

# LiveWell Newsletter

The LiveWell Office is a resource for the campus community to promote societal, community, relationship, and individual wellness. Learn more about the 9 dimensions of wellness below and be sure to join us for Wellness Week in March!"



**Cultural:** Gain awareness of our own culture and social identities to understand their impact on what we bring to relationships and situations, embracing the richness of all cultural backgrounds.



**Intellectual:** Explore new ideas, engage in forward independent thinking and problem-solving, seek out challenges, lifelong learning and opportunities to share knowledge.



**Social:** Develop, foster and maintain healthy and supportive relationships based on trust, honesty and respect as well as the ability to communicate and deal with conflict.



**Financial:** Make informed choices about funding for basic needs, managing debt, saving and making sustainable choices for the future.



**Physical:** Promote and support positive, safe, and sustainable habits that take care of the body for optimal health and functioning.



**Emotional:** Identify, express and navigate the entire range of feelings. Learn self-awareness and the ability to cope with challenges, embracing not only our own emotions and feelings but also the feelings and emotions of others.



**Environmental:** Recognize our responsibility for the quality of the environment and considering the interactions between our environment, our social community and ourselves.



**Spiritual:** Explore and develop values and beliefs in order to guide decision-making and create meaning and purpose.



**Occupational:** Explore opportunities and develop skills to succeed in finding fulfillment from our work and study, contributing meaningfully, and continuing to expand our skills and strengths.

## CCU Wellness Week

March 15-19

To access the entire schedule for Wellness Week, [CLICK HERE](#)



### Follow us on social media!

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