

Holistic Wellbeing at CWU



Your Presenters



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9 Dimensions of Wellbeing

WHY SHOULD WE BE TALKING ABOUT THIS?

- A framework for actions and opportunities across the university
- Helpful lens to organize our services/work in ways that make sense to students and to us
- Connection to CWU's Strategic Plan

Agenda and Activity

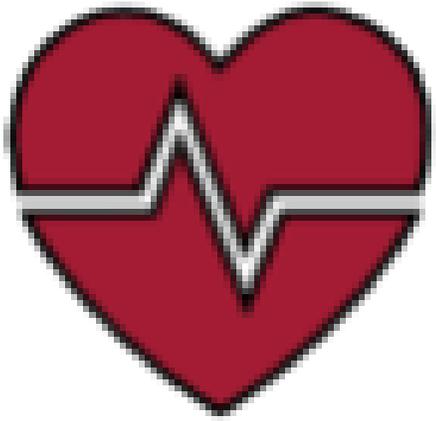
- Brief review of the 9 Dimensions of Wellbeing
- Individual activity: Wellbeing Wheel
- Table discussion and share-out
- Conclusion: Okanagan Charter

Wellbeing Wheel Activity

Using the handouts at your table, please review the Dimensions of Wellbeing and complete your individual wheel as either:

- Yourself
- A student you are familiar with (no names please)
- If applicable, your past self while in college

PHYSICAL WELLBEING includes taking care of our bodies for optimal health and functioning.



This includes healthy behaviors like:

- ✓ Good nutrition
- ✓ Getting adequate sleep
- ✓ Engaging in physical activity
- ✓ Making sure basic needs are met
- ✓ Reducing risk through healthy choices
- ✓ Accessing timely health care (especially preventative)

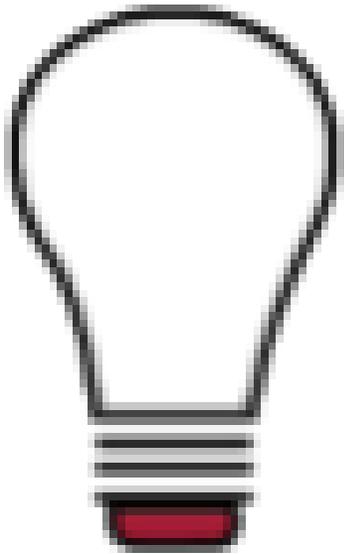
SOCIAL WELLBEING encompasses personal relationships, support networks, professional connections, and self-love.

This can include:

- ✓ Communicating feelings and needs to others in an appropriate manner
- ✓ Developing, building & maintaining close friendships and healthy intimacy
- ✓ Practicing empathy and effective listening
- ✓ Caring for others and for the common good
- ✓ Allowing others to care for you



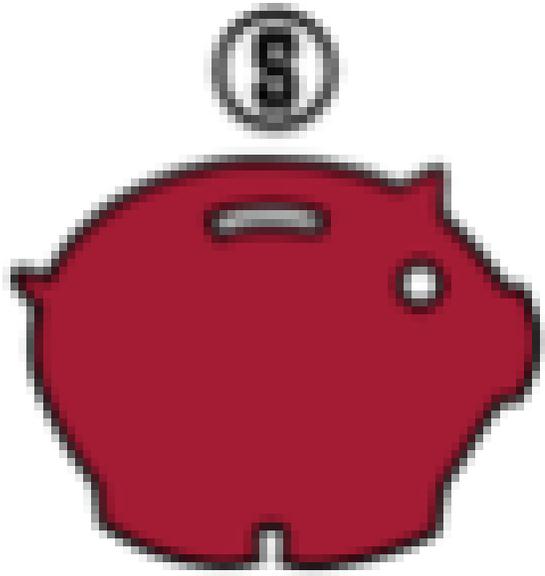
INTELLECTUAL WELLBEING involves participating in creative and challenging mental activities.



It includes:

- ✓ Being open minded
- ✓ Engaging in lifelong learning
- ✓ Sharing our abilities with others
- ✓ Seeking out new ideas about how to effectively work and live in changing times
- ✓ Looking for sources and groups that spark interest and broaden horizons

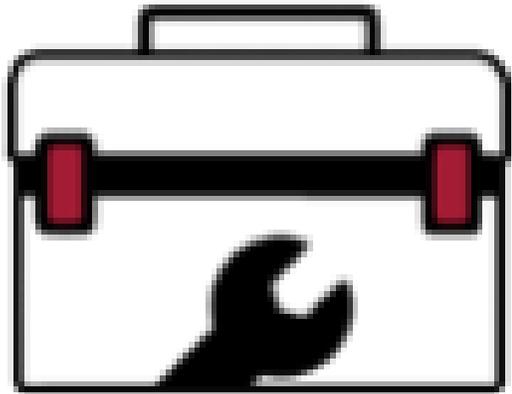
FINANCIAL WELLBEING is accessing the resources and skills that allow you be satisfied with your financial responsibilities & goals.



