

9 Dimensions of Wellness

Self-Guided Activity Manual



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How To Use This Activity Manual



Wellness is multi-dimensional, meaning it applies to more than just one aspect of health or wellness. This manual was created to help you identify the 9 Dimensions of Wellness, reflect on how they affect you, and identify activities that you can incorporate into your daily routines to practice overall wellness.

Work through this manual at your own pace. Many of the activities will apply to the ever-evolving changes that many people face in different seasons of life, so all may not be applicable right now, but can be useful as you need them.

Before you start the activity manual please complete the wellness assessment, and upon completion of the activities, complete the personal wellness goals activity. Identify the dimension of wellness you need to boost and describe what changes you will make to improve and maintain it. Check your progress 1 month from now, then again 2 months after to see what has changed or what else needs to change.

Wellness Wheel Definitions

Our Wellness Wheel encompasses 9 mutually interdependent dimensions: cultural, emotional, environmental, financial, intellectual, physical, professional, sexual and social.



CULTURAL

Being aware of and appreciating one's own cultural background, as well as learning about other cultures, and the ability to use this knowledge to work towards building inclusive environments that value diversity.



PHYSICAL

Recognizing the need for physical activity, sleep, self-care, and nutrition.



PROFESSIONAL

Engaging in work that is motivating and interesting. As well as, seeking personal satisfaction and enrichment.



EMOTIONAL

Coping with, identifying, expressing, and managing the entire range of feelings effectively.



SEXUAL

Integrating physical, emotional, and social well-being related to sexuality to foster safe and consensual intimate relationships.



ENVIRONMENTAL

Interconnecting nature and self to preserve, protect, and improve the environment.



SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.



FINANCIAL

Budgeting, saving, and managing current and future personal finances.



INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

Personal Wellness Assessment with 9 Dimensions of Wellness

Circle the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals for each column in the light gray box on the right of the chart. That number is your score for that dimension sum of all your totals for each column in the light gray box on the right of the chart. That number is your score for that dimension.

PHYSICAL	Rarely, if ever	Some-times	Most of the time	Always
I appreciate my body.	1	2	3	4
I engage in vigorous exercises for over 30 minutes a day (e.g., brisk walking, cycling) or more days a week.	1	2	3	4
I get 7---8 hours of sleep each night and awake feeling refreshed.	1	2	3	4
I listen to my body; when there is something wrong and I seek professional advice.	1	2	3	4
I refrain from drug abuse both over the counter (OTC) and illicit (illegal).	1	2	3	4
I use alcohol responsibly. (e.g., designate sober drivers and avoiding binge drinking).	1	2	3	4
I know my important health numbers: cholesterol, blood pressure, blood glucose, body weight, etc.	1	2	3	4
I protect my skin from sun damage by using sunscreen, wearing hats, and/or avoiding tanning booths.	1	2	3	4
I eat fruit and vegetables daily and drink water regularly.	1	2	3	4
I know the resources on campus to keep me physically well.	1	2	3	4
TOTAL				

EMOTIONAL	Rarely, if ever	Some-times	Most of the time	Always
I am able to ask for assistance when I need it, from either friends, family, or professionals.	1	2	3	4
I am able to recognize the stressors in my life and have ways to reduce those stressors.	1	2	3	4
I accept responsibility for my own actions.	1	2	3	4
I am able to set priorities.	1	2	3	4
I practice coping skills when I feel overwhelmed.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and adapt or adjust to life's challenges in a positive way.	1	2	3	4
I can express all ranges of feelings (e.g., hurt, sadness, fear, anger, and joy) and manage related behaviors in a healthy way.	1	2	3	4
I maintain balance of work, family, friends, and other obligations.	1	2	3	4
I do not let my emotions get the better of me and I think before I act.	1	2	3	4
TOTAL				

Personal Wellness Assessment with 9 Dimensions of Wellness Part II

SEXUAL	Rarely, if ever	Some- times	Most of the time	Always
I am comfortable with my sexuality.	1	2	3	4
I understand and practice consent.	1	2	3	4
I stay informed and make healthy decisions regarding sex.	1	2	3	4
I respect others sexual preferences.	1	2	3	4
I have positive sexual relationships.	1	2	3	4
I know about sexual health campus resources.	1	2	3	4
I have access to sexual resources (e.g., condoms, lube, etc.)	1	2	3	4
I know what a healthy/supportive relationship is.	1	2	3	4
I get tested regularly for STDs/HIV.	1	2	3	4
I am able to effectively communicate my sexual health needs to others.	1	2	3	4
TOTAL				

