



ENVIRONMENTAL WELLNESS

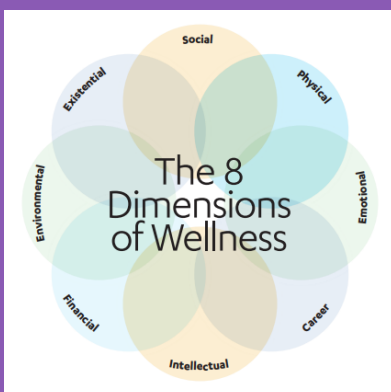
ENHANCE YOUR WELLNESS BY CARING FOR YOUR
PERSONAL, PROFESSIONAL, AND NATURAL SURROUNDINGS

ENVIRONMENTAL WELLNESS DEFINED

Environmental wellness is having good health by occupying pleasant, stimulating environments that support well-being. It promotes interaction with nature and also creating an enjoyable personal environment (both in and out of your workspace)

IMPORTANCE IN LIFE

The core principle of environmental wellness is respect—respect for all nature and all species living in it. When you become environmentally aware, you will be able to realize how your daily habits affect your home life as well as your work life. Improving environmental wellness is simple and results in a more balanced lifestyle.



8 DIMENSIONS OF WELLNESS

EVERY INDIVIDUAL EXPERIENCES MULTIPLE DIMENSIONS OF LIFE THAT CAN BE CATEGORIZED INTO 8 DIMENSIONS OF WELLNESS.

BY PAYING ATTENTION TO WHAT YOU NEED IN EACH OF THESE DOMAINS, YOU CAN FIND THE RESOURCES ON CAMPUS THAT WILL HELP YOU WITH WHAT YOU NEED.