

NDSU Counseling Center

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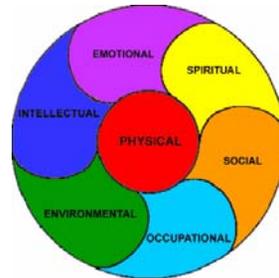
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www.ndsu.edu/counseling

After having reviewed the seven dimensions of wellness, take note of your own sense of balance in each of the dimensions.

Too much -or too little- of anything can create

problems. So, let yourself adjust accordingly. You're looking for balance. You're looking to take better care with yourself.



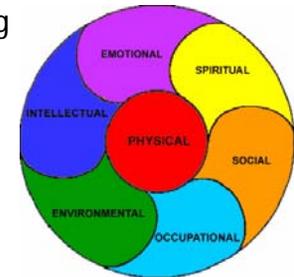
Thanks to the NDSU Wellness Center for the definitions of wellness used in this brochure.

Taking Care With Yourself

This may be a stressful time in your life, and, if so, self-care is going to be especially important now. You can aid yourself in getting through this time or in recovering your good health by paying attention to the seven dimensions of wellness and using this as a model of self-care and balance.

The Seven Dimensions of Wellness

Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life. Wellness combines seven dimensions of well-being into a quality way of living.



Overall, wellness is the ability to live life to the fullest and to maximize your personal potential in a variety of ways. Wellness places responsibility on the individual; it becomes a matter of self-evaluation and self-assessment. Wellness involves continually learning and making changes to enhance your state of wellness.

Environmental Wellness

The capability to live in a clean and safe environment that is not detrimental to health. To enjoy Environmental Wellness, we require clean air, pure water, quality food, adequate shelter, satisfactory work conditions, personal safety, and healthy relationships.

Ways to develop environmental wellness are:

- Make sure that your physical environment creates a safe and secure haven for you to live in. Check to see that you have secure and effective locks on your doors. If you are living with people who threaten your safety, be sure to mention that to your counselor, and make efforts to change your living arrangements.
- Be aware of safety issues on campus. If you need to walk on campus after dark, be sure to have someone accompany you, or call campus police for an escort.



Notes