SOCIAL	Rarely, if ever	Some- times	Most of the time	Always
I am involved in at least one university or community group.	1	2	3	4
I plan time with family and friends.	1	2	3	4
I enjoy the time I spend with others.	1	2	3	4
I respect the diversity of others (e.g., race, ethnicity, religion, gender, ability, or sexual orientation).	1	2	3	4
I give priority to my own needs by saying 'no' to others' requests of me when applicable.	1	2	3	4
I participate in a wide variety of social activities and enjoy being with people who are different than me.	1	2	3	4
I try to be a "better person" and work on behaviors that have caused problems in my interactions with others.	1	2	3	4
I have someone I can talk to about my private feelings.	1	2	3	4
I consider how what I say might be perceived by others before I speak.	1	2	3	4
I give and take equally in cooperative relationships.	1	2	3	4
TOTAL				

Personal Wellness Assessment with 9 Dimensions of Wellness

Part III

INTELLECTUAL	Rarely, if ever	Sometimes	Most of the time	Always
I seek personal growth by learning new skills.	1	2	3	4
I listen to ideas different from my own and constantly re-examine my judgements on social, cultural, age, gender, religion, sexual orientation, race, disability, national origin, ethical, and political issues.	1	2	3	4
I look for ways to use my creativity and critical thinking skills.	1	2	3	4
I am open to new ideas.	1	2	3	4
I keep informed about social, political and/or current issues.	1	2	3	4
I watch educational programs on television every week (e.g., news, political discussions, documentaries, Public TV, or the Discovery Channel).	1	2	3	4
I learn about different topics that interest me from books, magazines, newspapers, podcasts, and the internet.	1	2	3	4
Before making decisions, I gather facts and do research on the topic.	1	2	3	4
I know about available campus resources in my area of study.	1	2	3	4
I know how to access academic resources when necessary.	1	2	3	4
TOTAL				

OCCUPATIONAL	Rarely, if ever	Sometimes	Most of the time	Always
I balance work with other aspects of my life.	1	2	3	4
I take advantage of opportunities to learn new skills, which will enhance my future employment possibilities.	1	2	3	4
I know what skills are necessary for the occupations I am interested in.	1	2	3	4
I strive to develop good work habits (examples: punctuality, dependability, and initiative).	1	2	3	4
A sense of purpose is a consideration I use when choosing a possible career.	1	2	3	4
I work effectively with others.	1	2	3	4
I am developing the necessary skills to achieve my career goals.	1	2	3	4
I have confidence in my job search skills (e.g., resume writing, interviewing, etc.).	1	2	3	4
I have explored different career options.	1	2	3	4
I know where to find employment if needed (e.g., Career Development, online resources).	1	2	3	4
TOTAL				

Personal Wellness Assessment with 9 Dimensions of Wellness

Part IV

CULTURAL	Rarely, if ever	Some-times	Most of the time	Always
I feel comfortable working with people who come from backgrounds different than mine.	1	2	3	4
I respect everyone's individual characteristics that make them unique.	1	2	3	4
I take time to research and learn about other cultures than my own.	1	2	3	4
I enjoy learning about different cultures.	1	2	3	4
I ensure everyone has the opportunity to participate and their perspectives are taken into account.	1	2	3	4
I promote and advocate for diversity and inclusion when I have the opportunity to do so.	1	2	3	4
I know where my family is from and I value our background.	1	2	3	4
I acknowledge and accept the impact of aspects of diversity, i.e. sexual orientation, religion, racial and ethnic background, and disabilities.	1	2	3	4
I look for opportunities to meet and interact with individuals who are from cultures other than my own.	1	2	3	4
I am accepting of the views of others.	1	2	3	4
TOTAL				

ENVIRONMENTAL	Rarely, if ever	Some-times	Most of the time	Always
I am concerned about environmental pollution and actively try to preserve and protect natural resources.	1	2	3	4
If I see a safety hazard, I know who to contact on campus to fix the problem.	1	2	3	4
I reduce, reuse, and recycle products.	1	2	3	4
I live with the awareness of wholeness and the interconnectedness of all living systems.	1	2	3	4
I use both sides of paper when taking class notes or doing assignments.	1	2	3	4
I have adopted water saving habits (e.g., I try not to leave the faucet running too long when I wash dishes, brush my teeth, shave, or bathe).	1	2	3	4
I participate in campus events that help my community. (e.g., food drives, fundraisers, planting trees, disaster relief, Habitat for Humanity).	1	2	3	4
I spend time outdoors enjoying nature.	1	2	3	4
I use ecologically friendly products (e.g., eco-friendly cleaning supplies, organic products, energy efficient appliances) whenever possible.	1	2	3	4
I walk, bike, use public transportation or carpool.	1	2	3	4
TOTAL				

