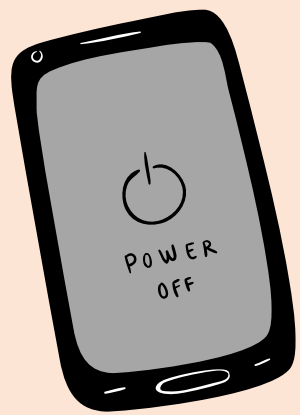


8 Dimensions of Wellness

The 8 Dimensions of Wellness framework recognizes that well-being is multi-faceted and interconnected. It emphasizes that well-being includes emotional, social, intellectual, spiritual, financial, environmental, and occupational aspects of life. By nurturing each of these areas, individuals can create a more balanced, fulfilling, and resilient life.



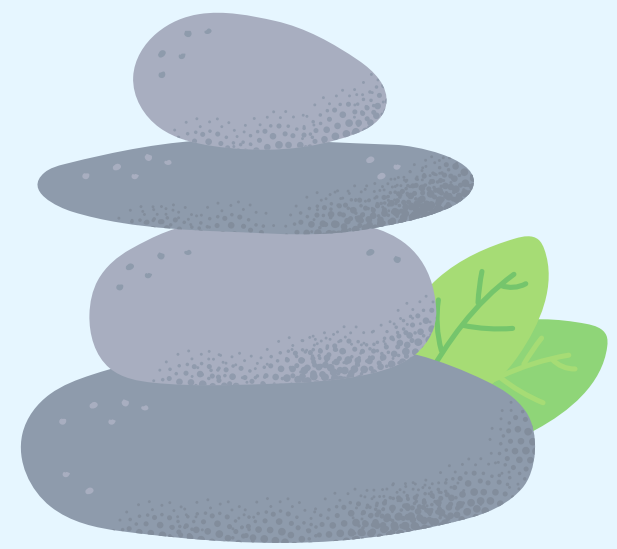
Emotional



- Reduce time on phone. Set a daily media/news limit.
- Create a gratitude list.
- Seek help and support from others when needed. USC CMH offers counseling.
- Practice positive self-affirmations and self-compassion.
- Acknowledge your fears, anxieties, and concerns. Feel what you feel. Practice empathy, kindness and grace for yourself.

Spiritual

- Meditate using guided apps such as Mindful USC, Calm or Headspace.
- Pray or spend time in reflection.
- Use journaling as a reflective tool.
- Connect with communities that provide a sense of belonging. USC ORSL hosts events.

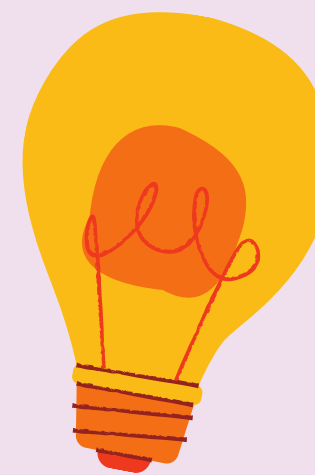


Social



- Stay connected with support systems by scheduling regular catch ups.
- Join clubs, attend community events or volunteer.

Intellectual



- Read a book for fun.
- Learn a new hobby (ex. Duolingo, painting, origami, baking, etc.).
- Complete a word search, crossword puzzle, or sudoku.
- Listen to a podcast.
- Engage in creative activities like art, writing, or music.

Environmental



- Clean, organize, and declutter your space.
- After work/class, put items away into a designated space (closet, backpack, desk, etc.)
 - Check out these videos on organization and ergonomics.
- Adjust your workspace for proper body positioning.
- Open a window or go outdoors for some fresh air.

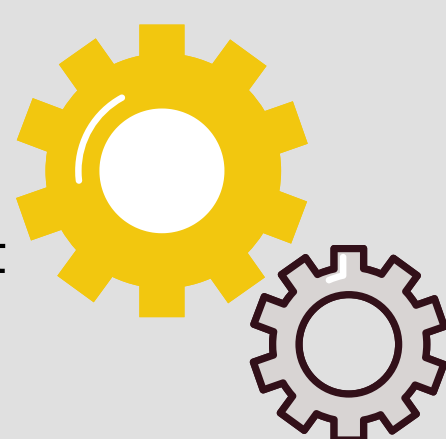
Physical

- Maintain your usual daily routine (wake up at the same time, shower, dress, etc.).
- Exercise. Visit USC's free virtual engagement fitness for workouts.
- Stretch during breaks.
- Eat nutritious snacks and meals.
- Maintain a night-time routine.



Occupational

- Create a vision board of what you want to achieve.
- Visit the USC Career Center to research internships, check out upcoming events, or make a virtual appointment with a Career Advisor.
- Use the Trojan to Trojan Initiative.



Financial



- Create and maintain a budget.
- Define and set financial goals. Check out USC iGrad for resources and tools on financial literacy.
- Take 30 minutes each week to go over bill due dates, to check your bank account(s), and to review your financial goals.