fruits, vegetables, and calcium-rich foods. Adult should have less than 30% of their daily calorie intake from fat and less than 10 % of their daily intake from saturated fat.

*For more information:* USDA MyPyramid.gov <http://www.mypyramid.gov/>, Ask the Dietitian, Link to health with good nutrition [www.dietitian.com](http://www.dietitian.com) Food and Nutrition Information Center <http://www.nal.usda.gov/fnic/> and The Vegetarian Resource Group [www.vrg.org](http://www.vrg.org).

*On-campus resources:*

Dining Services, <http://www.dining.und.edu>

Student Health Services Dietitian, <http://www.undstudenthealth.com/dietitian.html>

Wellness Center Dietitian, <http://wellness.und.edu/nutrition/>

#### General

Periodic health screenings are one of the best ways to detect diseases early, before a person shows symptoms. Your health care provider will recommend periodic exams and screenings based on your current conditions, risk factors, age, sex, and family history. Baseline and periodic measurements of cholesterol, blood pressure, weight, height, and body mass are recommended. Dental and eye examinations, as well as pap tests and clinical breast examinations for women, are encouraged on a yearly basis. Breast and testicular self-exams are recommended monthly.

Healthy sleeping habits can help to fight off disease and improve your mental proficiency; it is recommended that adults get 7- 8 hours of sleep every night.

*For more information:* Medline Plus [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus) HealthFinder [www.healthfinder.gov](http://www.healthfinder.gov), MayoClinic.com [www.mayoclinic.com](http://www.mayoclinic.com), and Web Medicine <http://www.webmed.com>

*On-campus resources:* Student Health Services [www.undstudenthealth.com](http://www.undstudenthealth.com)

#### Sexual Health

Abstinence and barrier methods (also know as “safer sex” methods) like condoms and dental dams can greatly reduce your risk of contracting a sexually transmitted infection.

*For more information:* American Social Health Association [www.ashastd.org](http://www.ashastd.org) and CDC National Center for Infectious Diseases [www.cdc.gov/ncidod/index.htm](http://www.cdc.gov/ncidod/index.htm), and Smarter Sex.Org <http://www.smartersex.org>

#### Alcohol

Responsible drinking includes: drinking no more than 4 drinks in a sitting, not drinking and driving, avoiding risky behaviors and situations, and feeling free to make the decision whether to drink or not. Misuse and abuse of alcohol can lead to serious consequences including: injury to yourself or others, legal complications, and even death.

*For more information:* Facts on Tap [www.factsonatp.org](http://www.factsonatp.org), National Institute of Health, National Institute on Alcohol Abuse and Alcoholism [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

*Campus Resources:* ADAPT – Alcohol and Drug Abuse Prevention Team, Office of Substance Abuse Prevention, University Counseling Center [www.und.edu/org/adapt](http://www.und.edu/org/adapt)

### Tobacco

No amount of smoking is healthy or safe! All tobacco products are unsafe and all can cause cancer. Second-hand exposure to tobacco smoke is also very dangerous and can cause cancer. If you smoke, kick the habit – for your health and those around you. UND Student Health Services offers tobacco cessation services to students.

*For more information:* QuitNet, Quit All Together [www.quitnet.com](http://www.quitnet.com), Freedom from Smoking <http://www.lungsusa.org/> Dr. Bob's Quit Smoking Page <http://unr.edu/homepage/shubinsk/smoke.html>

*Campus Resources:* Student Health Services, Free Quit Kits, 1-1 Cessation Support & Office Visits, Call 777-2097 for appointments. <http://www.undstudenthealth.com/:tobacco>

### **Environmental Wellness**

Environmental wellness includes protecting the earth and its resources and modifying your surroundings to help you achieve a healthy lifestyle. Some ideas to help you improve your environmental well being are: conserve water and other natural resources; reduce, reuse, recycle, minimize your exposure to chemicals, and renew your relationship with the earth. Environmental wellness also includes modifying your environment to remove or minimize barriers. For example, rearranging your work area to allow you to be more productive.

*For more information:* Earth Times.org [www.earthtimes.org](http://www.earthtimes.org), Environmental Protection Agency [www.epa.gov](http://www.epa.gov), and Greenpeace.org [www.greenpeace.org](http://www.greenpeace.org)

*Campus Resources:* Facilities [www.und.edu/dept/facilities](http://www.und.edu/dept/facilities) Energy and Environmental Research Center [www.eerc.und.nodak.edu/](http://www.eerc.und.nodak.edu/) and Soaring Eagle Prairie Garden <http://www.und.edu/org/soaringeagleprairie/>

### **Spiritual Wellness**

Spiritual wellness is a lot more than religion. It is a set of beliefs, principles, or values that guide your life. Increase your spiritual well-being by: exploring your spiritual core, being inquisitive and curious, listen to your heart and following your principles, and allow yourself and others around you the freedom to be who they are.

