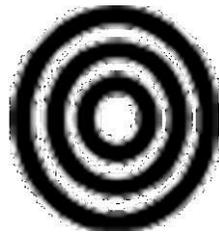


11 Pillars of Wellness

"Chief of Adinkra symbols" greatness, charisma, leadership

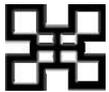


11 PILLARS OF WELLNESS



West African Adinkra Symbols

"Chief of Adinkra symbols" greatness, charisma, leadership



Excellence, authenticity, genuineness

Mental/Emotional Wellness is coping effectively with life. Striving for a Well - Balanced life. Experiencing mental wellbeing. Achieving emotional wellness allows you to manage your emotions and cope with stressful events.

Are you aware of your strengths and limitations? Are you able to accept your feelings, good or challenging? Are you able to manage your level of stress and anger? Do you use mindfulness activities to help shift your mood?

Mental and Emotional wellness looks like a person who is able to:

Know the difference between depressed feelings and feeling sad

Recognize current/past feelings and appropriately express feelings

Have a sense of humor

Take responsibility for actions and choose healthy behaviors



Transformation, “I change and transform my life”

Physical Wellness is recognizing the need for physical activity, healthy eating, and proper sleep. Take good care of your body, it is the best investment you will ever make. You are Well-Dressed exhibiting success.

Do you participate in activities that rest, energize and strengthen your body? Do you get enough sleep? Eat a balanced diet? Do you practice safe driving and medical self-care? Do you avoid drugs and the excessive use of tobacco, and alcohol?

Physical wellness looks like a person who is able to:

Participate in exercise activities, even if it is walking.

Eat as healthy as you can using the food plate - www.choosemyplate.gov

Participate in safe, responsible sexual behavior

Commit to doctors' appointments and attempt to live a positive, and healthy lifestyle



God’s protection and presence, “Tree of God”

Spiritual Wellness is having a sense of purpose and meaning in life. Spiritual wellness also involves developing a strong sense of personal values and ethics.

What does spirituality mean to you? Do you have a set of beliefs and values that give purpose to your life? Do you have respect for all life- animals and nature? Do you communicate with a higher power? Do you believe that you can make positive changes in your life?



Spiritual Wellness looks like a person who is able to:

Search for meaning and purpose in life and examine personal values and beliefs

Have a clear understanding of right and wrong

Belief that you can experience peace, harmony and all the positive opportunities of life



Peace, harmony, “no one should bite the other”

Social Wellness is being Well-Connected, collaborating and sharing. You have a developing support system. Social wellness is the ability to make friends and create satisfying relationships. Social wellness is based on your ability to interact harmoniously with fellow students, staff, faculty, administration, property and the earth.

How satisfying are your relationships with your partner, your family, and your friends? Are you active in campus affairs? Do you refrain from gossip and violence? Have you committed to a social justice cause?

Social Wellness looks like a person who is able to:

Know the difference between a healthy and an unhealthy relationship

Develop positive relationships based on trust and respect

Practice assertive communication and listening techniques.

Deal with conflict appropriately

Effectively communicate with others who are different



Knowledge, lifelong education, “he who does not know can know from learning”

Intellectual Wellness – an intellectually well person is Well- Read and Well- Spoken. You recognize and use your creative talents and abilities. An intellectually well person uses available resources to expand knowledge, improve skills, and to increase the potential for sharing with others.

Do you feel creatively and mentally challenged? Do you have hobbies? Are you continuously seeking to expand your knowledge and skills?

Intellectual Wellness looks like a person who is able to:

Enjoy learning something new

Critically think, seeing more than one side of an issue,

Communicate effectively verbally and in writing

Exhibit good study and time management skills

Uses your creativity to make good decisions and problem solve



Preparedness, fortitude “wind resistant house”

Career / Occupational Wellness - Is having personal satisfaction and enrichment from work. Your attitude about your work can greatly affect your job performance and interactions with coworkers, friends and family. Striving toward occupational wellness assist in positive productivity. Most people spend more time at work than at home. Work-life balance is very important.



