

Keeping WELLthy

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

Wellness is...

- An optimal state of wellbeing
- A life-long process
- Realizing your true potential
- Living healthier and happier



PH Physical

Physical wellness relates to maintaining a healthy body and seeking care when needed. It involves respecting your body's own uniqueness and diversity. Physical health is attained through eating well, regular exercise, getting enough sleep and taking steps to prevent illness. It is also important to recognize signs and symptoms of illness and seek out appropriate assistance in reaching optimal health.

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.

SO Social

Social wellness refers to the relationships we have and how we interact with others. It involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you. Conscious actions are important in learning how to balance your social life with your academic and professional lives. Social wellness also includes balancing the unique needs of romantic relationships with other parts of your life.

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.

ME Mental

Mental wellness involves having an open mind when you encounter new ideas and involves lifelong learning. It is when an individual realizes their abilities, is able to cope with normal stresses of life and makes contributions to their community.

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 professional as needed.
- ❑ Practice self acceptance and graciousness.

EM Emotional

Emotional wellness relates to an increased awareness and acceptance of one's feelings and others. Paying attention to self-care, relaxation and stress reduction strengthens your ability to problem solve, use resources and be resilient. Optimal emotional wellness involves the ability to learn and grow from experiences.

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.

FI Financial

Financial wellness involves the process of learning how to successfully manage financial expenses. Keeping track of expenses, making a budget, and sticking to it are important skills to have in order to be financially responsible, independent, and well. Learning how to maximize your financial wellness now will help you feel prepared to handle potentially stressful financial situations in the future.

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.

SP Spiritual

Spiritual wellness allows you to develop a set of values and beliefs that help you seek meaning and purpose. Spirituality can be represented in many ways. Spiritual wellness is creating a sense of inner peace.

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.

VO Vocational

Vocational wellness is inclusive of interests, hobbies, employment, and volunteer work and can be nurtured by matching these areas with your values. As you uncover your talents and passion, you can express yourself to the world through meaningful work both personally and professionally.

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.

EN Environment

Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings and encourages us to live in harmony with the Earth by taking action to protect it. Environmental wellbeing promotes interaction with both nature and your personal 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.




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)

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