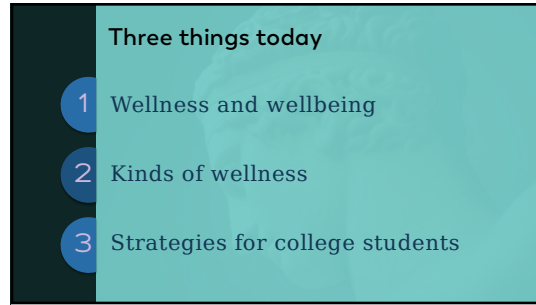
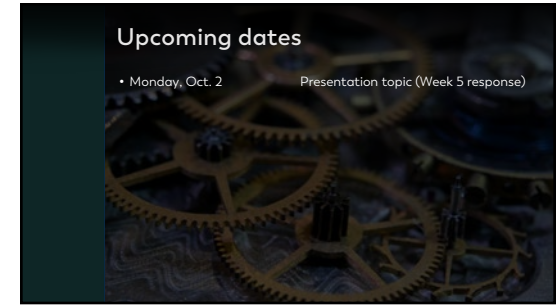




1



2



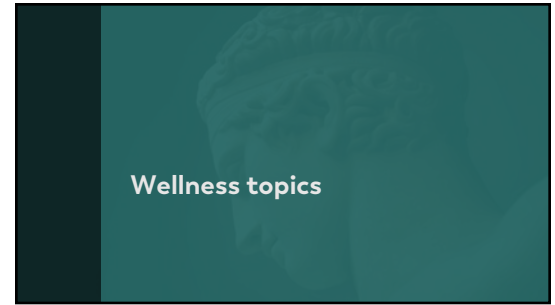
3



4



5



6

What is "wellness," and why does it matter?

- Wellness is a responsibility
- Wellness is a journey, not a destination
- Wellness is different for everybody
- Wellness is holistic
- Wellness is conscious, self-directed, and evolving
- Wellness is positive, affirming, and contributes to a better life
- Wellness is functioning optimally within your current environment

7

Wellness as a responsibility

- Elementary and high school was very structured with adults monitoring your progress
- Wellness can put pressure on skills that you are only starting to develop
 - Time management
 - Work management
 - Stress management

8

Aspects of wellness

- Physical *physical, sleep, nutritional*
- Mental *mental, intellectual, creative*
- Emotional *emotional, spiritual*
- Social *social, environmental*
- Financial *financial stability and plans*
- Vocational *academic, professional*

- Where do you struggle?
- What kinds of realistic, actionable goals can you set to improve your wellness?

9

Improving wellness

Physical Wellness <ul style="list-style-type: none"> How would you rate your physical health on a scale of 1-10? What types of exercise do you enjoy? How much sleep do you need? How do you meet your nutritional needs? 	Occupational Wellness <ul style="list-style-type: none"> On a scale of 1-10, how satisfied are you with your current position? How does your current job align with who you are? What do you do to maintain a work-life balance? 	Financial Wellness <ul style="list-style-type: none"> Are you satisfied with your current money management strategies? What financial patterns do you notice in yourself? What is a financial goal you would like to set for yourself? How would you measure if you are financially stable?
Social Wellness <ul style="list-style-type: none"> On a scale of 1-10, how happy are you with your current level of social engagement? Have I anyone you spend the most time with. How does this affect you? How do you balance your needs for social connection and time alone? 	Environmental Wellness <ul style="list-style-type: none"> How does your wellness shift in relation to the changing environment around you? What is your ideal, realistic work environment? What do you do to connect with nature? 	Creative Wellness <ul style="list-style-type: none"> How does creativity affect your overall well-being? What creative methods do you use? What wellness programs are affected by your creativity?

10

Well-being: your approach to wellness

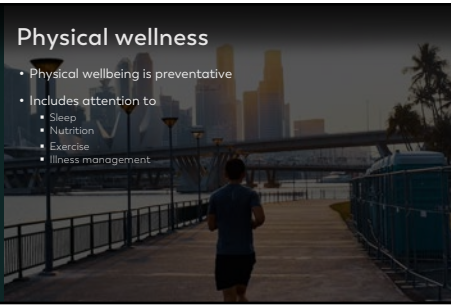
- Activities that boost well-being must be done long-term in order to maintain benefits
- Building overall well-being requires satisfactory functioning in terms of one's emotions, body, social network, life purpose, and community
- Having a growth mindset or a positive attitude can help one build other well-being skills more easily

11

Studies about well-being

- 5.6% of US adults (about 12 million) reported that they were dissatisfied/very dissatisfied with their lives
- Employed women had a higher sense of well-being than their nonemployed counterparts
- 8.6% of adults reported that they rarely/never received social and emotional support
- 11% of adults felt cheerful all of the time in the past 30 days
- 15% of adults felt calm and peaceful all of the time in the past 30 days
- 13% of adults felt full of life all of the time in the past 30 days
- 9.8% of adults strongly agree that their life is close to their ideal
- 19% of adults strongly agree that they are satisfied with their life
- 21% of adults strongly agree that their life has a clear sense of purpose
- 30% of adults strongly agree that on most days they feel a sense of accomplishment from what they do

12



Physical wellness

- Physical wellbeing is preventative
- Includes attention to
 - Sleep
 - Nutrition
 - Exercise
 - Illness management

13

Sleep and rest for college students

- The rule of thumb is 7 to 8 hours of continuous sleep per night
- Lack of sleep means
 - Daytime sleepiness and fatigue
 - Irritability and short temper
 - Mood changes
 - Trouble coping with stress
 - Difficulty focusing, concentrating, and remembering
 - Brain fog
- College students get less sleep than the general population
- Factors that interfere with sleep in students include academic pressure, noisy living conditions, and mental health problems
- Sleep quantity and quality correlates with better grades

