BE WELL & THRIVE
Student Wellness activity book for stress relief and enjoyment
Be well & thrive

Student Wellness supports student success by promoting a holistic wellness model through **8 Dimensions of Wellness**. We use these dimensions to guide our programs and services to help define what wellness means to you.

Our services are available for all UNC-CH students. Services include Alcohol and Other Drug Prevention Services, Wellbeing Support for First Generation and Students of Color, SHARE Services (Sexual Health and Relationship Education), Carolina Recovery Community, and the Healthy Heels Ambassadors (hha!) Peer Education Program.

Sections of this book contain a coloring page and activity-related to the 8 Dimensions of Wellness. Enjoy!

For more information on our programs and services: studentwellness.unc.edu.

TO REQUEST A WORKSHOP
go.unc.edu/workshops

TO REQUEST SAFER SEX SUPPLIES
go.unc.edu/SSSrequest

TO ASK A QUESTION
studentwellness@unc.edu
A person practicing emotional wellness can identify, express, and manage the entire range of feelings and would consider seeking assistance to address areas of concern.

Reflection fosters personal growth. Reflecting on how you manage your stress will allow you to begin learning how to express your emotions in positive ways and be resilient during stressful times.

Take a moment to write down and process your stressors in the grid below.

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>WHAT IS STRESSING ME?</strong></td>
<td><strong>HOW DOES IT MAKE ME FEEL?</strong></td>
<td><strong>WHAT CAN I DO?</strong></td>
<td><strong>HOW CAN OTHERS HELP?</strong></td>
</tr>
<tr>
<td>MORNING</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>MIDDAY</td>
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<td>AFTERNOON</td>
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<tr>
<td>EVENING</td>
<td></td>
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<tr>
<td>DURING CLASS</td>
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<td></td>
</tr>
</tbody>
</table>
A person practicing financial wellness is fully aware of their financial state, budgets, saves, and manages finances in order to achieve realistic goals.

Apply your financial knowledge by matching the approximate prices with the corresponding goods.

<table>
<thead>
<tr>
<th>GOODS</th>
<th>PRICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>One day of in-state tuition</td>
<td>$1,038</td>
</tr>
<tr>
<td>Chipotle twice per month</td>
<td>$55</td>
</tr>
<tr>
<td>Average rent (off campus)</td>
<td>$65</td>
</tr>
<tr>
<td>One semester of student parking on campus</td>
<td>$500</td>
</tr>
<tr>
<td>Text book average</td>
<td>$400</td>
</tr>
<tr>
<td>Pack of 25 Trojan condoms</td>
<td>$0</td>
</tr>
<tr>
<td>Condoms, dental dams &amp; lube from Student Wellness</td>
<td>$19</td>
</tr>
<tr>
<td>Services at Student Wellness</td>
<td>$65</td>
</tr>
<tr>
<td>Starbucks four times a week for one month</td>
<td>$0</td>
</tr>
</tbody>
</table>
See how many of the items below you can work into your routine.

Share your progress with us on Twitter (@UNCHealthyHeels) and you may just win a prize!

**NUTRITION ACTIVITIES**
- Eat at least 5 servings of fruits and vegetables
- Incorporate a different protein source with each meal
- Drink at least 8 cups of water each day
- Limit sugary beverages
- Limit processed foods

**PHYSICAL ACTIVITIES**
- Get 7-9 hrs of sleep per night
- 50 jumping jacks/day
- 50 crunches/day
- 20 pushups/day
- Walk instead of taking bus
- Use stairs instead of elevator
- 20 min of cardio (walking or running)

**OTHER PHYSICAL WELLNESS GOALS**

A person practicing physical wellness understands and respects their own and others’ bodies. This can include getting adequate sleep, eating a variety of nutrient-dense foods, moving their body in ways they enjoy, and practicing safe and healthy physical relationships.
A person practicing environmental wellness recognizes the responsibility to preserve, protect, and improve the environment, and appreciates the interconnectedness of nature and the individual.

Can you spot the 15 differences between these environmental landscapes?
Take a few minutes to spot some of the words that we often use to discuss spiritual wellness.

A person practicing spiritual wellness seeks harmony and balance by openly exploring the depth of human purpose, meaning, and connection through dialogue and self-reflection.
A person practicing career wellness engages in work to gain personal satisfaction and enrichment consistent with values, goals, and lifestyle.

