

The background of the entire page is a photograph of a university campus. It features large, mature trees with dense green foliage, some with Spanish moss hanging from their branches. In the background, there are brick buildings with windows and a balcony. In the foreground, there is a well-maintained garden area with various green plants and a black metal bench. A black lamppost with a white globe is also visible.

# *live well!*

FLORIDA STATE

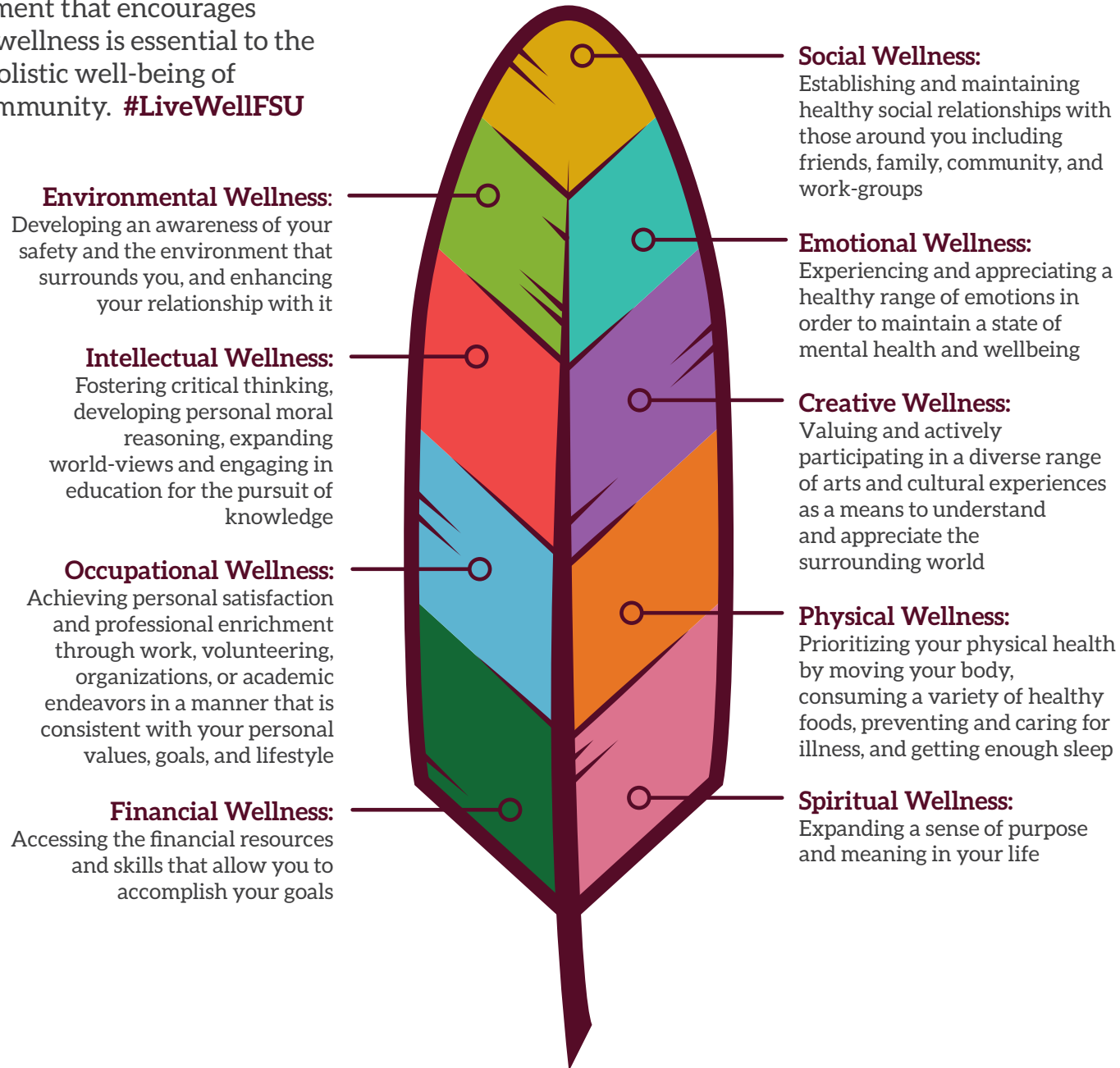
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Promoting a Holistic Approach to Health,  
Wellness and Safety at Florida State University