Personal Wellness Assessment with 9 Dimensions of Wellness

Part IV and Results

FINANCIAL	Rarely, if ever	Some- times	Most of the time	Always
I always have the money for what I need.	1	2	3	4
I review my bank statements when I receive them.	1	2	3	4
I pay all of my bills on time.	1	2	3	4
I check the balance on my bank accounts regularly.	1	2	3	4
I keep my Social Security Card or Number in a secure place.	1	2	3	4
I save part of my income every time I receive money (e.g., from work, family, gifts, or refunds of any kind).	1	2	3	4
I pay my credit card bill off completely every month.	1	2	3	4
I check my credit report to look for any errors (i.e., TransUnion, Experian, or Equifax).	1	2	3	4
I follow a spending plan every month.	1	2	3	4
Every time I get a new debit card, I change the PIN (Personal Identification Number).	1	2	3	4
TOTAL				

Personal Wellness Assessment Results

Write in your scores from each of the dimensions and compare it to the maximum score.

DIMENSION OF WELLNESS	MAXIMUM SCORE	YOUR SCORE
PHYSICAL		
EMOTIONAL		
SEXUAL		
SOCIAL		
INTELLECTUAL		
OCCUPATIONAL		
CULTURAL		
ENVIRONMENTAL		
FINANCIAL		

Which dimension of wellness are you having success in? _____

Which dimension of wellness are going "ok"? _____

Which dimension of wellness could you improve? _____



We'd love to hear your thoughts and feedback on this content.
Tell us what you think about this Wellness Activity Manual!

<https://utaedu.questionpro.com/9WAM>

NOTES



CULTURAL WELLNESS

Being aware of and appreciating one's own cultural background, as well as learning about others. The ability to take this knowledge and build inclusive environments that values diversity.

Reflect

Explore in your own culture. Have conversations with family members as well as conversations with friends with different cultural backgrounds.

Learn

There are many things you can do to learn about other cultures, as well as your own. Here are some examples:

- Visit an exhibit or museum dedicated to other cultures.
- Volunteer at cultural events.
- Cook and try foods from another culture.
- Learn a new language.

Act

Use your senses when engaging in other cultural activities:

- Visual - Explore the colors and mood of pictures and art.
- Listen - Engage in other cultures and learn more about history and traditions.
- Taste - The variety of flavors and spices of different foods
- Smell - The scents of oils or fragrances used by different cultures.
- Touch - The many different textures of fabrics associated with cultural garments.



CULTURAL EXPLORATION



Attend a cultural festival.



Learn a cultural dance.




Explore your own culture & traditions.



Celebrate a cultural holiday.



Try different foods.



Plan a trip to another country.



Advocate for everyone's participation.



Acknowledge the value of diversity.



Respect & accept diversity.



EMOTIONAL WELLNESS

Coping with, identifying, expressing, and managing the entire range of feelings effectively. (Self-awareness, coping, self-care, or exploration... breathing exercises), setting boundaries, affirmations, positive actions, self-acknowledgement)

Reflect

- Reflect on the origin of your emotions and write them down.
- Recognize triggers that bring on certain emotions..
- Focus on what (person, place or thing) brings you inner peace.

Learn

- Learn new coping skills.
- Reflect on how you react during stressful situations.
- Practice deep breathing exercises.

Act

- Write weekly affirmations that focus on positive emotions.
- Write 3 things you are grateful for everyday.
- Take wellness walks to get away from an activity that may be stressful.



Gratitude Journal



Date: _ / _ / _

Today I'm grateful for

-
-
-

Something that inspires me

.....

.....

.....

Today's affirmations

-
-
-
-

Notes & Reminders





ENVIRONMENTAL WELLNESS

Interconnecting nature and self to preserve, protect, and improve the environment. This includes safety, recycling, community involvement and even clean air.

Reflect

- What can you do to improve or preserve your immediate environment?
- What can you change in your community?
- What can you do in your immediate space to create joy?

Learn

- Research your local recycling policies.
- Watch videos on how to declutter your space.

Action

- Clean up your community by picking up trash, cutting your neighbors grass or bushes, learning about and planting native plants, recycle.
- De-clutter your home and donate items that no longer bring you joy.



UTA Tobacco Free Policy

The use of tobacco products (including cigarettes, cigars, pipes, smokeless tobacco, electronic cigarettes, or other tobacco products) on campus is prohibited.

Improving Your Personal Environment

Clean out items that are no longer in use. Donate or throw them away.

