



Understanding your overall wellbeing can help you maximize your potential academically, socially, personally and professionally.

SO Social

Social Wellness

- Maintain current, healthy relationships.
- Make an effort to keep in touch with friends and family.
- Reflect on self and social needs.
- Adapt to various social settings.
- Participate in group discussions and practice active listening.
- Join organizations to expand your social network, it's a great way to get involved and meet others with similar interests.

PH Physical

Physical Wellness

- Get a physical exam.
- Maintain immunizations.
- Engage in physical activity and eat healthy.
- Maintain a regular sleep schedule with 7-8 hours of sleep per night.
- Limit or avoid alcohol, tobacco and other nicotine products.
- Allow your body to heal from sickness and injury.

SP Spiritual

Spiritual Wellness

- Nourish yourself through personal beliefs, morals and/or religion.
- Explore what makes you feel connected with one's self and others.
- Find purpose in life and meaning in the little things you do everyday.
- Center yourself with mindfulness activities.
- Be curious of world views and beliefs that differ from yours.
- Practice self acceptance and graciousness.

ME Mental

Mental Wellness

- Find outlets that are intellectually stimulating.
- Set and meet realistic goals academically, personally and professionally.
- Be open to new challenges and experiences.
- Be curious of world views and beliefs that differ from yours.
- Seek support from a mental health professionals as needed.
- Practice self acceptance and graciousness.

EM Emotional

Emotional Wellness

- Know that it is okay to express your needs, feelings and opinions appropriately.
- Acknowledge mistakes and learn from them.
- Accept a wide range of feelings
- Believe in yourself and your abilities.
- Maintain fulfilling relationships.
- Seek and appreciate the support and assistance of others.
- Use journal writing to relieve stress and express your thoughts.

EN Environment

Environmental Wellness

- Appreciate and respect the environment.
- Recycle, reduce and reuse.
- Reduce noise and chemical pollution.
- Do your part to preserve and improve environmental conditions.
- Have a place you can go to relax.
- Have a welcoming space at home and work for you and others to feel comfortable.
- Keep yourself and others safe - like buckling up, paying attention to traffic laws, staying alert.



VO Vocational

Vocational Wellness

- Find hobbies that bring you joy.
- Seek out volunteer opportunities that align with your values and personal passion(s).
- Challenge yourself to explore different experiences that could make a difference in the community.
- Explore careers that are consistent with your values and interests.
- Set realistic and attainable career goals.

FI Financial

Financial Wellness

- Set short and long term financial goals.
- Explore opportunities to apply for grants and scholarships.
- Take advantage of student discounts.
- Address financial concerns early so they don't snowball into something bigger.
- Avoid buying things impulsively.
- Build a weekly and/or monthly budget.
- Be intentional about saving money when you can.

MCKINLEY Resources

McKinley Health Education Unit

Health Educators specialize in fitness, nutrition, sexual health, stress management and multi-cultural health. Schedule a one on one confidential consultation.  217-333-2714

McKinley Mental Health Unit

Short term therapy is provided in a confidential setting. Call to schedule an appointment.

 217-333-2705.

McKinley Health Resource Centers

Provides free over the counter self-care supplies. Packs include sleep, allergy, cold, wound, safer sex supplies, pregnancy tests and yeast infection treatment kits. Stop by our locations and visit our website for hours of operation.  Locations: McKinley Health Center & the Illini Union (food court level)