



# 'S SELF -CARE PLAN



Daily:

Weekly:

Long Term:



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# Wellness Mission and Model Definitions

Elon University is committed to fostering an institutional culture of holistic wellness where every individual has an opportunity to transform their mind, body, and spirit. By providing access to resources, educational tools, and support, we will empower each member of our community to cultivate personal wellness values that will last throughout and beyond their time at Elon.

Holistic wellness is defined as a process of striving for one's full potential across six dimensions of well-being, based on the Gallup well-being index with emotional well-being added as a sixth dimension:

**Community** well-being is the sense of engagement and connection one has with where they live and a feeling of both safety and pride in one's community. Striving for well-being in this dimension involves connecting with groups (formal and informal) as well as the Elon community as a whole. Strong community well-being means one takes ownership over their own wellness and contributes to the wellness of others.

**Emotional** well-being involves resilience, grit, and the mental capacity to both thrive and contribute to one's own personal growth. Striving for well-being in this dimension involves identifying personal emotions, understanding their value, and regulating them constructively. Strong emotional well-being means one feels safe, supported, and mentally well.

**Financial** well-being is how one's personal resources impacts other aspects of their life. Striving for well-being in this dimension includes understanding the opportunities, limitations, and responsibilities one's finances affords them and planning for their financial future. Strong financial well-being means one has a full understanding of their financial situation and can adequately prepare for changes.

**Physical** well-being includes health, physical ability, exercise, sleep, and nutrition. Striving for well-being in this dimension includes eating a balanced diet, regular exercise, and access to resources that contribute to physical health (e.g., doctors, nutritionists, fitness activities, etc.). Strong physical well-being means one has the energy necessary to live a full and engaging life.

**Purpose** well-being includes fulfillment, spiritual meaning, personal identity, and vocation. Striving for well-being in this dimension includes exploring how one interacts with the world around them and developing a passion for how they will contribute to their community and the world. Strong purpose well-being means one has developed a personal mission and vision, and make choices every day to actively pursue their purpose.

**Social** well-being involves authentic interpersonal relationships. Striving for well-being in this dimension includes connecting with individuals in a way that is deep and meaningful. Strong social well-being means one has strong, supportive, interdependent relationships where each person genuinely cares for the other and values what they contribute.