Promoting a Holistic Approach to Health, Wellness and Safety at Florida State University
9 Dimensions of Wellness

We believe an environment that encourages healthy behaviors and wellness is essential to the academic success and holistic well-being of members of the FSU community. #LiveWellFSU

**Environmental Wellness:**
Developing an awareness of your safety and the environment that surrounds you, and enhancing your relationship with it.

**Intellectual Wellness:**
Fostering critical thinking, developing personal moral reasoning, expanding world-views and engaging in education for the pursuit of knowledge.

**Occupational Wellness:**
Achieving personal satisfaction and professional enrichment through work, volunteering, organizations, or academic endeavors in a manner that is consistent with your personal values, goals, and lifestyle.

**Financial Wellness:**
Accessing the financial resources and skills that allow you to accomplish your goals.

**Social Wellness:**
Establishing and maintaining healthy social relationships with those around you including friends, family, community, and work-groups.

**Emotional Wellness:**
Experiencing and appreciating a healthy range of emotions in order to maintain a state of mental health and wellbeing.

**Creative Wellness:**
Valuing and actively participating in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.

**Physical Wellness:**
Prioritizing your physical health by moving your body, consuming a variety of healthy foods, preventing and caring for illness, and getting enough sleep.

**Spiritual Wellness:**
Expanding a sense of purpose and meaning in your life.
Valuing and actively participating in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world

- Express yourself through creative activities
- Attend arts-related events or programs
- Value multiple perspectives when thinking about complex topics
- Arts or events that facilitate appreciation for other perspectives and cultures

RESOURCES

- **Oglesby Union Art Center**
  (850) 644-4737
  union.fsu.edu/artcenter

- **FSU Innovation Hub**
  innovation.fsu.edu

- **Club Downunder and Union Productions**
  (850) 644-6673
  union.fsu.edu/up

- **FSU’s Flying High Circus**
  (850) 644-4874
  circus.fsu.edu

- **Askew Student Life Center**
  (850) 644-4455
  union.fsu.edu/movies

- **Global Citizenship Certificate**
  cge.fsu.edu/globalcitizen

- **Engage Your World: Intercultural Dialogue Series**
  cge.fsu.edu/engagetheyourworld
Addressing and maintaining your state of emotional health is foundational to your personal and academic success.

- Learn to self-soothe and develop your own coping strategies to manage stress
- Be sensitive to your feelings and the feelings of others
- Grow from your experiences
- Take responsibility for your own behavior
- Recognize and learn from challenges and setbacks that are an important part of your personal development
- Have compassion for yourself and for others
- Develop an awareness of the environment that surrounds you, and enhance your relationship with it
Developing an awareness of your safety and the environment that surrounds you, and enhancing your relationship with it

- Find satisfaction and worth in your living and working environments
- Honor your individual living preferences while respecting the preferences of others
- Understand and invest in the values of your chosen community
- Be aware of your place in the natural environment
- Work to ensure stability and longevity of our natural resources
- Foster a sense of responsibility to act when faced with safety concerns or behavior that poses risk to yourself or others
- Take proactive steps to ensure your physical safety and the safety of the community
Accessing the financial resources and skills that allow you to accomplish your goals

- Develop the skills you need in order to manage your finances properly
- Learn to differentiate between necessities and luxuries
- Plan for future financial success; making responsible choices now to support your future plans
- Promote, maintain, and learn life skills
- Balance interdependence with dependence on family, caregivers, and others

RESOURCES

Office of Financial Aid
(850) 644-0539
financialaid.fsu.edu

FS4U – Finding Scholarships for you
fsu.academicworks.com

FAFSA
studentaid.ed.gov

Food for Thought Pantry
(850) 644-2428

Student Business Services Financial Literacy
studentbusiness.fsu.edu

Center for Health Advocacy and Wellness (CHAW) Financial Wellness Coaching
(850) 644-8871
chaw.fsu.edu/services
INTELLECTUAL Wellness

