8 Dimensions of Wellness

Physical Wellness: Pursuing regular movement, a nutritious diet, adequate sleep, and practicing safe behaviors.

On-Campus Resources
- Student Health Clinic: health.uni.edu
- Recreation Services: recreation.uni.edu
- Student Wellness Services: studentwellness.uni.edu

UNI Local Food Program: ceee.uni.edu/uni-local-food-program

Intellectual Wellness: Seeking to expand knowledge, skills, and creative abilities.

On-Campus Resources
- The Learning Center: tlc.uni.edu
- Rod Library: library.uni.edu
- Academic Advising: advising.uni.edu

Emotional Wellness: Possessing a positive attitude and the ability to identify a wide variety of feelings in an appropriate manner.

On-Campus Resources
- Counseling Center: counseling.uni.edu
- Student Wellness Services: studentwellness.uni.edu
- Student Health Clinic: health.uni.edu

Spiritual Wellness: Expanding our sense of purpose and meaning in life based on a core set of values and beliefs.

On-Campus Resources
- Spiritual Leaders Association: deanofstudents.uni.edu/spiritualleadersassociation
- Student Involvement: union.uni.edu

UNI Local Food Program: ceee.uni.edu/uni-local-food-program

Physical Wellness
Intellectual Wellness
Spiritual Wellness
Environmental Wellness
Financial Wellness
Occupational Wellness
Social Wellness
**Environmental Wellness:** Choosing a lifestyle of committed effort toward sustaining the Earth’s natural environment.

**On-Campus Resources**
- Outdoor Recreation: recreation.uni.edu/outdoor_recreation
- Botanical Center: biology.uni.edu/botanical-center
- Office of Sustainability: sustainability.uni.edu

**Financial Wellness:** Making responsible decisions to live within your means and setting financial goals today that will positively impact your financial future.

**On-Campus Resources**
- Office of Financial Aid: finaid.uni.edu
- Panther Pantry: pantherpantry.uni.edu
- Live Like a Student: finaid.uni.edu/live-like-a-student

**Occupational Wellness:** Engaging in work that is meaningful, enjoyable, and aligns with personal values.

**On-Campus Resources**
- Career Services: careerservices.uni.edu
- UNI Job Board: careerservices.uni.edu/job-board

**Social Wellness:** Establishing a sense of connection and belonging through positive interpersonal relationships.

**On-Campus Resources**
- Office of Compliance & Equity Management: equity.uni.edu
- Campus Life: uni.edu/resources/campuslife
- Student Involvement: union.uni.edu
- Center for Diversity, Inclusion, & Social Justice: cme.uni.edu