

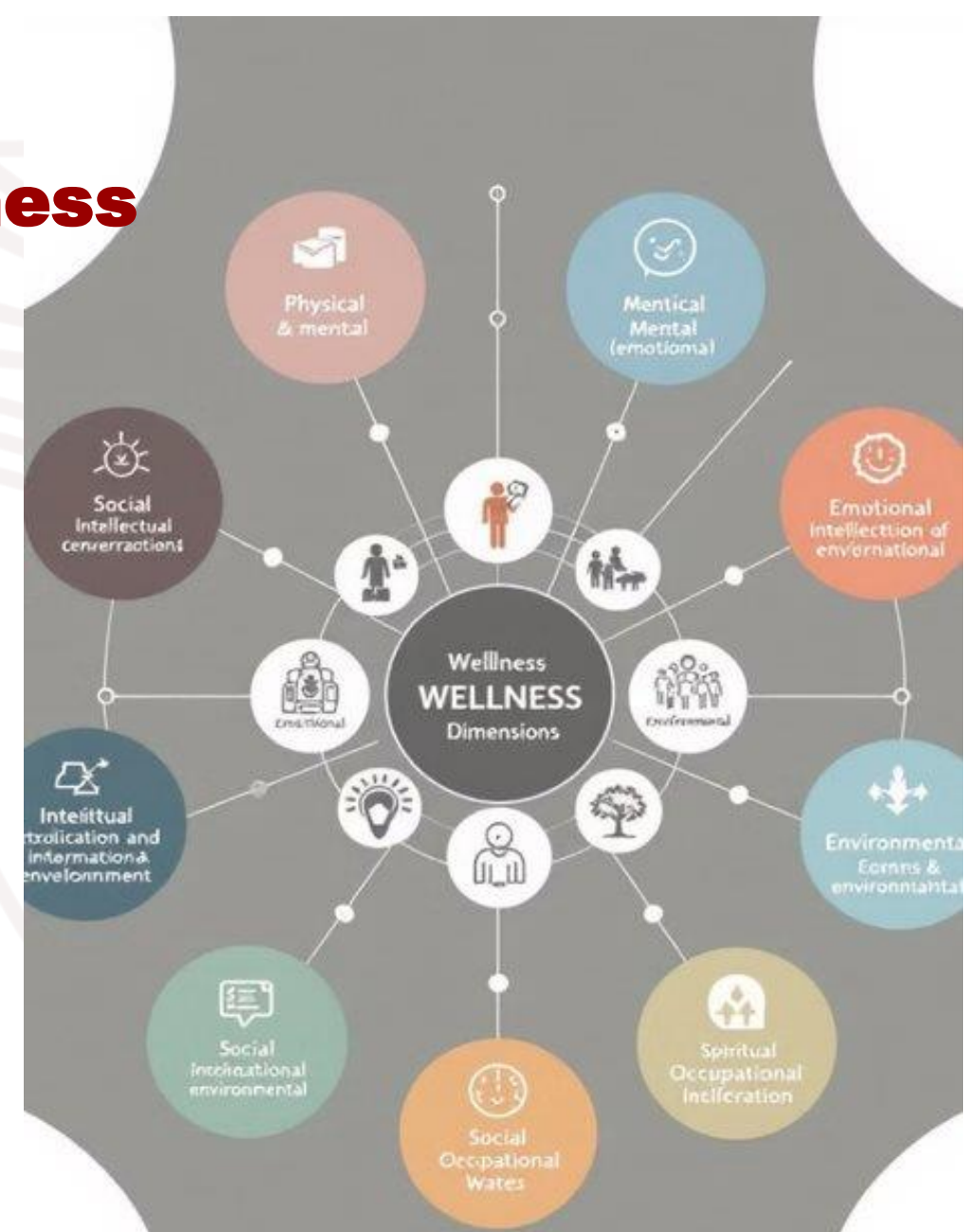


## **Self-care in 8 Dimensions of Wellness**

- USC Kortschak Center For Learning and Creativity
- Yizhen Jane Wang

# Self-Care in 8 Dimensions of Wellness

- Self-care: Activities to maintain well-being
- Wellness: Active process for a fulfilling life



