Purpose:
The purpose of this guide is to introduce the essential elements of wellbeing, and to create a plan for improving your academic, community, financial, physical, purpose, and social wellbeing.

Description:
Wellbeing is about the combination of our confidence in our ability to succeed in the classroom, our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these elements interact.

Directions:

Step 1: Click “What causes wellness” by Sir Henry Burns¹, watch, and learn about the physical and emotional elements of wellbeing, particularly the connection between psychology and biology.

Step 2: Use the below diagram to rank your level of agreement with each of the following statements.

After reading each sentence, indicate in each of the below slices the degree to which you agree with that statement. 1 = very little agreement with statement representing the section; 10 = complete agreement with statement representing the section.

(1) https://www.youtube.com/watch?v=yEh3JG74C6s

¹ The diagram is adapted from “Well Being: The Five Essential Elements” by Tom Rath & Jim Harter, 2010.
Reflection Prompts:

1) How can one’s emotional wellbeing contribute to one’s physical wellbeing? What role do meaning and purpose have in wellbeing?

2) In which of the six areas of wellbeing (Academic, Community, Financial, Physical, Purpose, and Social) are you content? What makes you content? In which of the six areas would you like to improve?

3) In those areas you identified for improvement, describe what it could do to increase your score in those areas by two or three points.

4) What resources, either within the University or the community, can you use to help you increase those scores?