DECLUTTER

Find ways to minimize space by condensing storage areas.

ORGANIZE

Lighten the mood by adding colors, lights or sounds that you enjoy.

ATMOSPHERE

Reduce your exposure to harmful household products and use natural products, when possible.

SAFETY



FINANCIAL WELLNESS

Budgeting, saving, and managing current and future personal finances.

Reflect

- What does financial security mean to you?
- What expenses can you eliminate?
- What expenses do you value most?
- What are your financial goals?
- Do your expenses outweigh your income? If so, in what ways can you balance your finances?

Learn

- Research how to create a budget.
- Meet with the money coaches on campus.
- Ask others if they can share their budget template with you.

Act

- Determine income and expenses.
- Set a financial goal.
- Create a monthly budget.





INTELLECTUAL WELLNESS

Recognizing creative abilities and finding ways to expand knowledge and skills.

Reflect

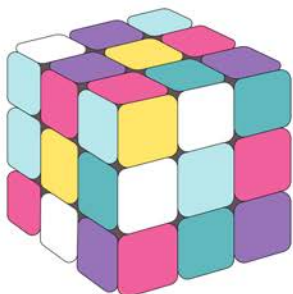
- What ways can you continually improve yourself?
- How can you increase your critical thinking abilities to improve your intellectual wellness?

Learn

- Solve word, math, and physical puzzles.
- Build vocabulary using word games or by reading more.
- Learn a new skill.
- Complete the learning style quiz:
<https://www.learningstylequiz.com/>

Act

- Remember to be open to new ideas and expand growth by learning new skills.
- Research reliable resources when accessing information.
- Never stop learning even when you graduate college!





Intellectual Wellness Goals



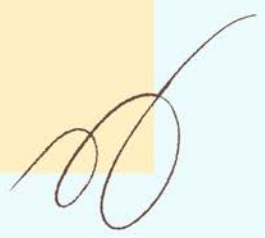
**A new skill that I
would like to learn:**

**A free online course
I would like to take:**

**A new way to express
my creativity:**

**A new hobby that
I would like to try:**

Notes





PHYSICAL WELLNESS

Recognizing the need for physical activity, sleep, self-care, and nutrition.

Reflect

- How does your body speak to you?
- Are you aware of the foods that are fueling vs depleting your body?
- What are you doing to keep your body physically fit?
- Are you getting enough sleep at night?

Learn

- Research ways to get a full night sleep.
- Watch workout videos and practice in the comfort of your own home.
- Learn what foods work well for you.

Act

- Schedule your annual physical exam.
- Start incorporating physical activity into your weekly schedule.
- Try new recipes and healthy alternatives to your favorite meals.



4-7-8 BREATHING

This breathing technique can aid in relaxation and sleep.
Start by sitting or laying in a comfortable position.

STEP 1



4

**Breathe in
through your
nose for 4
seconds.**

STEP 2

**Hold your
breath for 7
seconds.**



7

STEP 3



8

**Blow out
through your
mouth for 8
seconds.**

Repeat for 4 cycles.



PROFESSIONAL WELLNESS

Engaging in work that is motivating and interesting, as well as seeking personal satisfaction and enrichment.

Reflect

- What is a healthy work/life balance for me?
- What current skills do I have? How can I enhance those skills?
- What are my professional goals?

Learn

- Recognize and develop skills to improve your resume.
- Consider meaningful learning opportunities such as acquiring certifications, attending seminars and conferences, as well as joining professional organizations within your focus area.
- Research the job that you are applying for. Find out their mission/vision, goals, etc.

Act

- Update your resume. There are many templates and styles that you can use to present your educational and work experience.
- Be prepared for interviews by practicing answers to commonly asked questions.
- Make an appointment at the Career Development Center for a resume review, mock interviews, etc.

“Success is liking yourself,
liking what you do and
liking how you do it.
~Maya Angelou





Job Interview Checklist

Research the industry and company.



Prepare and practice for questions.



Be calm, confident, and positive.



Dress appropriately.



Be prompt.



Print copies of your resume.





SEXUAL WELLNESS

Integrating physical, emotional, and social well-being related to sexuality to foster safe and consensual intimate relationships.

Reflection

- What can you do to ensure healthy and safe intimate relationships?
- How can you decrease the risk of sexually transmitted infections (STIs) and unintended pregnancy?
- Are you able to express your sexual health needs and be respectful of your partner's needs?

Learn

- Learn about the importance of consent.
- Identify what your sexual preferences are, so that you can communicate with your partner.
- Research symptoms of STIs, so that you can know what to look for.