The Bible Gateway <http://bible.gospelcom.net/bible> Spiritual Wellness [www.globalseve.net/~megensr/wellness/spirit/spirit.htm](http://www.globalseve.net/~megensr/wellness/spirit/spirit.htm)

*Campus Resources:* Lotus Meditation Center <http://www.und.edu/dept/oip/html/lotusctr.htm>, Wittenberg Lutheran Chapel <http://home.sprynet.com/~pbuchhop/wittenberg/index.html>, Christus Rex <http://www.christus-rex.org/>, Newman Center <http://www.und.edu/dept/newman>

### **Emotional/Psychological Wellness**

Emotional/Psychological wellness is having the ability to feel and express emotions, like happiness, sadness, and anger. Emotional/Psychological wellness is also the ability to manage stress, possess self-esteem and self-acceptance, and appropriately sharing your feelings with others. Emotional wellness skills include: seeking and providing support, learning time management skills, practicing stress management skills, and accepting and forgiving yourself.

*For more information:* National Institute of Mental Health <http://www.nimh.nih.gov>, Internet Mental Health <http://www.mentalhealth.com/> and American Institute of Stress [www.stress.org](http://www.stress.org),

*Campus Resources:* Counseling Center <http://www.ucc.und.edu> Lotus Meditation Center <http://www.und.edu/dept/oip/html/lotusctr.htm>, and UND Psychological Services Center 701-777-3691.

### **Intellectual Wellness**

Intellectual wellness is striving to improve your intellect and your creative spark. Things you can do to learn more about the world include: taking a course or workshop, learning a foreign language, reading for personal enjoyment, seeking out persons who challenge you intellectually, and taking up a hobby. Stick to a budget to keep debt in check and read the fine print on all contracts. Making health decisions based on solid scientific evidence obtained from reliable sources is also part of intellectual wellness.

*For more information:* Quack Watch <http://www.quackwatch.org/>, and Credit Healthy.com [www.credithealthy.com](http://www.credithealthy.com),

*Campus Resources:* Burtness Theatre [www.theatre.und.edu](http://www.theatre.und.edu) , Learning Center <http://www.und.edu/dept/ULC/>, North Dakota Museum of Art <http://www.ndmoa.com/> , the Writing Center [www.und.edu/dept/wac/](http://www.und.edu/dept/wac/) , and the Financial Aid Office [www.und.edu/dept/finaid/](http://www.und.edu/dept/finaid/)

### **Occupational Wellness**

Occupational wellness involves preparing and making use of your skills and talents. Finding a career that is meaningful, enjoyable and rewarding is vital to job satisfaction. Ideas to help you in the area of occupational wellness: explore career options, create a vision of your future, and be open to learning new skills.

*For more information:* Hot Jobs.com <http://hotjobs.yahoo.com/>, National Job <http://nationjob.com/jobsearch.html> , and Job Service North Dakota [www.state.nd.us/jsnd/](http://www.state.nd.us/jsnd/)

*Campus Resources:* Career Services [www.career.und.edu/](http://www.career.und.edu/) and Career Counseling Center <http://www.und.edu/dept/counsel/career/>

### **Social Wellness**

Social wellness is about receiving and giving support to family and friends, enhancing diversity and becoming active in issues that you care about. Some ideas to get you started include: interacting with people of other cultures, backgrounds, and beliefs, cultivating healthy relationships, sharing your talents and skills, contributing to your community, and communicating your thoughts, ideas and feelings.

*For more information:* GreekPages.com [www.greekpages.com/index2.cfm](http://www.greekpages.com/index2.cfm) .

*Campus Resources:* UND Student Life <http://www.und.edu/student/> Multicultural Student Services <http://www.und.edu/dept/erabell/>, Office of International Programs [www.und.edu/dept/oip/](http://www.und.edu/dept/oip/), American Indian Student Services [www.und.edu/dept/aiss/](http://www.und.edu/dept/aiss/), UND Conflict Resolution Center [www.und.edu/dept/crc/](http://www.und.edu/dept/crc/), and UND Women's Center [www.und.nodak.edu/dept/womenctr](http://www.und.nodak.edu/dept/womenctr)

Prepared by:

