

# MY WELLBEING JOURNAL



# What is Wellbeing?

Wellbeing is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellbeing is more than being free from illness, it is a dynamic process of change and growth.



Each person's wellbeing journey is unique, meaning that the time and energy we devote to each dimension does not need to look the same for each person. Rather than striving to find a perfect balance in all dimensions of wellbeing, focus on finding the balance that works best for YOU.

Use this journal as a way to reflect on how the dimensions of wellbeing play a role in your life.



SHARE THIS ON SOCIAL WITH

**#TUtogether**

Art by Deepika Chauhan, Class of 2020

# Social Health

*Social wellbeing reflects your ability to engage in different types of relationships with others and to have a network and support system of people to rely on. Engaging in different activities that help you meet other people is a hallmark of social wellbeing.*

---

What can I do this semester to make at least one new connection?

---

---

---

What is one activity I could try to meet someone new?

---

---

---

---

What is one thing I can promise to do to check in on existing relationships?

---

---

---

---

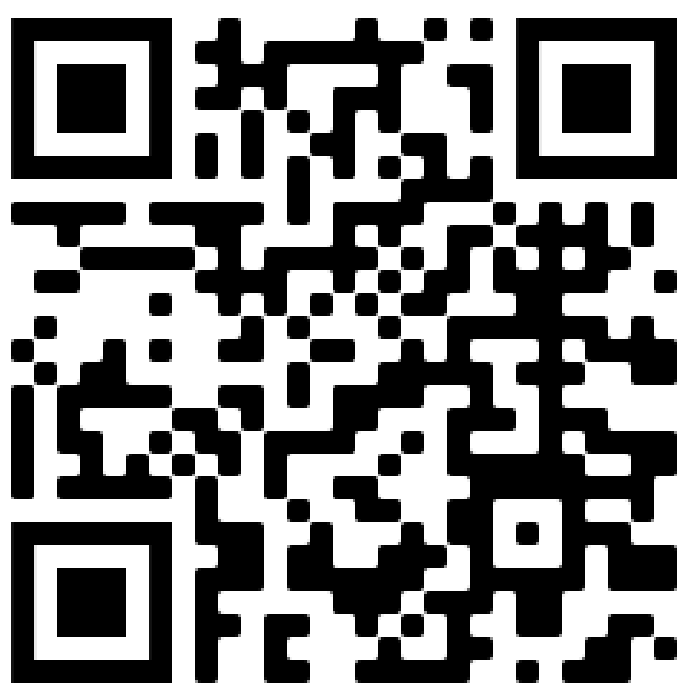
---

# Campus Resources for Social Wellbeing

- Student Activities
- Campus Recreation Services
- Involved@TU
- Greek Life
- Peer Education Programs
- Tigers in Recovery

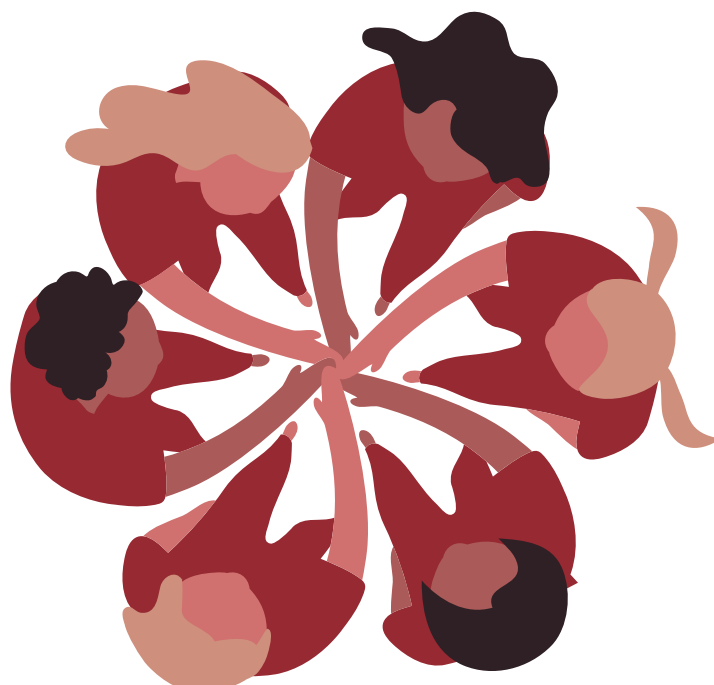
## *Get Involved: Peer Education!*

The Health and Counseling Centers have multiple peer education programs. Peer educators are passionate about health and wellness and want to share that knowledge with their fellow Tigers. Peer Education groups discuss topics such as mental health, sexual health, sexual violence prevention, diversity, body image, and substance use.



Counseling Center

Peer Education Applications



Health Center

Peer Education Applications

# Physical Health

*Physical wellbeing focuses on the awareness of things that influence or impact your overall health. This includes activities to keep your body healthy, listening to your body's needs as you grow and mature, eating well, exercising regularly, and seeking help when you are sick or injured.*

What aspects of physical wellbeing do I do really well?

---

---

---

---

---

What aspects of my physical wellbeing could I improve upon?

---

---

---

---

---

---

---

---

# Campus Resources for Physical Health

- Health Center
- Alcohol, Tobacco, and Other Drug
- Prevention Center
- Chartwells Dining Services
- Campus Recreation Services
- Housing and Residence Life
- TU Institute for Wellbeing
- TU Athletics
- Tiger Trails
- FoodShare
- Massage Chairs
- Safe Ride



Although many of us feel safe to gather again, heading back to the gym can still feel scary after the pandemic.

If you're avoiding the gym or want other ways to exercise, scan the QR code below to check out Beyond Burdick resources to get some inspiration



# Financial Health

*Financial wellbeing means being aware of your income, expenses, spending, and overall finances. Actively working towards financial stability, monitoring day to day finances, and setting financial goals are elements of financial literacy.*

Check out the budget worksheet on the next page:  
How did it feel to fill out a budget tracker ?

---

---

---

---

What did I find most surprising about my spending?

---

---

---

---

What is one change I can make to spend my money more wisely this semester?

---

---

---



# Campus Resources for Financial Health

- PNC
- Office of Financial Aid
- Career Center
- Food Pantry

## COLLEGE STUDENT BUDGET



### Financial Aid & Income

	Actual	Expected	Difference
● FIN. AID			
● JOB			
● EXTRA			

### Expenses

● TUITION			
● FEES			
● HOUSING			
● DINING			
● HEALTH			
● PHONE			
● CAR/BUS			
● FUEL			
● INSURANCE			
● OTHER			

# Occupational Health

*Occupational wellbeing means focusing on a job or career path that provides you with the opportunity to build your skillset(s) while fulfilling your goals and aspirations at that point in your career. Setting reasonable work expectations and engaging in meaningful professional relationships with your co-workers and supervisor are essential elements of occupational wellbeing.*

What career(s) am I interested in learning more about?

---

---

---

---

Who is someone working in that profession that I could reach out to?

---

---

---

---

What are some skills I have that could benefit my future in this career?

---

---

---

---

# Campus Resources for Occupational Health

- Office of Human Resources
- Career Center
- Peer Education Programs
- Office of Civic Engagement and Social Responsibility
- PNC



Interested in exploring different career options?  
Or, have you decided on a certain career, but are  
not sure of the steps to get there?

Go to [www.onetonline.org](http://www.onetonline.org) and type in a career  
you're curious about to learn more about the job,  
salary information, and the education path  
needed for the role.

# Spiritual Health

*Spiritual wellbeing refers to your understanding of the purpose of life, your core values and connection to something greater than yourself.*

---

What are a few core values that I live by?

---

---

---

---

---

---

---

---

If I could view myself from an outside perspective, what would I see?

---

---

---

---

---

---

---

---

---

---

# Campus Resources for Spiritual Health

- Meditation Room
- Counseling Center
- Massage at the Health Center
- Tiger Trails
- Campus Ministries
- Interfaith Meditation Rooms

Consider completing a values  
inventory with:

Therapist Aid 

Scan below:



# Emotional Health

*Emotional wellbeing means to first be in touch with your thoughts and feelings then, possessing the capability to express those thoughts and feelings in a healthy and meaningful way.*

---

What am I grateful for in my life?

---

---

---

---

---

---

---

---

---

Write a message for yourself to read on your next bad day:

---

---

---

---

---

---

---

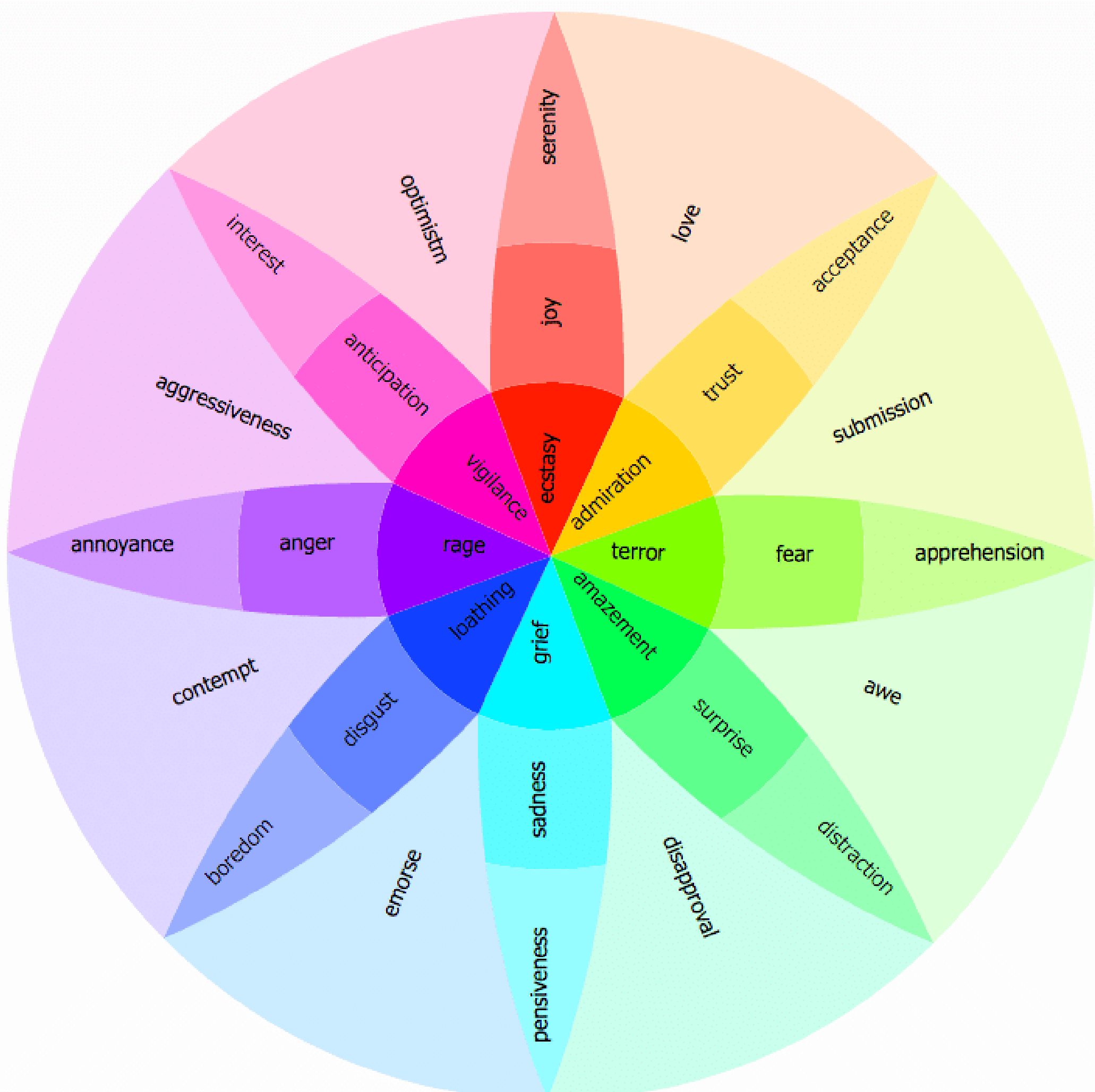
---

---

# Campus Resources for Emotional Health

- Counseling Center
- ATOD Prevention Center
- Health Center
- TUPD
- Center for Student Diversity
- Office of Human Resources
- Student Outreach and Support

Emotion wheels help name feelings. Try using one to describe how you are feeling right now.



# Intellectual Health

*Intellectual wellbeing is expanding upon and building new knowledge by engaging in creative and stimulating mental activities that expand your capabilities and skills.*

---

Who is someone I really admire, and why?

---

---

---

---

---

---

---

---

---

---

What is one thing I can do today that I didn't think I could a year ago?