Do you have balance between work and leisure time? Do you find work satisfying?
Do you enjoy new responsibilities and look forward to achieving better results?
Do you view work as a way to provide a service? Do you volunteer or provide community service?

Career / Occupational Wellness looks like a person who is able to:

Develop career goals both long and short term

Present appropriately dressed, representative as a leader, King/Queen

Participates in professional development i.e. resume writing

Report to work on time

Complete tasks effectively without procrastination

Work with a team, creative, problem solver, seeks new challenges

Receive and process constructive criticism as well as praise

Feel a sense of accomplishment and value

Increase work - life balance



Good fortune, sanctity, “that which removes ill luck”

Financial Wellness- is feeling financially comfortable. Reasonably satisfied with your financial literacy. You are somewhat satisfied with your present and future finances.

Do you know your credit score and how to repair it? Do you spend more than your income? Do you plan for your financial future? Are you aware of financial resources, scholarships and their timelines?

Financial Wellness looks like a person who is able to:

Make good financial decisions

Know the difference between financial needs and personal wants

Save money and utilize a budget

Avoid excessive use of credit and getting into unnecessary debt

Avoid wasting money, able to share and donate



Cooperation, interdependence, “help me and let me help you”

Digital Wellness is a person who is a good digital citizen, utilizes technology with respect, in a safe and appropriate manner. You practice social responsibility and character in regards to internet activities. Digital mindfulness, acknowledges excessive use of time on the internet. This can lead to lack of sleep, physical and academic challenges. It is important to protect your digital profile and privacy. Do not share your personal information. Be alert of scams and virtual predators



Digital Wellness looks like a person who is able to:

Exercise digital self-care - awareness of time spent on social media, and use of good ergonomics

Recognize that there are physical and emotional dangers of obsessive use of

Exhibits good communication and behavior - refraining from gossiping, bullying, posting pictures without permission.

Recognize that Internet addiction includes; cybersex, cyber relationships, computer addiction, bullying, creating drama

Recognizing diversity in people and cultures on the internet. Honor different values.

Understands that sexting and sending pictures that misrepresent you to strangers is dangerous behavior



Endurance, resourcefulness, “Fern”

Environmental Wellness is exhibiting good health by occupying pleasant, stimulating environments that support well-being.

Do you keep a clean dorm room? Do you use aromatherapy in your space? Do you take time to de-clutter? Do you repurpose items or give items away to charity? Do you contribute to protecting the environment by conserving energy and recycling? Do you spend time in nature to relax?



Environmental Wellness looks like a person who is able to:

Recognize how a positive environment/ space can affect your other areas of wellness

Have an understanding that the well-being of the earth is equally as important as your well-being

Spend time in nature, because it decreases negativity and enhances our vitality



Patience, tolerance, “the heart”

Cheyney Family Wellness is about growing with possibilities of a new way of interacting, with each other and the community. It is being Well–Led, sharing the knowledge that you have thus far. Developing a deeper understanding of each other. Agreeing to disagree transforming conflict.

Cheyney Family Wellness looks like a person who is able to:

Have knowledge of Cheyney University's mission and values

Is willing to share, cooperate and respect Cheyney family members (students, faculty, staff and administration)

Exhibit Cheyney University pride and respects the legacy of our ancestors that have paved the way for academic excellence.

Recognize the rich academic and cultural uniqueness of Cheyney University

Be open to telling a new narrative, allowing the community to participate in the process of change.



Learn from the past, “return and get it”

Cultural / Intergenerational Wellness is about developing a culture of wellness throughout the university. Focusing on the whole person, mind body and soul. Diving deep to take personal responsibility for your health, vitality and well-being. This person desires to be Well-Traveled, celebrating diversity.

Cultural/Intergenerational Wellness looks like a person who is able to:

Increase exposure to other cultures, places and people

Be at the foot of the “wisdom seat” listening to our elders

Recognize that everyone has something to share across all generations

Honor that everyone deserves a sense of empowerment and wellbeing, from the LGBTQA community to the community of humanity.

Understand that historical trauma affects us in different ways. Understand that it may affect how we maintain well-being on a daily basis.