# 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**



# 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

- 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](http://union.fsu.edu/artcenter)

### FSU Innovation Hub

[innovation.fsu.edu](http://innovation.fsu.edu)

### Club Downunder and Union Productions

(850) 644-6673  
[union.fsu.edu/up](http://union.fsu.edu/up)

### FSU's Flying High Circus

(850) 644-4874  
[circus.fsu.edu](http://circus.fsu.edu)

### Askew Student Life Center

(850) 644-4455  
[union.fsu.edu/movies](http://union.fsu.edu/movies)

### Global Citizenship Certificate

[cge.fsu.edu/globalcitizen](http://cge.fsu.edu/globalcitizen)

### Engage Your World: Intercultural Dialogue Series

[cge.fsu.edu/engageyourworld](http://cge.fsu.edu/engageyourworld)

live well!

CREATIVELY



# EMOTIONAL Wellness

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

## RESOURCES

### University Counseling Center

(850) 644-TALK<sup>(8255)</sup>  
[counseling.fsu.edu](http://counseling.fsu.edu)

### Student Resilience Project

(850) 644-1715  
[strong.fsu.edu](http://strong.fsu.edu)

### University Health Services

(850) 644-4567  
[uhs.fsu.edu](http://uhs.fsu.edu)

### Center for Health Advocacy and Wellness (CHAW) Wellness Coaching

(850) 644-8871  
[chaw.fsu.edu/services](http://chaw.fsu.edu/services)

### Student Disability Resource Center

(850) 645-1852  
[dos.fsu.edu/sdrc](http://dos.fsu.edu/sdrc)

### Case Management Services

(850) 644-9555  
[dos.fsu.edu/cms](http://dos.fsu.edu/cms)

*live well!*  
EMOTIONALLY

# ENVIRONMENTAL Wellness

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

## RESOURCES

### Report a Concern

[report.fsu.edu](http://report.fsu.edu)

### Dean of Students

(850) 644-2428

[dos.fsu.edu](http://dos.fsu.edu)

### kNOw MORE

[knowmore.fsu.edu](http://knowmore.fsu.edu)

### Sustainable Campus & Seminole Organic Garden

[sustainablecampus.fsu.edu](http://sustainablecampus.fsu.edu)

### FSUPD

(850) 644-1234

911

[police.fsu.edu](http://police.fsu.edu)

### Emergency Info

[alerts.fsu.edu](http://alerts.fsu.edu)

### Transportation and Parking Services

(850) 644-5278

[transportation.fsu.edu](http://transportation.fsu.edu)

*live well!*   
ENVIRONMENTALLY

# FINANCIAL Wellness

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](http://financialaid.fsu.edu)

### FS4U - Finding Scholarships for you

[fsu.academicworks.com](http://fsu.academicworks.com)

### FAFSA

[studentaid.ed.gov](http://studentaid.ed.gov)

### Food for Thought Pantry

(850) 644-2428

### Student Business Services Financial Literacy

[studentbusiness.fsu.edu](http://studentbusiness.fsu.edu)

### Center for Health Advocacy and Wellness (CHAW) Financial Wellness Coaching

(850) 644-8871  
[chaw.fsu.edu/services](http://chaw.fsu.edu/services)

*live well!*  
FINANCIALLY

# 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](http://ace.fsu.edu)

**Living Learning Communities**  
(850) 644-2826  
[housing.fsu.edu](http://housing.fsu.edu)

**Power of We**  
[powerofwe.fsu.edu](http://powerofwe.fsu.edu)

**Center for Leadership and Social Change**  
(850) 644-3342  
[thecenter.fsu.edu](http://thecenter.fsu.edu)

**Strozier Library**  
(850) 644-2706  
[lib.fsu.edu](http://lib.fsu.edu)

**The Career Center**  
(850) 644-6431  
[career.fsu.edu](http://career.fsu.edu)

**Global Citizenship Certificate**  
[cge.fsu.edu/globalcitizen](http://cge.fsu.edu/globalcitizen)

**Global Programs (Global Exchanges & Beyond Borders)**  
[cge.fsu.edu/global-programs](http://cge.fsu.edu/global-programs)

