

# Wellness and Post-Secondary

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Easy Start Transition Program



**WE ARE**

**HUMBER**

# Agenda

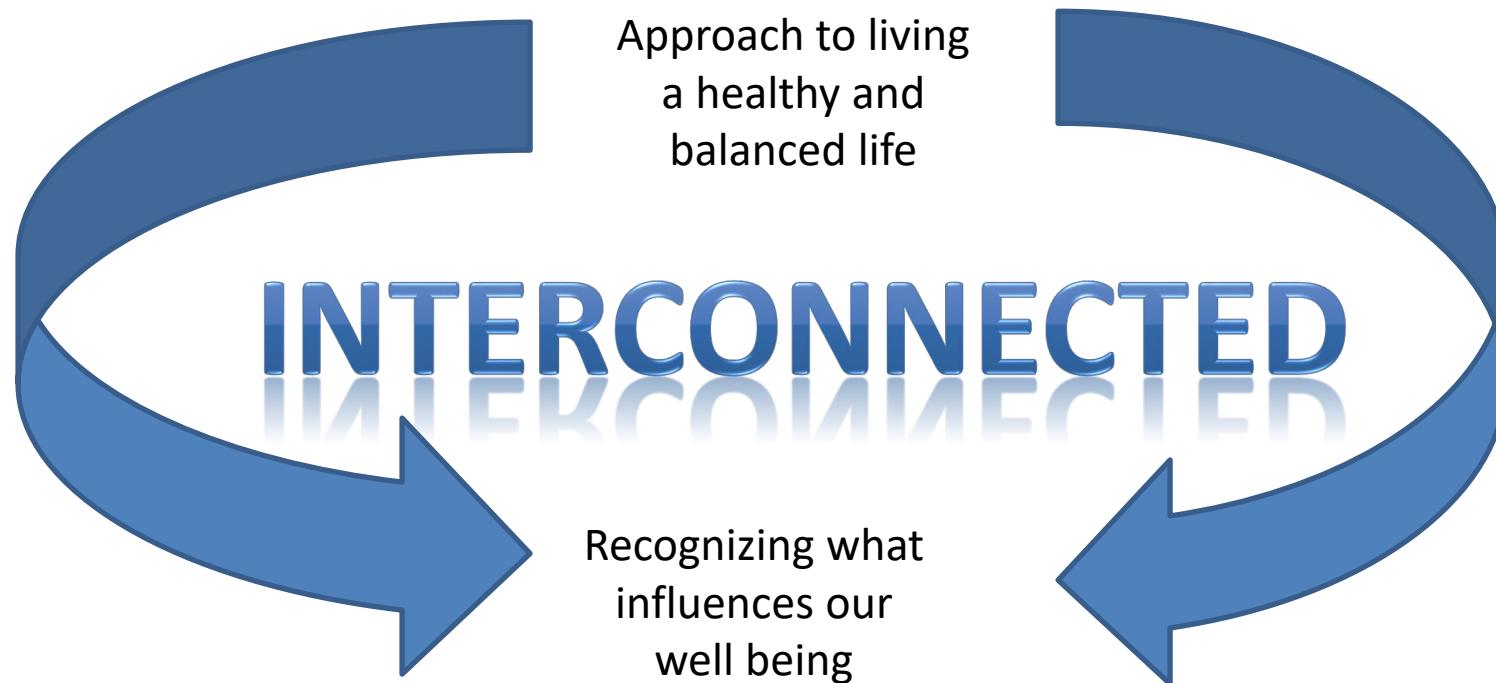
- What is Wellness?
- Dimensions of Wellness
- Wellness Tips for Students
- Resources at Humber and Guelph-Humber

# World Health Organization

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”\*

# What is Wellness?

- Wellness means overall well-being.
- On-going process and life-long journey.



# *Dimensions of Wellness*

- Intellectual
- Emotional
- Spiritual
- Environmental
- Financial
- Occupational
- Social
- Physical



# Intellectual Wellness

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- Intellectual Wellness is defined as recognizing one's creative abilities and finding ways to expand knowledge and skills.
- The ability to open our minds to new ideas and experiences both in an outside the classroom setting.
- Is to be a life-long learner.

# Intellectual Wellness – Tips for Students

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- Strive to be open to new experiences and ideas in all areas of your life.
- Develop your critical thinking skills.
- Seek to improve your skills in academics, studying, time management, note taking, memory skills.
- Become a “life-long learner”
- Remain alert of current World issues

# Intellectual Wellness – Resources

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- Humber Library
- Peer Assisted Learning Support (PALS)
- Writing Centre
- Math Centre



# Emotional Wellness

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- Emotional wellness is defined as coping effectively with life and creating satisfying relationships.

