

ORGANIZATION WELL-BEING

Your individual well-being is essential to your success as a student and as an organization leader. You are your organization's foundation, for your organization to be well taken care of you also must take care of yourself.

The 8 Dimensions of Wellness

The following dimensions of wellness are essential to the whole rounded well-being of an individual. When you achieve a balance of each dimension you may find that your overall individual wellness allows you to work more positively and find a better work, school, and life balance. The 8 Dimensions of Wellness are adapted from WellCats. To learn more please visit <https://wellcats.txst.edu/about.html>.

Emotional Wellness

Having meaningful connections with people in order to create a support system to help face life's daily challenges with a positive outlook.

On campus resources
The Counseling Center

Spiritual Wellness

Your life has purpose. Understanding your place in the world can be an enlightening experience that can lead to increased motivation to persist through school and work.

On campus resources
Student Ministry/Religious Organizations and clubs
Meditation at the Rec

Intellectual Wellness

Having an open perspective and allowing yourself the space to learn and grow academically either in class or through peers and extra-curriculars.

On campus resources
SLAC
The Writing Center
Academic Advising

Physical Wellness

Having healthy habits like regular exercise and maintaining healthy sleep patterns. This can also look like avoiding unhealthy behaviors that could hinder your physical well-being.

On campus resources
The Rec Center
Student Health

Environmental Wellness

Taking care of your environment so it can, in return, take care of you. You can accomplish this by recycling, reducing waste, and cleaning up after yourself in public outdoor areas. This can also look like having a safe environment to live in.

On campus resources
Student Attorney Office
University Police Department

Financial Wellness

Financial stress is a leading stress in many people's lives. Learning to maintain a budget and creating financial goals can help eliminate this kind of stress.

On campus resources
Financial Services
Student Employment

Occupational Wellness

Having a positive work environment is key to whole wellness. Having positive relationships with co-workers can contribute to positive feelings towards attending work.

On campus resources
Career Services
The counseling Center

Nutritional Wellness

Maintaining a healthy eating schedule prioritizes your health and provides long-lasting energy. You will also want to make sure you are drinking plenty of water throughout the day.

On campus resources
Texas State Dining
Bobcat County Food Bank