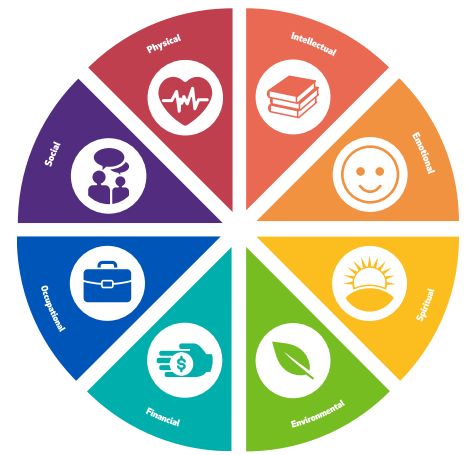


8 Dimensions of Wellness Resources

with clickable links



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.

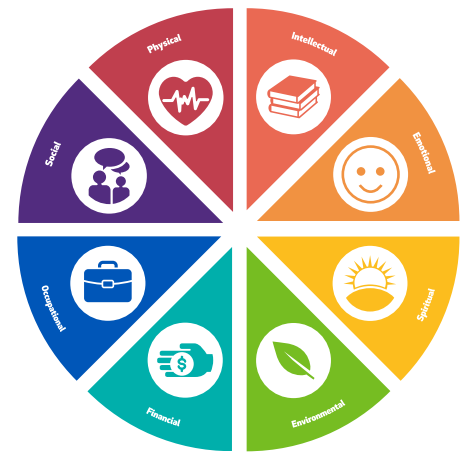
Outdoor Recreation
recreation.uni.edu/programs/outdoor-recreation

Botanical Center
chas.uni.edu/biology/botanical-center

Office of Sustainability
sustainability.uni.edu

8 Dimensions of Wellness Resources

with clickable links



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

Office of Financial Aid & Scholarships
[admissions.uni.edu/
financial-aid](https://admissions.uni.edu/financial-aid)

Panther Pantry
[union.uni.edu/
panther-pantry](https://union.uni.edu/panther-pantry)

Budgeting
admissions.uni.edu/financial-aid/financial-literacy/budgeting



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

Career Services
careerservices.uni.edu

UNI Job Board
careerservices.uni.edu/job-board-login/apps-registration



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

Center for Multicultural Education
cme.uni.edu

Student Involvement
union.uni.edu

Panther FYI
[union.uni.edu/
involvement/
panther-fyi](https://union.uni.edu/involvement/panther-fyi)



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

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

Student Health Clinic
wellbeing.uni.edu

Recreation Center
recreation.uni.edu

Administrative Dietitian
nutrition@uni.edu

