









DIMENSION	SYMBOL	DEFINITION	Activities & Opportunities
EMOTIONAL WELLNESS		Coping with healthy strategies that foster personal resilience, satisfying relationships, and optimism.	<ul style="list-style-type: none"> Check out <i>TAO-Therapy Assisted Online</i> Join the student organization <i>Active Minds</i> Participate in <i>Yoga and Meditation</i> Take online mental health screenings Disconnect with technology
INTELLECTUAL WELLNESS		Ability to think critically, make responsible decisions, and finding ways to expand learning and skillfulness.	<ul style="list-style-type: none"> Apply for the <i>Bellarmino Leadership Institute</i> Become a <i>Peer Wellness Educator</i> Attend a <i>BU Dialogue</i> Meet with your <i>Academic Advisor</i> Visit the <i>Tutoring and Writing Center</i>
OCCUPATIONAL WELLNESS		Personal satisfaction and enrichment from one's work.	<ul style="list-style-type: none"> Visit the <i>Career Development Center</i> Check out available jobs on <i>Handshake</i> Find an alumni mentor Grab an internship
FINANCIAL WELLNESS		Utilizing good fiscal management habits and developing skills to make informed financial decisions.	<ul style="list-style-type: none"> Attend a financial wellness workshop - make a budget Explore educational resources through Office of Financial Aid
PHYSICAL WELLNESS		Making informed decisions about physical activity, nutrition, and sleep to cultivate a healthy lifestyle.	<ul style="list-style-type: none"> See what the <i>SuRF Center</i> has to offer Give Blood Attend group fitness classes Set up your <i>myNorton</i> chart to access free e-Care visits Join an intramural or club sport team Get a Flu Shot
ENVIRONMENTAL WELLNESS		Good health by occupying and cultivating pleasant environments that supports your well-being and the planet's.	<ul style="list-style-type: none"> Join the Food Sustainability Club Rent out a hammock or bicycle for free Walk instead of taking the BU shuttle
SOCIAL WELLNESS		Developing the capacity for intimacy, meaningful relationships, and a well-developed support system.	<ul style="list-style-type: none"> Participate in event through Service & Leadership Join an RSO Registered Student Organization Cheer on the Knights athletic teams Make time for friends and family
SPIRITUAL WELLNESS		Expanding a sense of purpose and meaning in life.	<ul style="list-style-type: none"> Explore interfaith activities Alternative spring break Attend a retreat sponsored by Campus Ministry Connect with Peer Ministers Practice Moonlight Yoga Practice random acts of kindness