14

Strategies for better sleep

- Relax before bedtime
- Be aware of caffeine
- Invest in comfortable bedding
- Room comfort
- Make bed a sleep-only zone

15

Nutrition for college students

- College lifestyle can encourage
 - Eating on the go
 - Not looking at ingredients and serving sizes
 - Choosing eating out over cooking
 - Nibbling during late-night study sessions
 - Liquid calories
- Portion control is important
- Focus on fruits and veggies
- Document your diet

16

Fitness for college students

- Commute by walking or biking
- Make study breaks exercise breaks
- Find a fun workout
- Exercise with a friend
- Track your progress

17

Intellectual and mental wellness

- Commitment to learning
- Ability to manage your learning and learning activities
- Involvement in activities that help you learn and grow
- Curiosity about others and the world around you
- Analysis of information and use of evidence in decision making

18

Strengthening mental wellness

- If you're open to learning, you're already on the right path!
- Play brain-boosting games
- Read different kinds of things
- Try new things
- Challenge yourself academically
 - Learn a foreign language
 - Take classes in a new subject
- Be creative
- Make time for self-reflection
- Take care of your body

19

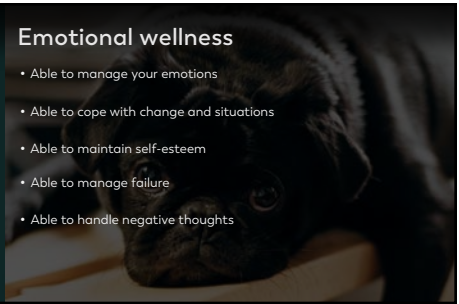
Procrastination

- Procrastination is not a problem of time management or planning
- Procrastination is learned
- Procrastination involves rationalization and distractions
 - "I'll feel more like doing this tomorrow."
 - "I work best under pressure."
 - "This other thing needs to get done, doesn't it?"
- Consequences to health
 - More colds and flu
 - More gastrointestinal problems
 - Insomnia
- Consequences to relationships
 - Shifts the burden of responsibilities onto others
 - Procrastination destroys teamwork and shared sense of community

20

Emotional wellness

- Able to manage your emotions
- Able to cope with change and situations
- Able to maintain self-esteem
- Able to manage failure
- Able to handle negative thoughts



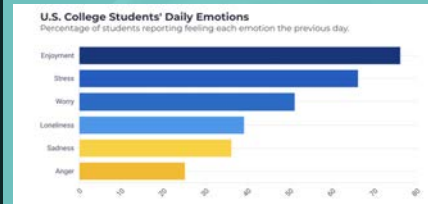
21

Emotional wellness at college

- College is stressful and overwhelming
- Sleep quality improves productivity and reduces stress
- Nutrition management and physical fitness
- Mindfulness of your emotions
 - Mindfulness is actively paying attention to the present moment
- Develop a support system
 - Getting involved
 - Finding communities
 - Knowing your resources

22

Stress and anxiety



23

Coping with stress

- Keep a journal
- Find a helpful app
 - Provides relaxation exercises (such as deep breathing or visualization)
 - Tips for practicing mindfulness
- Exercise, and make sure you are eating healthy, regular meals
- Stick to a sleep routine, and make sure you are getting enough sleep
- Avoid drinking excess caffeine such as soft drinks or coffee
- Identify and challenge your negative and unhelpful thoughts
- Reach out to your friends or family members who help you cope in a positive way

24

How to reduce stress in college

- **Get organized**
 - Create a space
 - Create a schedule
- **Regular exercise**
 - Walk when you can
 - Take classes
 - Try yoga
- **Take care of your body**
 - Eat right
 - Get enough sleep
 - Relieve stress
- **Find support**
 - Stay connected to home
 - Branch out at school

25

Social wellness

- Connecting with others
- Maintaining positive and strong relationships
- Being comfortable with yourself in social situations
- Interacting with people who are positive and supportive
- Avoiding toxic relationships
- Giving back your community

26

Strengthening social wellness

- Make connections
- Take care of yourself while caring for others
- Get active together
- Bond with family
- Build healthy relationships
- Shape your family's health habits

27

Connection for college students

- **Make conversations meaningful**
 - Listen with full attention and to understand their perspective
 - Validate their experience and emotions
 - Share your own experiences and highlight common ground
 - Express affection, gratitude, and celebration
- **Appreciate new college friendships for their uniqueness**
 - Don't try to replicate friendships or replace friends you had in high school
- **Practice healthy habits when using social media**
 - Limit time investment
 - Avoid comparisons with social media imagery and personas
 - Be skeptical online
- **Allow some time for adjustment**
- **Talk to teachers, counselors, and advisors about your issues**

28

Lehman wellness resources

- **Health center**
 - <https://www.lehman.edu/student-health-center/>
- **Wellness education and health promotion**
 - <https://www.lehman.edu/wellness-health-education/>
- **Basic needs center (for housing, food, healthcare, and more)**
 - <https://www.lehman.edu/student-services/basic-needs-center/>
- **Academic coaching**
 - <https://www.lehman.edu/academics/instructional-support-services/academic-coaching.php>
- **Tutoring and services**
 - <https://www.lehman.edu/academics/instructional-support-services/tutoring.php>
- **Library services**
 - <https://lehman.edu/library/studenthelp.php>
 - <https://lehman.edu/library/>
- **Counseling center**
 - <https://www.lehman.edu/counseling-center/>
- **Disability services**
 - <https://www.lehman.edu/student-disability-services/>

29



30
