

Life Areas



- I. **Emotional:** An increased awareness, expression and acceptance of a wide range of thoughts and feelings in yourself and others. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences. Optimal emotional wellness helps you to develop satisfying relationships, positive self-esteem and resilience.

Examples of goals: develop tools to cope with stress, actively communicate your feelings.

- II. **Social:** Being aware of, and participating in, and feeling connected to your community. It helps you perform social roles effectively and comfortably, and create a support network. Social well-being is enhanced by establishing supportive social networks through meaningful relationships.

Examples of goals: join an RSO, club or team, designate a night to spend with friends.

III. **Physical:** Relates to maintaining a healthy body and seeking care when needed. It involves respecting your body's own uniqueness and diversity. Physical health is attained through exercise, eating well, getting enough sleep, taking steps to prevent illness and recognizing signs and symptoms of illness and seeking out appropriate assistance in reaching optimal health.

Examples of goals: exercise regularly, walk your dog, cook with friends/family, train for an event.

IV. **Mental:** Involves having an open mind when you encounter new ideas and involves lifelong learning. It encourages active participation in scholastic, cultural and community activities.

Examples of goals: attend a workshop about a topic you are unfamiliar with, learn a new language, engage in conversations with friends who have different political beliefs.

V. **Environmental:** Inspires us to live a lifestyle that is respectful of our surroundings and encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with both nature and your personal environment.

Examples of goals: engage in environmentally responsible activities, help with a cleanup of a park.

VI. **Financial:** Involves the process of learning how to successfully manage financial expenses. Keeping track of expenses, making a budget, and sticking to it are important skills to have in order to be financially responsible, independent, and well. Learning how to maximize your financial wellness now will help you feel prepared to handle potentially stressful financial situations in the future.

Examples of goals: take steps to become fully aware of the financial state, save and manage finances in order to achieve realistic goals.

VII. **Spiritual:** Allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways. It involves developing an inner connectedness and harmony between yourself and the universe.

Examples of goals: Take "quiet time" to meditate, think or just breathe

VIII. **Vocational:** Inclusive of our academic work, interests, hobbies, employment, and volunteer work and can be nurtured by matching these areas with your core values. As you uncover your talents and passion, you express yourself to the world.

Examples of goals: explore career fields and academic courses to find opportunities to achieve personal satisfaction

[The life areas and information are from the University of Illinois's 8 dimensions of wellness: <https://campusrec.illinois.edu/programs/student-wellness/dimensions-of-wellness/>]