# Physical Wellness

**Care for your body:** nutrition, exercise, sleep

**Time Management:** schedule activity, meals, sleep

## Self-Care Actions:

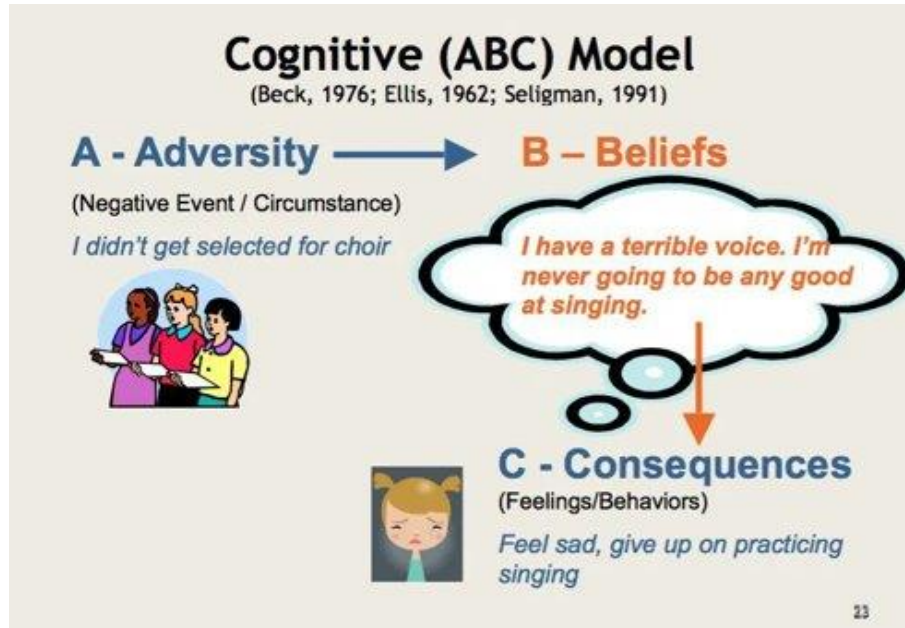
- 30 mins activity, 5x/week
- 5 servings fruits/veggies daily
- Sleep 7-8 hours/night

## MY SLEEP SCHEDULE

Your turn! Use this page to set goals and track progress on your sleep hygiene routines.

	SUN	M	T	W	TH	F	SAT
End work/start leisure							
Prepare things for next day							
Begin nighttime routine							
Bedtime							
Hours of sleep I am aiming for							
Wake-up time for next day							
Ready time for next day							

# Intellectual Wellness



1. Continuous learning and creativity
2. Self-Regulation: Plan, monitor, and evaluate
3. Actions:
  - A-B-C thinking
  - Engage in puzzles, reading, learning

# Emotional Wellness

1. Express/manage emotions effectively
2. Managing Emotions: positive self-talk
3. Actions:
  - Mindfulness for negative self-talk
  - Seek help for overwhelming emotions



# Social Wellness

1. Build supportive relationships
2. Self-Care Actions:
  - Use “I” Messages for communication
  - Maintain social support network
3. Effective communications:
  - Respectful Language
  - Cool-down breaks
  - Focus on present issues



# Spiritual Wellness

1. Find purpose, align actions with values
2. Connecting goals with values
3. Self-Care Actions:
  - reflect./meditate daily
  - Explore personal beliefs and respect others.

## How to Meditate

General Guidelines:

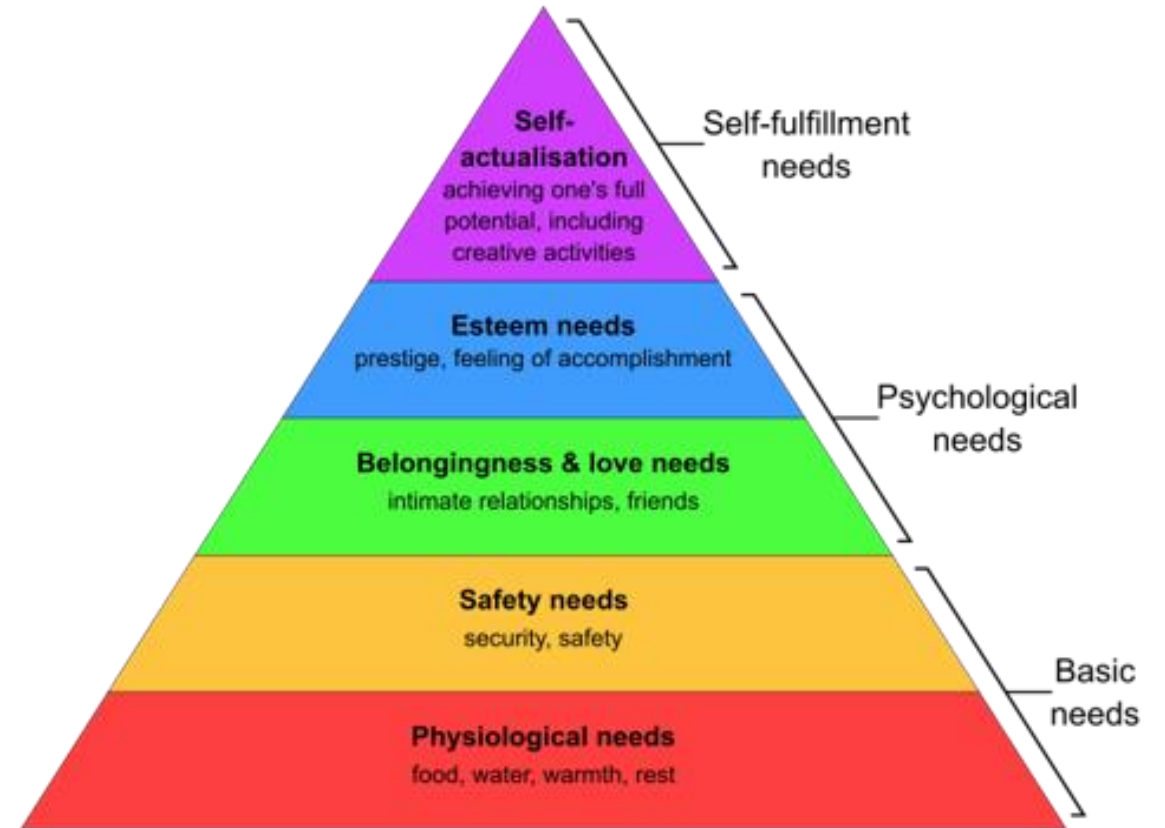
- Set aside some time with no distractions each day. It can be as little as 10-20 minutes, once or twice a day
- Make it a habit (same time each day)
- Sit in a comfortable position
- Focus on how your body feels as you sit and begin to quiet your mind
- Pick something to focus your attention on. For example, focus on your breath, the sound of relaxing music, or a calming image
- Don't be surprised or frustrated if your mind strays. Recognize and accept that you are having a thought and let it go. Bring your attention back to what you were focusing on
- End your meditation slowly. Take a few minutes to gradually bring yourself back to the present moment.

General Tips:

- **Be patient!** At first, it can be really difficult to quiet your mind and prevent intrusive thoughts from entering your experience
- **Trust** that your mind is a powerful machine that you have control over
- **Practice makes perfect.** Understand that meditation is a skill to be learned; it will take time to master it

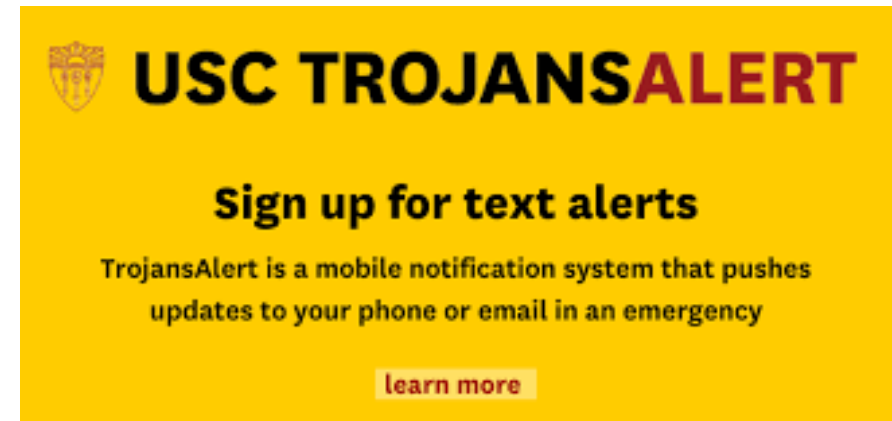
# Occupational Wellness


- Fulfillment: work aligns with values/passions
- Actions:
  - SMART career goals
  - Seek/respond to feedback for growth



# Environmental Wellness

1. Be aware of your environment, align actions with sustainability
2. Connecting habits with environmental impact
3. Self-Care Actions:
  - Spend time with nature to recharge
  - Reduce, reuse, recycle to minimize waste
  - Conserve energy and water in daily routines



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# Financial Wellness

1. Manage your finances, align spending with long-term goals
2. Connecting financial habits with security and stability
3. Self-Care Actions:
  - Budget monthly to prioritize needs and savings
  - Track spending to avoid overspending
  - Set financial goals to reduce stress and build confidence

## COLLEGE STUDENT BUDGET



Financial Aid & Income			
	Actual	Expected	Difference
• FIN. AID			
• JOB			
• EXTRA			

Expenses			
	Actual	Expected	Difference
• TUITION			
• FEES			
• HOUSING			
• DINING			
• HEALTH			
• PHONE			
• CAR/BUS			
• FUEL			
• INSURANCE			
• OTHER			

# USC Resources

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