9 DIMENSIONS OF WELLNESS

- Career
- Creative
- Emotional
- Environmental
- Financial
- Intellectual
- Physical
- Social
- Spiritual
Wellness is INTERCONNECTED
Career Wellness
- Making decisions about your major/career
- Finding meaningful ways to use your strengths

Creative Wellness
- Appreciate beauty in self & surroundings
- Creatively express identity and emotion
- Use multiple perspectives to understand complex topics

Emotional Wellness
- Coping with stress
- Feeling and managing your emotions
- Expressing emotions in an effective manner for you and your context
Environmental Wellness
- Creating environments that support your personal well-being
- Accessing available resources
- Feeling part of your community

Financial Wellness
- Planning, budgeting, saving, managing, and spending financial resources
- Developing strategies to support the life you want both now and in the future

Intellectual Wellness
- Academic success
- Ability to learn effectively and demonstrate learning
- Using information well
Physical Wellness
• Establishing good self-care habits
• Getting adequate nutrition and sleep
• Ability to manage daily tasks

Social Wellness
• Ability to develop close and sustaining relationships
• Engaging in successful interactions with others

Spiritual Wellness
• Clarifying personal beliefs
• Developing a sense of meaning and purpose for life
Thank You!

Student Wellness Center
RPAC Room B130

OSUwellness  osuwellness

(614) 292-4527

swc.osu.edu
wellness@osu.edu

We empower students to strive for balance and wellness.
Acculturative Stress

- Refers to the psychological impact of adaptation to a new culture
- Common among international students and students
- Examples of acculturative stress:
  - I miss family and people from my home country
  - I worry about my future for not being able to decide whether to stay here or go back
  - It hurts when people don’t understand my cultural values
  - I don’t know how things work in the U.S.
Signs of Stress

- **Bodily reactions**
  - Increased heart rate, perspirations, upset stomach, headache, shortness of breath, tension, shakiness, crying/tearfulness

- **Excessive worry**
  - Racing thoughts, difficulty controlling your worries, difficulty falling asleep

- **Social life**
  - Withdraw from friends/ family; avoid people or social gatherings

- **Academic performance**
  - Distraction, difficulty focusing, low energy, lost interests or stop going to class
Help-Seeking is a Strength!!

We ARE HERE TO LISTEN!

- There is not one formula for success
- Resources are there for you
- Learning how to use resources will increase your chance of success
- Advocating for your needs is appreciated
- Ask questions!!
Counseling and Consultation Service

- Clinical counselors, psychiatrists, psychologists, social workers
- **Clinical services offered in 6 languages (Hindi, Mandarin, Cantonese, Korean, Spanish, English)**
- Confidential services
- Available to all registered students and dependents
- Up to 10 sessions of individual counseling – **FREE**!
- Triage entry model (walk-ins are welcomed!)
- Urgent appointments/consultations
Two Locations

- Younkin Success Center, 4th Floor
  1640 Neil Avenue,
- PAES Building, 4th Floor, Satellite Office
- ccs.osu.edu
Services Provided

- Individual counseling
- Couples counseling
- Group counseling
- Psychiatric services
- Crisis response
- Consultation
- Outreach
- Workshops – daily drop in offerings
Workshops for International Students

- Academic Success 101
- Cross-Cultural Communication
- Developing Healthy Relationship
- Making OSU Home Away From Home
- Making The Most Out of Holidays
- Stress Management and Helping a Friend in Distress

(Please check our website for dates, time, and venue)
Daily Drop-In Workshops

- Beating Anxiety
- Beating Depression
- Mindfulness for Stress Management
- Relaxation Station
- Stress and Time Management
- Yoga for Mental Health

http://ccs.osu.edu/drop-in-workshops/
CCS App
Innovative Programming

- “Let’s Talk”
- Self-Help Resources
  E.g., Tips for successful cultural transition and adaptation, sleep, academic skills, stress & anxiety
- Videos
- Emotional Fitness Blog