

ROCKY'S RESOURCES: CAMPUS RESOURCE SPOTLIGHT

THE CENTER FOR STUDENT WELL-BEING

It makes sense that your overall wellness contributes to your success in college. But did you know that wellness is much more than your physical health, exercise or nutrition? It is the combination of your physical, social, emotional, intellectual, and environmental well-being. Wellness can be looked at in five dimensions: emotional, environmental, intellectual, social and physical. When you take care of each one, you can be your best and excel in all areas of your life.



EMOTIONAL WELL-BEING

Emotional wellness relates to understanding your feelings and the challenges life can bring. It is important to pay attention to self-care, relaxation, and stress reduction.



PHYSICAL WELL-BEING

Physical wellness relates to maintaining a healthy body. You can achieve optimal physical health through a combination of exercise, eating well, getting enough sleep and paying attention to your body's warning signs. USF offers a variety of places on campus to improve your physical health and will have you feeling terrific in no time.



ENVIRONMENTAL WELL-BEING

Environmental Wellness involves being aware of the interactions between the environment, community, and yourself. These can range from enjoying nature on campus to staying safe.



SOCIAL WELL-BEING

Social wellness is the ability to connect with other people. Being in healthy relationships and feeling connected can enhance overall well-being and academic success. You can easily establish and maintain positive relationships with family, friends and co-workers at USF with



INTELLECTUAL WELL-BEING

Intellectual wellness involves having an open mind about new ideas, finding ways to expand knowledge and skills and seeking out new challenges. It encourages active participation in academic, cultural and community activities. With the resources below, you can improve your study skills, time management, critical thinking and more.



WANT TO KNOW MORE?

Learn more about the resources USF Wellness offers to you by going to www.usf.edu/student-affairs/wellness

