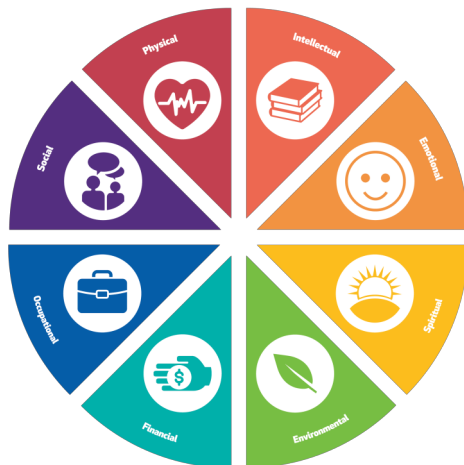


8 Dimensions of Wellness



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

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

On-Campus Resources

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

Student Health Clinic
health.uni.edu

Recreation Services
recreation.uni.edu

Student Wellness Services
studentwellness.uni.edu

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



University of
Northern Iowa

8 Dimensions of Wellness



Physical Wellness
Intellectual Wellness
Occupational Wellness
Spiritual Wellness
Environmental Wellness
Financial Wellness
Social Wellness
Emotional 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](http://recreation.uni.edu/outdoor_recreation)

Botanical Center
[biology.uni.edu/
botanical-center](http://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](http://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](http://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](http://uni.edu/resources/campuslife)

Student Involvement
union.uni.edu

Center for Diversity, Inclusion, & Social Justice
cme.uni.edu