# Emotional Wellness – Tips for Students

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- Become comfortable with your emotions.
- Develop skills to cope with stress in a healthy way.
- Develop the ability to express emotions appropriately.
- Develop assertiveness and confrontation skills.
- Develop, establish, and maintain intimate and loving relationships.
- Build your resilience skills – which is the capacity to overcome challenges.

# Emotional Wellness - Resources

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- Counseling Services
- Health Centre
- Good 2 Talk

# Spiritual Wellness

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- Spirituality give sense that life is meaningful and has a purpose. It is the ability to spend time alone to reflect on the meaning of events in life. Having a clear sense of right and wrong, and act accordingly. It may or may not involve religious activities

# Spiritual Wellness – Tips for Students

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- Explore your personal values.
- Search for meaning in your own life.
- Yoga Classes.
- Practice Compassion.
- Volunteer in the Community.
- Religious Affiliations.

# Spiritual Wellness - Resources

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- The Multi-Faith Space
- Prayer Room
- Faith Based Student (IGNITE) Groups

# Environmental Wellness

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- Environmental wellness is defined as occupying pleasant, stimulating environments that support well-being.

# Environmental Wellness – Tips for Students

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- Become aware of how your external environment affects you .
- Enjoy and appreciate time outside in natural settings.
- Become aware of the limits of the earth's natural resources.
- Create home and work environments that are supportive and nurturing.
- Conserve energy (i.e. shutting off unused lights).
- Recycle paper, cans, and glass as much as possible - Become a Sustainability Ambassador.
- 16 Create a positive living environment with roommates



# Environmental Wellness - Resources

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- The Office of Sustainability
- Residence
- The Arboretum

# Financial Wellness

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- Financial wellness is defined as satisfaction with current and future financial situations. Learning how to gain control of your finances so they work for you.

# Financial Wellness – Tips for Students

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- Learn how to manage a budget, credit cards, checking and savings accounts, investments, retirement funds, etc.
- Learn how to set and make progress toward your short- and long-term goals.
- Know the resources available to you on campus to help if you are experiencing a financial issue such as food insecurity, homelessness, economic crisis, or financial management.

# Financial Wellness - Resources

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- Financial Aid
- Ignite
- Loans (OSAP) and Bursaries (BSWD)

# Occupational Wellness

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- Occupational or vocational wellness is defined as fulfillment and satisfaction through work, whether that be academic work while in college or a job after graduation.

# Occupational Wellness – Tips for Students

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- Explore your interests, skills, values and needs, and how they relate to your career choice.
- Work toward career growth and understand career opportunities available to you.
- Develop effective job-related skills such as resume writing, interviewing skills, time management, motivation, networking, etc.
- Contact people who are already working in the field.
- Volunteer.

# Occupational Wellness - Resources

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- Advising and Career Services

# Social Wellness

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- Social wellness is defined as developing a sense of connection, belonging, and a well-developed support system. It is the ability to relate well to others, both within and outside the family unit. It is creating a means of self-acceptance and appreciation of and for yourself. It is valuing diversity and treating others with respect.



# Social Wellness – Tips for Students

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- It is important to learn how to balance social and personal time.
- Become engaged with other people in your community.
- Develop the ability to create and maintain close friendships
- Feel comfortable interacting with diverse individuals and groups
- Understand and accept those with a different sexual orientation, gender identity, race, ethnicity, religion, socioeconomic status, life experience, etc.
- Develop a "global consciousness" by recognizing the interrelatedness of cultural, global and national issues and needs
- Work toward becoming a responsible world citizen

# Social Wellness - Resources

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- IGNITE
- Public Safety

# Physical Wellness

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- Physical wellness consists of recognizing the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury or managing chronic health conditions.

# Physical Wellness - Tips for Students

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- Develop well-balanced and healthy eating habits.
- Do regular exercise and movement to improve flexibility, strength, aerobics and overall health.
- Be aware of how a lack of sleep, stress, and non-activity affects your body.

# Physical Wellness - Tips for Students

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- Appropriate use of traditional and alternative medical systems and tools are encouraged
- Avoid risky sexual behavior, the misuse of drugs, alcohol, and other harmful substances
- Seek medical assistance when necessary.

# Physical Wellness – Resources

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Humber Athletics

Health Centre

Canada's Food Guide

- <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

# Dimensions of Wellness



THANK YOU.

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