8 Dimensions of Wellness Resources

Intellectual Wellness: Seeking to expand knowledge, skills, and creative abilities.
- Learning Center
tlc.uni.edu
- Rod Library
library.uni.edu/ask-us-research-help
- 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.
- Counseling Center
wellbeing.uni.edu/counseling-center
- Student Wellness Services
wellbeing.uni.edu/student-wellness
- Student Health Clinic
wellbeing.uni.edu/student-health

Spiritual Wellness: Expanding our sense of purpose and meaning in life based on a core set of values and beliefs.
- Spiritual Leaders Association
Visit deanofstudents.uni.edu
Click on "Programs & Initiatives"
Select "Spiritual Leaders Association"
- Spiritual Wellness Resources
wellbeing.uni.edu/student-wellness/eight-dimensions-wellness

Environmental Wellness: Choosing a lifestyle of committed effort toward sustaining the Earth’s natural environment.
- Outdoor Recreation
recreation.uni.edu/programs/outdoor-recreation
- Botanical Center
chas.uni.edu/biology/botanical-center
- Office of Sustainability
sustainability.uni.edu
# 8 Dimensions of Wellness Resources

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

<table>
<thead>
<tr>
<th>Office of Financial Aid &amp; Scholarships</th>
<th>Panther Pantry</th>
<th>Budgeting</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="admissions.uni.edu/financial-aid">admissions.uni.edu/financial-aid</a></td>
<td><a href="union.uni.edu/panther-pantry">union.uni.edu/panther-pantry</a></td>
<td><a href="admissions.uni.edu/financial-aid/financial-literacy/budgeting">admissions.uni.edu/financial-aid/financial-literacy/budgeting</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Career Services</th>
<th>UNI Job Board</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="careerservices.uni.edu">careerservices.uni.edu</a></td>
<td><a href="careerservices.uni.edu/job-board-login/apps-registration">careerservices.uni.edu/job-board-login/apps-registration</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Center for Multicultural Education</th>
<th>Student Involvement</th>
<th>Panther FYI</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="cme.uni.edu">cme.uni.edu</a></td>
<td><a href="union.uni.edu">union.uni.edu</a></td>
<td><a href="union.uni.edu/involvement/panther-fyi">union.uni.edu/involvement/panther-fyi</a></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>UNI Local Food Program</th>
<th>Student Health Clinic</th>
<th>Recreation Center</th>
<th>Administrative Dietitian</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="ceee.uni.edu/uni-local-food-program">ceee.uni.edu/uni-local-food-program</a></td>
<td><a href="wellbeing.uni.edu">wellbeing.uni.edu</a></td>
<td><a href="recreation.uni.edu">recreation.uni.edu</a></td>
<td><a href="nutrition@uni.edu">nutrition@uni.edu</a></td>
</tr>
</tbody>
</table>