BE WELL & THRIVE

Student Wellness activity book for stress relief and enjoyment
Be well & thrive

Student Wellness supports student success by promoting a holistic wellness model through 8 Dimensions of Wellness. We use these dimensions to guide our programs and services to help define what wellness means to you.

Our services are available for all UNC-CH students. Services include Alcohol and Other Drug Prevention Services, Wellbeing Support for First Generation and Students of Color, SHARE Services (Sexual Health and Relationship Education), Carolina Recovery Community, and the Healthy Heels Ambassadors (hhah) Peer Education Program.

Sections of this book contain a coloring page and activity-related to the 8 Dimensions of Wellness. Enjoy!

For more information on our programs and services: studentwellness.unc.edu.
A person practicing emotional wellness can identify, express, and manage the entire range of feelings and would consider seeking assistance to address areas of concern.
Reflection fosters personal growth. Reflecting on how you manage your stress will allow you to begin learning how to express your emotions in positive ways and be resilient during stressful times.

Take a moment to write down and process your stressors in the grid below.

<table>
<thead>
<tr>
<th>WHAT IS STRESSING ME?</th>
<th>HOW DOES IT MAKE ME FEEL?</th>
<th>WHAT CAN I DO?</th>
<th>HOW CAN OTHERS HELP?</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORNING</td>
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<tr>
<td>MIDDAY</td>
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<td>AFTERNOON</td>
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<td>EVENING</td>
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<td>DURING CLASS</td>
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</tbody>
</table>
A person practicing financial wellness is fully aware of their financial state, budgets, saves, and manages finances in order to achieve realistic goals.
A person practicing physical wellness understands and respects their own and others’ bodies. This can include getting adequate sleep, eating a variety of nutrient-dense foods, moving their body in ways they enjoy, and practicing safe and healthy physical relationships.
See how many of the items below you can work into your routine.

Share your progress with us on Twitter (@UNCHHealthyHeels) and you may just win a prize!

NUTRITION ACTIVITIES

☐ Eat at least 5 servings of fruits and vegetables
☐ Incorporate a different protein source with each meal
☐ Drink at least 8 cups of water each day
☐ Limit sugary beverages
☐ Limit processed foods

PHYSICAL ACTIVITIES

☐ Get 7-9 hrs of sleep per night
☐ 50 jumping jacks/day
☐ 50 crunches/day
☐ 20 pushups/day
☐ Walk instead of taking bus
☐ Use stairs instead of elevator
☐ 20 min of cardio (walking or running)

OTHER PHYSICAL WELLNESS GOALS

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
ENVIRONMENTAL WELLNESS

A person practicing environmental wellness recognizes the responsibility to preserve, protect, and improve the environment, and appreciates the interconnectedness of nature and the individual.

NORTH CAROLINA
Can you spot the 15 differences between these environmental landscapes?
A person practicing spiritual wellness seeks harmony and balance by openly exploring the depth of human purpose, meaning, and connection through dialogue and self-reflection.
Take a few minutes to spot some of the words that we often use to discuss spiritual wellness.

Spiritual  Purpose  Guidance  Belief  Meaning
Strength  Harmony  Personal  Love  Wisdom
Calm  Peace  Energy  Trust  Wellness
Hope  Connection  Joy
A person practicing career wellness engages in work to gain personal satisfaction and enrichment consistent with values, goals, and lifestyle.
Navigate through the 8 Dimensions of Wellness to get to the end of the maze.
A person practicing intellectual wellness values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews, and engage in education for the pursuit of knowledge.
A person practicing social wellness has a network of support based on interdependence, mutual trust, respect, and has developed a sensitivity and awareness towards the feelings of others.
Find a friend and play the dot game!

Each person takes a turn at drawing one vertical or horizontal line to connect two dots. When you complete the final side of a square, write your initials in the box! The player with the most boxes at the end wins.
Take the Wellness Assessment to learn more about holistic wellness!

The Wellness Assessment supports the mission of Student Wellness to promote health and wellness among UNC students and their communities. This tool addresses the 8 Dimensions of Wellness to allow you to learn about your overall well-being and the resources available to you.

[Link to Assessment: go.unc.edu/wa]

WELLNESS DIMENSIONS

Get the knowledge you need to be your best because how you live your life today matters tomorrow!
Healthy Heels is a collaboration between the folks at Campus Health, Student Wellness and Counseling & Psychological Services to work to create a healthier campus.

WE BELIEVE THAT:

- Health and wellness are inextricably intertwined
- Everyone has the right to health
- Wellness and health are influenced immensely by our community and environment
- Wellness is holistic
- Health goals vary by individual
- Health is related to your academic goals
- Research can help us be healthier
- Health comes in every size
- Sexuality is a normal and healthy part of life
- Violence takes many forms and can be hard to recognize
- Wellness is a journey, not an outcome
- Health and wellness can be amplified with good services

@UNCHealthyHeels
ANSWER KEY

Spiritual Wellness
WORD SEARCH

Environmental Wellness
SPOT THE DIFFERENCES