Navigate through the 8 Dimensions of Wellness to get to the end of the maze.
A person practicing intellectual wellness values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews, and engage in education for the pursuit of knowledge.

Flex your intellectual wellness by completing the crossword below!

ACROSS
1. A popular central hangout — make sure to check out Alpine and Wendy’s
6. No hunchbacks here, but you’ve surely heard the chiming
7. Art museum in Chapel Hill — opened in 1958
8. Spot Larry Fedora
10. Watch out for a certain preacher, known to hang out around here
13. It’s a long rush here from the Dean Dome
14. Best location to be after a UNC victory over d00k
15. Grab a frisbee and find someone’s dog to pet while hanging out here

DOWN
2. Visual symbol of UNC
3. Go stargazing or walk around a massive sundial here
4. A popular destination for weddings, banquets, and other events in Chapel Hill
9. Gardens at UNC
11. Maybe you were of the over 900 residents of this residential community
12. Get a cup, cone, or pint to-go from their ever-changing flavors
A person practicing social wellness has a network of support based on interdependence, mutual trust, respect, and has developed a sensitivity and awareness towards the feelings of others.

Find a friend and play the dot game!

Each person takes a turn at drawing one vertical or horizontal line to connect two dots. When you complete the final side of a square, write your initials in the box! The player with the most boxes at the end wins.
Take the Wellness Assessment to learn more about holistic wellness!

The Wellness Assessment supports the mission of Student Wellness to promote health and wellness among UNC students and their communities. This tool addresses the 8 Dimensions of Wellness to allow you to learn about your overall well-being and the resources available to you.

WELLNESS DIMENSIONS

Get the knowledge you need to be your best because how you live your life today matters tomorrow!
Healthy Heels is a collaboration between the folks at Campus Health, Student Wellness and Counseling & Psychological Services to work to create a healthier campus.

WE BELIEVE THAT:

• Health and wellness are inextricably intertwined
• Everyone has the right to health
• Wellness and health are influenced immensely by our community and environment
• Wellness is holistic
• Health goals vary by individual
• Health is related to your academic goals
• Research can help us be healthier
• Health comes in every size
• Sexuality is a normal and healthy part of life
• Violence takes many forms and can be hard to recognize
• Wellness is a journey, not an outcome
• Health and wellness can be amplified with good services

Financial Wellness
PRICE MATCH GAME

One day of in state tuition: $65
Chipotle twice per month: $55
Average rent (off campus): $1038
One semester of student parking on campus: $400
Text book average: $500
Pack of 25 Trojan condoms: $19
Condoms, dental dams & lube from Student Wellness: $0
Services at Student Wellness: $0
Starbucks four times per week for one month: $65

*Prices are approximate

Intellectual Wellness
CROSSWORD PUZZLE

Across
1 Union
6 Bell Tower
7 Ackland
8 Kenan Memorial
10 The Pit
13 Franklin
14 TOPO
15 The Quad

Down
2 Old Well
3 Planetarium
4 Carolina Inn
5 Dean Dome
9 Arboretum
11 HOJO
12 YOPO

Environmental Wellness
SPOT THE DIFFERENCES

T Y R H Q U V J G I G U P W S N S G C A
S N O R V I S B W A A T A N G V I N
H U M T T L E G D Y L C I G
P W I L Q F A N G H A L H B T M
F E N H M A T Y H V J T M
G B J H R P L E D V I T X H G S Q
T O F J U W C M E G A R G I Z W R M W
R E X W T P S Y C A O J W R G E I
Z U T G I D S F Y E W V I T C C A
G F R H N L X K T W P E Y H Y Z V F
S A Y J B R F E J G I U Z Q A N R
P Z D O N I D A N C H D E P Z T K P
A X U E F T G D G P T E K N A V I
Y H D L C Y W R I D V M A G Y N C L I
L F D T R A Y K N V A F E R E N A L
L H I F H D J W O Y T A L G E Y B Y M
W P L B P I M G I C R N D U W Q P B T
P J D R I S B W R C E F E R V S I
V O Y N G N T G S T R E N G T H U B E K

Spiritual Wellness
WORD SEARCH

ANSWER KEY

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