*live well!*  
INTELLECTUALLY

# OCCUPATIONAL Wellness

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

## RESOURCES

**The Career Center**  
(850) 644-6431  
[career.fsu.edu](http://career.fsu.edu)

**Center for Leadership and Social Change Community Service Programs**  
(850) 644-3342  
[thecenter.fsu.edu/service](http://thecenter.fsu.edu/service)

**Garnet & Gold Scholar Society**  
(850) 644-8625  
[garnetandgoldscholar.fsu.edu](http://garnetandgoldscholar.fsu.edu)

**Nole Central**  
[nolecentral.dsa.fsu.edu](http://nolecentral.dsa.fsu.edu)

**Academic Center for Excellence**  
(850) 645-0852  
[ace.fsu.edu](http://ace.fsu.edu)

**Global Citizenship Certificate**  
[cge.fsu.edu/globalcitizen](http://cge.fsu.edu/globalcitizen)

**Global Programs**  
[cge.fsu.edu/global-programs](http://cge.fsu.edu/global-programs)

*live well!*  
OCCUPATIONALLY



# PHYSICAL Wellness

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](http://campusrec.fsu.edu)

**University Health Services**  
(850) 644-4567  
[uhs.fsu.edu](http://uhs.fsu.edu)

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

**Food for Thought Pantry**  
(850) 644-2428  
[dos.fsu.edu/resources](http://dos.fsu.edu/resources)

**Seminole Dining**  
(850) 644-3663  
[seminoledining.sodexomyway.com](http://seminoledining.sodexomyway.com)

live well!

PHYSICALLY

# 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](http://nolecentral.dsa.fsu.edu)

**Student Government Association**  
(850) 644-1811  
[sga.fsu.edu](http://sga.fsu.edu)

**Office of Fraternity and Sorority Life**  
(850) 644-9574  
[ofsl.union.fsu.edu](http://ofsl.union.fsu.edu)

**Events Calendar**  
[calendar.fsu.edu](http://calendar.fsu.edu)

**Center for Leadership and Social Change**  
(850) 644-3342  
[thecenter.fsu.edu](http://thecenter.fsu.edu)

**Student Organizations and Involvement**  
(850) 644-6860  
[union.fsu.edu/sac](http://union.fsu.edu/sac)

**Intercultural Programs**  
[cge.fsu.edu/intercultural-programs](http://cge.fsu.edu/intercultural-programs)

*live well!*  
SOCIALLY

# SPIRITUAL Wellness

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

### **FSU Spiritual Life Project**

[slp.fsu.edu](http://slp.fsu.edu)

### **Interfaith Council**

[interfaithcouncil.fsu.edu](http://interfaithcouncil.fsu.edu)

### **Center for Leadership and Social Change**

(850) 644-3342  
[thecenter.fsu.edu](http://thecenter.fsu.edu)

### **FSU Labyrinth**

[labyrinth.fsu.edu](http://labyrinth.fsu.edu)

