



LIVE YOUR BEST YOU.

8 Dimensions of Wellness

IU Resources

Start Here

- Browse healthy.iu.edu for the most up-to-date and comprehensive resources!
- SAMHSA's Wellness Initiative, 2011, <https://store.samhsa.gov/system/files/sma16-4957.pdf>
- Inside IU Article — 4-Part Series: <http://go.iu.edu/2d9J>

NOTE: *go.iu.edu* URLs are case-sensitive

Physical — Recognizing the need for physical activity, healthy foods, and sleep

- Indoor/outdoor walking options on campus: <http://go.iu.edu/21yd>
- Physical activity opportunities on campus: <http://go.iu.edu/2d9B>
- Free nutritional counseling and resources: <http://go.iu.edu/2d9C>
- Sleep resources: <http://go.iu.edu/2d9D>
- Free annual health screenings with \$100 incentive: <http://go.iu.edu/hVG>
- Blood Pressure Machines and Scales on campus: <http://go.iu.edu/2d9E>
- Tobacco cessation resources: <http://go.iu.edu/2d9F>
- Classes and programs (Climb IU, Yoga, Tai Chi, Prevent Type 2 Diabetes, Weight Watchers, Produce Markets, etc): <http://go.iu.edu/2d9H>

Spiritual — Expanding a sense of purpose and meaning in life

- CaRLA, IU Campus Religious Leaders Association: <http://www.carlaiu.org/>
- Classes and Programs (Live Online Mindfulness Meditations, Personal Resiliency Training, Mindful Way to Stress Reduction): <http://go.iu.edu/2d9H>

Environmental — Good health by occupying pleasant, stimulating environments that support well-being

- Sustain IU (resources, news, volunteer opportunities): sustain.iu.edu
- Sustain & Move IU (self-paced challenge): <http://go.iu.edu/2d9M>
- Workshop Handouts and Recordings ("Bicycle and Commuter Safety"): <http://go.iu.edu/2d9N>

Emotional — Coping effectively with life and creating satisfying relationships

- Mental Well-Being Resources (resources, guided meditations, etc): <http://go.iu.edu/2d9O>
- Classes and Programs (Live Online Mindfulness Meditations, Personal Resiliency Training, Mindful Way to Stress Reduction, Yoga, Tai Chi): <http://go.iu.edu/2d9H>
- IU Employee Assistance Program (free, professional, confidential counseling): <http://hr.iu.edu/benefits/eap.html>
- Workshop Handouts and Recordings ("Am I Enough? The Question that Drives Anxiety," "Connections — Your Brain on Relationships,"): <http://go.iu.edu/2d9N>

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Intellectual — Recognizing creative abilities and finding ways to expand knowledge and skills

- Watch a recorded Healthy IU webinar: <http://go.iu.edu/2d9N>
- Training and Organizational Development through IU Human Resources: <http://hr.iu.edu/training/>
- Free, online IU courses: <https://expand.iu.edu/>
- IU Libraries: <https://libraries.indiana.edu>

Occupational — Personal satisfaction and enrichment from one's work

- Training and Organizational Development through IU Human Resources: <http://hr.iu.edu/training/>
- Environmental Health and Safety: <https://ehs.iu.edu>
- Office of the Vice President for Diversity, Equity, and Multicultural Affairs: <https://diversity.iu.edu>
- Work + Life Resources (Adult & Eldercare, Child & Parenting, Breastfeeding Support, etc.): <http://go.iu.edu/2d9S>

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

- Office of the Vice President for Diversity, Equity, and Multicultural Affairs: <https://diversity.iu.edu>
- Bring a friend or make new ones! Sign up for a Healthy IU program that interests you: <http://go.iu.edu/2d9H>
- Start a Healthy IU wellness challenge with friends, family, or coworkers: <http://go.iu.edu/1Ai1>
- Workshop Handouts and Recordings (“How to Connect, Not Just Converse, with Others,” “Am I Enough? The Question that Drives Anxiety,” “Communication that Improves Relationships”): <http://go.iu.edu/2d9N>

Financial — Satisfaction with current and future financial situations

- Workshop Handouts and Recordings (“Financial Wellness: Past, Present, and Future,” “How to Be a Savvy Consumer”): <http://go.iu.edu/2d9N>
- Money Mindset Financial Wellness Challenge: <http://go.iu.edu/2d9W>
- IU MoneySmarts, Office of Financial Literacy: <https://moneysmarts.iu.edu>



WORKDAY ENERGIZERS

Workstation Movements:

- Handout: <http://go.iu.edu/1gaU>
- Presentation: <http://go.iu.edu/2d9X>
- Movements only: <http://go.iu.edu/2d9Y>

Mindfulness Break:

- Guided meditations (in “Try It” section): <http://go.iu.edu/2d9O>