Fostering critical thinking, developing personal moral reasoning, expanding worldviews and engaging in education for the pursuit of knowledge

- Recognize your individual learning style
- Explore what interests you; open yourself to new experiences
- Learn through new mediums
- Apply what you learn to the larger environment
- Develop problem solving skills
- Engage in civil discourse and explore conflict in a healthy manner

RESOURCES

Academic Center for Excellence
(850) 645-9151
ace.fsu.edu

Living Learning Communities
(850) 644-2826
housing.fsu.edu

Power of We
powerofwe.fsu.edu

Center for Leadership and Social Change
(850) 644-3342
thecenter.fsu.edu

Strozier Library
(850) 644-2706
lib.fsu.edu

The Career Center
(850) 644-6431
career.fsu.edu

Global Citizenship Certificate
cge.fsu.edu/globalcitizen

Global Programs (Global Exchanges & Beyond Borders)
cge.fsu.edu/global-programs
Achieving personal satisfaction and professional enrichment through work, volunteering, organizations, or academic endeavors consistent with your values, goals, and lifestyle.

- Confidence in your current work and future career decisions
- Envision your future career as a means to contribute to society
- Relevancy of current academic studies and co-curricular experiences with future career
- Major is a fitting expression of your abilities and personal strengths
- Balance work with current academic and co-curricular workload
Prioritizing physical health through movement, healthy eating, healthcare, and sleep.

- Develop awareness about short term and long term impacts of chemical and substance use
- Exercise regularly
- Develop an awareness of your eating and drinking habits and how they impact your health
- Attend to your own physical care through prevention and treatment of illness
- Take responsibility for your sexual choices and respecting others’ boundaries
- Develop an awareness of the health benefits of sleep and practicing positive sleep habits

RESOURCES

Campus Recreation
(850) 645-0601
campusrec.fsu.edu

University Health Services
(850) 644-4567
uhs.fsu.edu

Center for Health Advocacy and Wellness (CHAW) Nutrition Services
(850) 644-8871
chaw.fsu.edu/services

Food for Thought Pantry
(850) 644-2428
dos.fsu.edu/resources

Seminole Dining
(850) 644-3663
sodexomyway.com
SOCIAL Wellness

Establishing and maintaining healthy social relationships including friends, family, community, and work groups

- Respect and honor diversity; develop an understanding and appreciation of human differences
- Contribute your time and energy to activities in your community that fulfill your values
- Advocate for social justice and civility within your community
- Develop positive friendships, networks, and support groups
- Engage in meaningful conversations with others

RESOURCES

Nole Central
nolecentral.dsa.fsu.edu

Student Government Association
(850) 644-1811
sga.fsu.edu

Office of Fraternity and Sorority Life
(850) 644-9574
ofsl.union.fsu.edu

Events Calendar
calendar.fsu.edu

Center for Leadership and Social Change
(850) 644-3342
thecenter.fsu.edu

Student Organizations and Involvement
(850) 644-6860
union.fsu.edu/sac

Intercultural Programs
cge.fsu.edu/intercultural-programs
Establishing lasting meaning, fulfillment and sense of purpose in your life

- Engage in self-reflection
- Feel a connection to something larger than yourself
- Seek out meaning in life
- Engage in and give back to your larger community
- Spend time defining your personal values and ethics, and make decisions that complement them
- Care for the welfare of others and act out that care

RESOURCES

**SPIRITUAL Wellness**

FSU Spiritual Life Project
slp.fsu.edu

Interfaith Council
interfaithcouncil.fsu.edu

Center for Leadership and Social Change
(850) 644-3342
thecenter.fsu.edu

FSU Labyrinth
labyrinth.fsu.edu

Mind and Body Fitness Classes
(850) 644-0548
campusrec.fsu.edu

Meditation Room
theglobe.fsu.edu
Division of Student Affairs
Strategic Focus Area:

Develop a culture of wellness through supporting a thriving community

Communicate expectations for a healthy campus community

Develop campus ecology to support wellness

Enhance pathways for health interventions