

RUTGERS

University Behavioral
Health Care

Published by

Student Wellness Program

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<http://ubhc.rutgers.edu/swp/index.html>

Services:

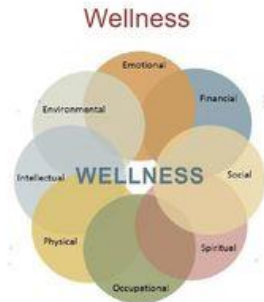
- Student Counseling
- Educational Training
- Consultations
- Psychiatry Services
- Orientations
- Crisis Debriefing

“Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle.”

Swarbrick & Yudof (2015) *Wellness in 8 Dimensions*, Collaborative Support Programs of NJ (page 22):
http://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/wellness_in_8_dimensions_booklet_with_daily_plan.pdf

Timely Topic:

The Eight Dimensions of Wellness*



In Eight Dimensions

When you think about wellness do you tend to focus primarily on your mental and physical health and neglect other important areas of your life? The concept of balance and wellness actually encompasses more than just being physically fit and happy; it means taking into account the many different dimensions that create who we are as well as where we live and our interaction with others. When considering your overall wellness it is important to tend to each of the following eight dimensions:

- **Physical:** Includes healthy eating, physical exercise, getting adequate rest and maintaining your overall health (getting your annual physical, going for a walk, eating healthy snacks).
- **Intellectual:** Includes putting energy toward lifelong learning, applying knowledge gained and sharing it with others (take a class, read a book, learn about other cultures).
- **Environmental:** The importance of feeling and being in a safe, clean and healthy environment (recycle, clean your work space, use less energy).
- **Spiritual:** Having meaning and purpose (pray, meditate, breathing exercises).
- **Social:** Developing a sense of connection, belonging and having a positive support system (join a club, spend time with friends and/or family).
- **Emotional:** Having the ability to express feelings, manage stress and adjust to the changes and events in life (journal, meditate, help others, pursue a new hobby).
- **Financial:** Having a sense of control and knowledge of personal finances (set up a budget, track spending, balance your checkbook).
- **Occupational:** Participating in activities that provide meaning and purpose (work, volunteer).

Image: <http://www.center4healthandsdc.org/wellness-in-8d.html>

*Adapted from Swarbrick & Yudof (2015), *Wellness in 8 Dimensions*, Collaborative Support Programs of NJ: http://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/wellness_in_8_dimensions_booklet_with_daily_plan.pdf

SWP SERVICES

Remember the SWP is available to you and any family member residing in your household, should you be experiencing any stress based events.

All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your

academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety management, parenting issues, time management, and substance abuse assessments.

Whatever your concerns, we are here for you. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

We are a phone call away...

Piscataway: (732) 235-5933

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