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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 PreppingExerciseHealth ChecksDrink WaterTrack Nutrition/WeightUniversity Health ClubYoga/Tai ChiIM Sports |
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# eMOTIONAL WELLNESS

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| MediationStudent Counseling ServicesJournalingYoga/Tai ChiEmotional Support SystemReflection RoomCommune with NatureListen to MusicVolunteer |
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**sPIRITUAL WELLNESS**

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| Family TimeMeditationReflectionValue SettingJournalingFind InspirationCommune with NatureUnplug from Technology |

**iNTELLECTUAL WELLNESS**

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| TutoringBig Brothers and SistersTravelingCultural ExplorationLearn a New LanguageTed TalksMentoring |

**oCCUPATIONAL WELLNESS**

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| Scheduling Events and ActivitiesIncrease Time ManagementFamily TimeEngage in a Non-work Related ActivityInterdisciplinary WorkShadowing |

**SOCIAL WELLNESS**

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| Meet Someone NewJoin a Book ClubEngage in personal interactionsConnect with a Pen PalPot Luck Meal with FriendsStudy 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.