Skills to meet financial responsibilities & goals include:

- ✓ Growing knowledge of fiscal terms and management
- ✓ Debt management
- ✓ Budgeting
- ✓ Long-term planning
- ✓ Smart investing

OCCUPATIONAL WELLBEING allows us to engage in our work and explore options to use our gifts, skills and talents to create our own vision for the future.



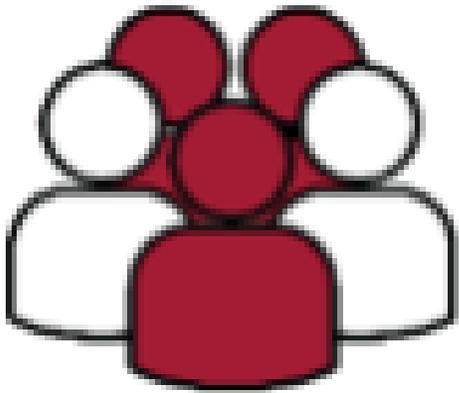
Consider behaviors including:

- ✓ Development of good work habits
- ✓ Exploration of vocational interests
- ✓ Growing skills for job searching, interviewing and other employment acquisition tasks
- ✓ Realizing intersection of personality and skill set with contributions to work environment

CULTURAL WELLBEING is being aware of your own cultural background and identity, as well as the diversity and richness present in other backgrounds.

It involves:

- ✓ Building positive relationships and interacting respectfully with people of different backgrounds, sexual orientations, gender identities, ethnicities, abilities and ages.
- ✓ Taking time to try new things (travel, arts, food, media) that expand cultural knowledge
- ✓ Making use of educational offerings with DEI emphasis



SPIRITUAL WELLBEING embodies finding and exploring a personal sense of purpose and living a meaningful life, including contributing to the spiritual health and peace of others.



Considerations include:

- ✓ Taking time to enjoy nature & beauty around you
- ✓ Evaluating beliefs, values and behaviors for consistency and allowing for change/growth over time
- ✓ Developing sense of connection to something bigger, through worship, connections, meditation, acts of caring
- ✓ Practicing gratitude and giving back to community

EMOTIONAL WELLBEING is developing a positive sense of self that is open and able to experience a healthy range of emotions.



This is the degree one feels positive and enthusiastic about oneself and life, and includes:

- ✓ The ability to manage, express, and accept one's feelings
- ✓ Coping with and solving problems
- ✓ Managing stress in healthy and proactive ways
- ✓ Being receptive to the emotions of others without creating less space for one's own

ENVIRONMENTAL WELLBEING is an awareness of one's impact on their immediate and broader environment and the environment's impact on the individual.

It inspires us to live a lifestyle that is respectful of our surroundings by:

- ✓ Minimizing harm and maximizing harmony
- ✓ Adopting a Reduce, Reuse, Recycle mindset
- ✓ Advocating for spaces that best support healthy living
- ✓ Making changes across environments (work, home, play) that further enhance our daily lives

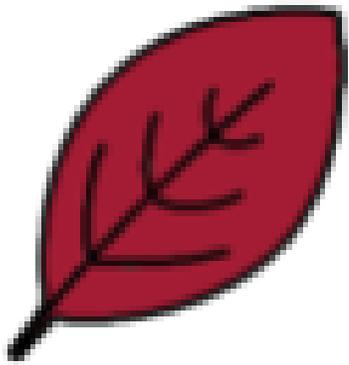
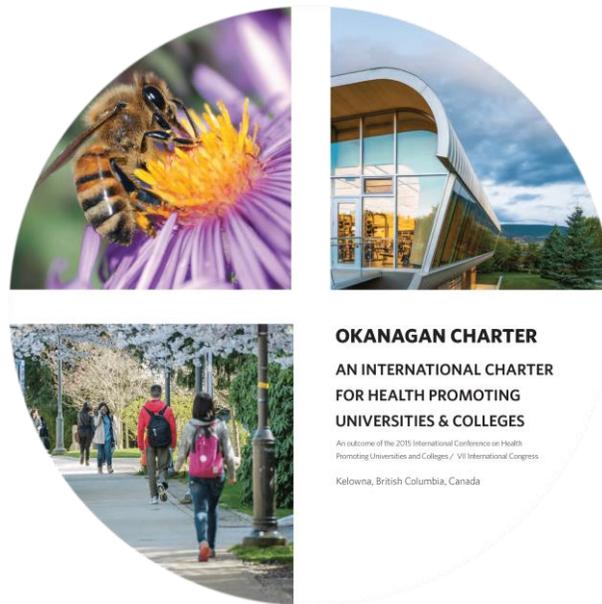


Table Discussion

What do you like about using this model to illustrate holistic wellbeing?

Next Steps at CWU

- Commitment to health and wellbeing at CWU
 - Adoption of Okanagan Charter



Next Steps at CWU

- As we conclude, consider:
 - Where might there be easy connections for your department to amplify aspects of dimensions of wellbeing?
 - What partnerships/collaborations might you explore for combined wellbeing initiatives?
 - What is missing at CWU for student wellbeing? For staff/faculty?

Thank you!