

## Did You Get Your Dose of Wellness?



Wellness is a state of optimal well-being that is oriented toward maximizing an individual's potential. This is a life-long process of moving towards enhancing your physical, mental, emotional, social, spiritual, and environmental well-being.

These six dimensions highlight important components of wellness. Take time to explore your own level of wellness and see if you have gotten "your dose of wellness" today!

### MENTAL

- Find outlets that are intellectually stimulating
- Set and meet realistic goals academically, personally, and professionally
- Decide on things that help you relax and do them
- Take advantage of opportunities that may offer you different experiences
- Practice deep breathing to help the mind-body connection
- Spoil yourself after completing a goal

### SOCIAL

- Develop relationships where both parties feel good
- Interact well with others in public and private situations
- Maintain values and beliefs without being persuaded by peer pressure
- Feel comfortable adapting to various social settings
- Join clubs to expand your social network – it's a great way to get involved and meet others with similar interests
- Read the newspaper – you will be amazed with all of the events going on both on and off campus

### EMOTIONAL

- Recognize when your emotions affect your body
- Express your needs, feelings, and opinions appropriately
- Use humor to defuse negative thoughts or situations
- Use journal writing to relieve stress and express your thoughts
- Talk to a trusted friend or family member and vent
- Give and receive lots of hugs
- Be optimistic – believe in yourself and your abilities
- If you are feeling overwhelmed, make an appointment with a professional healthcare provider

### ENVIRONMENTAL

- Appreciate and respect the environment
- Do your part to preserve and improve environmental conditions
- Whether it's at home or work, have a welcoming space for you and others to feel comfortable
- Reduce noise and pollution
- Keep yourself and others safe – like buckling up
- Have a place that you can go to relax, chill out

### PHYSICAL

- Get a physical exam
- Be consistent with self-exams like BSE/TSE
- For women, get yearly gynecological exams
- Stay current on immunizations
- Exercise regularly and eat balanced meals
- Get dental and eye exams
- Limit or avoid alcohol and tobacco
- Get a massage to ease tired and worked muscles

### SPIRITUAL

- Nourish yourself through personal beliefs, morals, and/or religion
- Feel connected with yourself and others
- Find purpose in life and meaning in the little things you do everyday
- Develop a philosophy of life that you want to live by

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**Source:**

*J Carson, MS, Stress Educator & Wellness Promotion Specialist, McKinley Health Center, University of Illinois at Urbana-Champaign, 2006*

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If you would like to consider **Personal Counseling** please contact:

Annamaria Silveri, PhD (313) 993-1459

Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the Health Clinic please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of **Emergency** contact:

UDM Public Safety (313) 993-1123 or 911

or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202