---

---

---

---

---

---

---

---

---

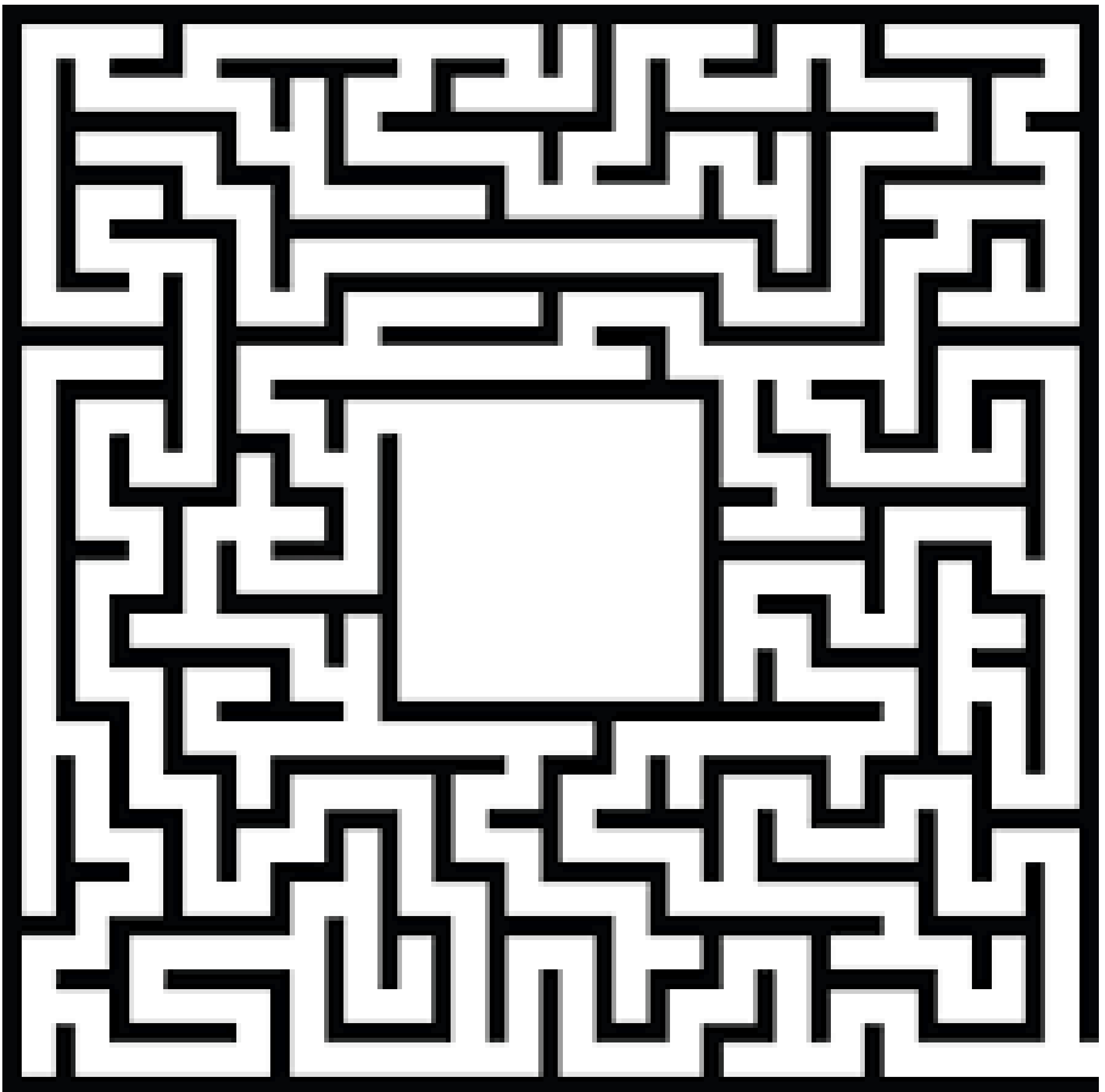
---



# Campus Resources for Intellectual Health

- Tutoring & Learning Center
- The Towerlight
- Cook Library
- Accessibility & Disability Services
- Office of Academic Advising, Retention, and Completion

Try this fun labyrinth to exercise your brain!



# Environmental Health

*Environmental wellbeing is the recognition of the interconnected relationship between yourself and the world around you. This is marked by your conscious awareness of your impact on the environment; a focus on opportunities to engage in sustainable actions; and your creation of spaces in the neighborhoods where you live, places that you work, and places that you study that helps you reach your goals.*

---

How do I feel about my environment?

---

---

---

How has my environment at TU impacted me?

---

---

---

What is my favorite place to visit and why?

---

---

---

---

# Campus Resources for Environmental Health

- Office of Sustainability
- Campus Recreation
- Office of Civic Engagement and Social Responsibility
- Housing and Residence Life



## Environmental Wellness Challenge

How many environmental wellness practices are you doing now?

Check the ones you're already doing.

Which of these practices could you adopt within the next year?

Highlight the ones you plan to adopt.

- Ride a bike, walk or take public transportation instead of driving
- Recycle and compost
- Plant and tend a garden
- Use natural cleaning products
- Remove clutter from your home or office

# Wellness Word Search

R H W G T G Y V E C  
V E Y E C Z J K X O  
W O S D L S L E E P  
T A L O R L A R R I  
H L L U U A N C C N  
E A G K N R T E I G  
R U O V I T C E S J  
A G A U X N E E E S  
P H L Q M R G E S X  
Y B S O C I A L R Z

Resources

Hydrate

Therapy

Volunteer

Social

Coping

Exercise

Sleep

Laugh

Wellness

Walking

Goals