### **Mind and Body Fitness Classes**

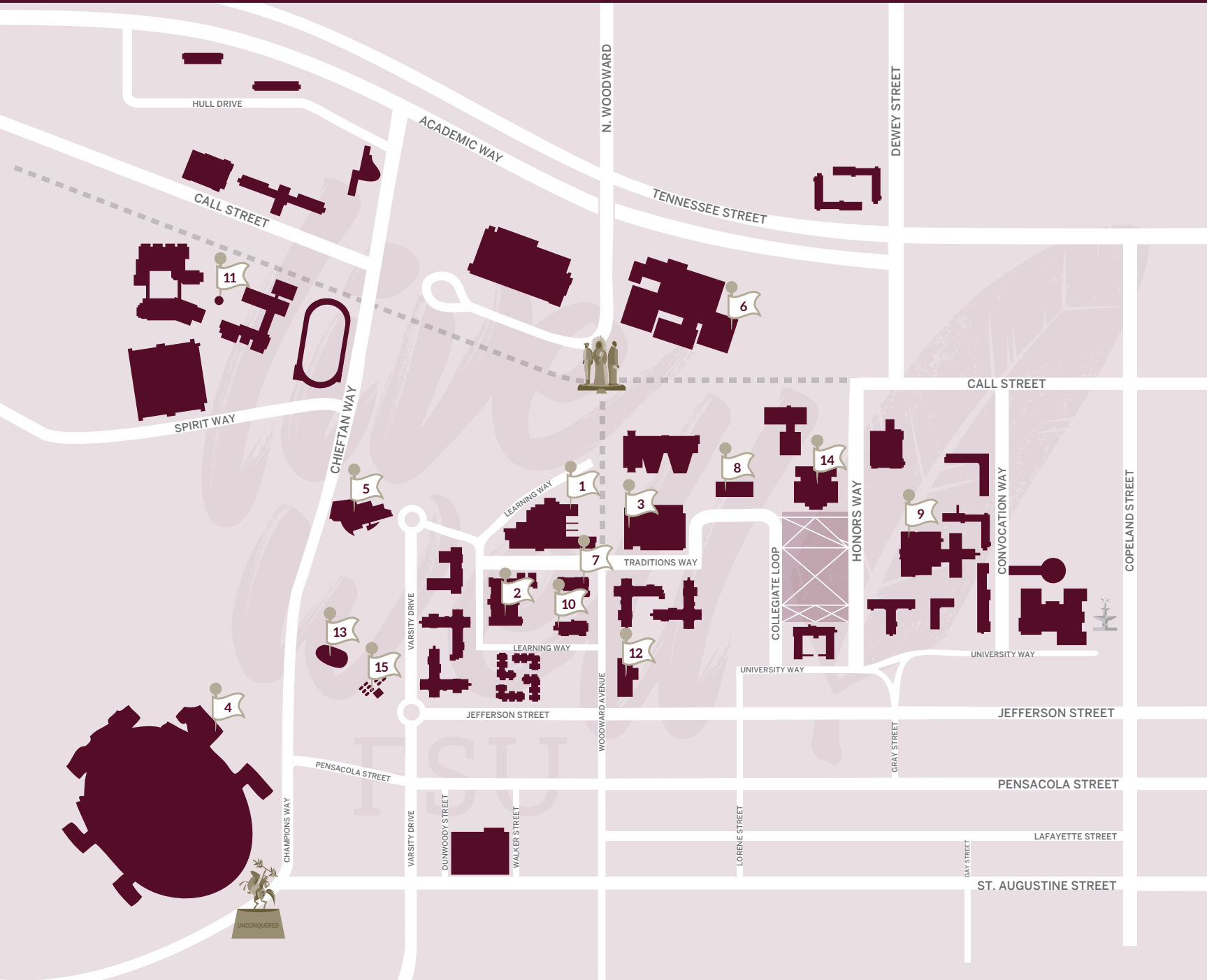
(850) 644-0548  
[campusrec.fsu.edu](http://campusrec.fsu.edu)

### **Meditation Room**

[theglobe.fsu.edu](http://theglobe.fsu.edu)

*live well!*  
SPIRITUALLY

# WELLNESS RESOURCE MAP



## KEY

- 1 **Health and Wellness Center**
  - University Health Services
  - Center for Health Advocacy and Wellness (CHAW)
- 2 **Askew Student Life Center**
  - University Counseling Center
- 3 **Student Services Building**
  - Student Disability Resource Center
- 4 **University Center A**
  - Dean of Students Office (Case Management Services, Food for Thought Pantry)
  - Office of Financial Aid
  - Student Business Services
- 5 **Leach Recreation Center**
  - Campus Recreation
- 6 **Student Union**
  - Office of Fraternity and Sorority Life
  - Oglesby Union Art Center
  - Club Downunder and Union Productions
- 7 **Dunlap Student Success Center**
  - The Center for Leadership and Social Change
  - The Career Center
- 8 **Thagard Building**
  - Student Governance and Advocacy
  - Student Organizations and Involvement
- 9 **William Johnston Building**
  - Academic Center for Excellence
- 10 **Global and Multicultural Engagement (The Globe)**
  - Meditation Room
- 11 **FSU Labyrinth**
- 12 **FSUPD Headquarters**
- 13 **FSU's Flying High Circus**
- 14 **Strozier Library**
- 15 **Seminole Organic Garden**

# Division of Student Affairs Strategic Focus Area :

*Develop a culture of wellness through  
supporting a thriving community*

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Communicate expectations for a  
healthy campus community

Develop campus ecology to  
support wellness

Enhance pathways for  
health interventions



FLORIDA STATE UNIVERSITY  
DIVISION OF STUDENT AFFAIRS