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| Intentional living |
| To help you begin your wellness journey we have compiled a list of activities to assist you to get started. WHY WAIT, START TODAY. |

# pHYSICAL wELLNESS

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| Meal Prepping  Exercise  Health Checks  Drink Water  Track Nutrition/Weight  University Health Club  Yoga/Tai Chi  IM Sports |
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# eMOTIONAL WELLNESS

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| Mediation  Student Counseling Services  Journaling  Yoga/Tai Chi  Emotional Support System  Reflection Room  Commune with Nature  Listen to Music  Volunteer |
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**sPIRITUAL WELLNESS**

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| Family Time  Meditation  Reflection  Value Setting  Journaling  Find Inspiration  Commune with Nature  Unplug from Technology |

**iNTELLECTUAL WELLNESS**

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| Tutoring  Big Brothers and Sisters  Traveling  Cultural Exploration  Learn a New Language  Ted Talks  Mentoring |

**oCCUPATIONAL WELLNESS**

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| Scheduling Events and Activities  Increase Time Management  Family Time  Engage in a Non-work Related Activity  Interdisciplinary Work  Shadowing |

**SOCIAL WELLNESS**

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| Meet Someone New  Join a Book Club  Engage in personal interactions  Connect with a Pen Pal  Pot Luck Meal with Friends  Study Groups |

Please keep in mind these are only suggestions. Your journey to wellness is personal and can only be discovered by you. The above list is designed to help you spark ideas and start you on a path to balance. Try one, try them all, but enjoy the journey and have fun along the way.