Act

- Schedule your annual exams, i.e. a general check up or gynecological visit.
- Get tested for STIs at least once a year, or every time you change partners.
- Visit our Condom Closet in Health Services for free condoms, dental dams, and lube.
- Take 10-minutes each month to do self-examinations: breasts, genitals, mouth, skin, etc.





SEXUAL WELLNESS CHECKLIST

Annual Exams

Monthly Self-Exams

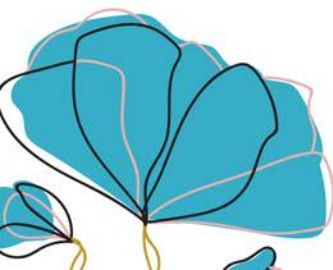
STI/HIV Testing

Consent

Contraception

Sexual Preferences

Pleasure





SOCIAL WELLNESS

Developing a sense of connection, belonging, and a well-developed support system.

Reflect

- Who is a part of your social circle?
- How are the people in your social circle willing to maintain healthy relationships with you?
- Do these relationships encourage self-awareness and support?

Learn

- Take the "Love Language" quiz to help identify how you prefer to receive love and support. <https://5lovelanguages.com/quizzes/>
- Research student organizations and groups in your community.
- Take breaks from your electronic devices and socialize with people in-person.

Act

- Think through who you need in your social circle and who you need to eliminate.
- Join a student group or organization.
- Attend different events around campus.



Social Bingo

Once you complete each social activity mark it off until you complete the entire chart.

Join an organization	Set social goals	Volunteer in your community	Attend an on-campus event
Chat with someone new	Make plans with friends	Travel to a different place	Practice conversation starters
Host a social gathering	Practice active listening	Attend an off-campus event	Give someone a compliment
Start a hobby that involves others	Visit family	Take a free class	Video chat a friend

My Wellness Goals

Identify the dimension of wellness you need to boost and describe what changes you will make to improve and maintain it. Check your progress 1 month from now, then again 2 months after to see what has changed or what else needs to change.

The 9 dimensions of wellness are cultural, emotional, environmental, financial, intellectual, physical, professional, sexual, and social.

DIMENSION OF WELLNESS:

How will I boost and maintain this dimension of wellness?	1 Month Check-In	3 Month Check-In

DIMENSION OF WELLNESS:

How will I boost and maintain this dimension of wellness?	1 Month Check-In	3 Month Check-In

DIMENSION OF WELLNESS:

How will I boost and maintain this dimension of wellness?	1 Month Check-In	3 Month Check-In

The University of Texas at Arlington

Wellness Resources On Campus

Department

Phone

Email

CULTURAL WELLNESS RESOURCES

Cultural Engagement and Social Change (CESC)	817-272-2099	cesc@uta.edu@uta.edu
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Office of International Education (OIE)	817-272-2355	international@uta.edu
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EMOTIONAL WELLNESS RESOURCES

Counseling and Psychological Services	817-272-3671	caps@uta.edu
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MavsTalk 24/7 Crisis Line	817-272-8255	
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ENVIRONMENTAL WELLNESS RESOURCES

Office of Sustainability	817-272-9299	sustainability@uta.edu
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FINANCIAL WELLNESS RESOURCES

Student Money Management Center	817-272-2353	utamoney@uta.edu
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Financial Aid and Scholarships	817-272-3561	fao@uta.edu
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INTELLECTUAL WELLNESS RESOURCES

Maverick Advantage	817-272-6080	maverickadvantage@uta.edu
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Division of Student Success	817-272-1794	dss@uta.edu
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Student Access and Resource Center	817-272-3364	sarcenter@uta.edu
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The University of Texas at Arlington Wellness Resources On Campus

Department

Phone

Email

PHYSICAL WELLNESS RESOURCES

Health Services	817-272-2771	healthservices@uta.edu
Campus Recreation	817-272-3277	campusrec@uta.edu
Maverick Pantry	817-272-9220	eaf@uta.edu

PROFESSIONAL WELLNESS RESOURCES

Career Development Center	817-272-2932	careers@uta.edu
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SEXUAL WELLNESS RESOURCES

Office of Health Promotion	817-272-2771	hpsa@uta.edu
Student Advocacy Services	817-272-3947	rvsp@uta.edu

SOCIAL WELLNESS RESOURCES

Involvement & Engagement	817-272-2963	getinvolved@uta.edu
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We'd love to hear your thoughts and feedback on this content.
Tell us what you think about this Wellness Activity Manual.

<https://utaedu.questionpro.com/9WAM>

www.uta.edu/healthservices

817-272-2771



@healthmavs