



# Wellbeing Newsletter

## What are the 8 Dimensions of Wellbeing?

Consider your life is made up of 8 interconnected dimensions. Read on to learn about events happening for your wellbeing.



### **Building healthy, nurturing, and supportive relationships with others.**

It involves effective communication, empathy, a sense of belonging, and connection to community.

**TIPS:** Join regular meetups or virtual hangouts to maintain strong bonds. Join clubs or groups that interest you. Apply active listening skills, volunteer, and get involved in social advocacy.



### **Personal satisfaction and enrichment in your work.**

It involves balancing work and leisure time, managing stress, and aligning your career with your values and goals.

**TIPS:** Maintain balance by setting boundaries and taking breaks. Regularly seek opportunities for professional development and growth.



### **Managing your economic resources effectively to achieve financial stability.**

It involves budgeting, saving, investing, and planning for the future.

**TIPS:** Seek education about personal finance and seek expert advice when needed.



### **Living in harmony with your surroundings.**

It involves minimizing your impact on the environment, creating a safe and healthy living space, and improving Earth's sustainability.

**TIPS:** Spend time outdoors to connect with and appreciate nature. Recycle and conserve energy. Keep your own spaces clean and organized.



### **Maintaining a healthy body.**

It involves regular exercise, proper nutrition, adequate sleep, managing chronic conditions, and seeking medical check-ups and care when needed.

**TIPS:** Practice physical activities like tennis, walking, running, yoga, etc. Maintain a balanced diet. Get 7-9 hours of sleep each night.



### **Engaging in learning, critical thinking, and creativity.**

It involves mentally stimulating activities and sharing skills with others.

**TIPS:** Read books, take courses, or engage in puzzles and games that challenge your mind. Seek out new learning opportunities and share your knowledge with others.



### **Seeking meaning and purpose in life.**

This can be achieved through various means such as religion, meditation, or personal reflection. It involves values, beliefs, and principles that guide your actions and provide a sense of purpose.

**TIPS:** Some practices include prayer, yoga, time in nature, and volunteering in your community.



### **Understanding and managing your emotions.**

This means coping effectively with stress, and maintaining a positive outlook on your life.

It involves self-esteem, self-acceptance, and the ability to express emotions appropriately.

**TIPS:** Practice mindfulness, meditation, journaling, and fostering supportive relationships with friends and family. Seek professional help when needed.



# Wellbeing on Campus!

## Find activities that bring more balance to your 8 Dimensions of Wellbeing



*Do what brings you closer to others.*

**D&D Campaign Group 4, Monday, November 25, 6pm-8pm, in C269**

Join the epic adventure that is Dungeons & Dragons: D&D Campaign Group 4- Fall 24.



*Do what enriches your professional self.*

**SGO Fall Meetings, Tuesday, November 26, 3:30pm-5pm in K115**

Come meet the Student Government Organization, share your voice, and get to know the leadership on campus!



*Do what helps you save money.*

**Visit the Food Locker! Mon-Tues: 10a-1p, Weds-Thurs: 2-6p, Fri: 10a-1p in A002 Lower Level**

Whether you are experiencing food insecurity or using the Food Locker to save money for something else, The Food Locker is here as a resource for all employees and students.



*Do what makes you mindful of the environment.*

**Phantom Narrative IV, through December 7, 8am-4pm in the Scott Center Art Gallery (T308)**

Art exhibit featuring artists from all over the world showcasing works based in reality and the surreal subconscious. The exhibition also includes a miniature haunt experience built in collaboration with Carroll's Theatre department.



*Do what makes you active.*

**Intramural Volleyball, Monday, Nov 25, 3:35pm-5:30pm in P527 (Gymnasium)**

Spike up your semester with fun, friends, and fitness at Intramural Volleyball!



*Do what stimulates your mind.*

**Physics Review Sessions, Monday, November 25, 2:30pm-3:30pm in L281 (Computer Lab)**

Physics review sessions are held on Mondays, open to all Fall 2024 PHYS 101 and PHYS 212 students. Current material will be reviewed, problems worked through, and questions are highly encouraged.



*Do what gives you purpose or helps you find meaning.*

**Visit the Spirituality Room or the Relaxation Room!**

**Or, check out the College's Clubs and Organizations web page (click here or scan p3) to** learn about religious clubs and who to contact to start your own. Click above or scan the QR code on p3.



*Do what brings you joy.*

**Dance Club, Tuesday, November 26, 3:30pm-4:30pm in P519 (Acting Studio)**

Step into the rhythm, get a dose of the mood-boosting dance spirit, and make new friends—join our dance club meeting!

# Wellbeing: Click or Scan!

Find activities that bring more balance to your 8 Dimensions of Wellbeing



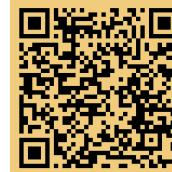
[Dance Club](#)  
Tuesday  
3:30pm



[Spirituality Room](#)



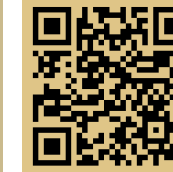
[Physics Review Sessions](#)  
Mondays  
2:30pm



[Intramural Volleyball](#)  
Monday  
3:35pm



[Bear Branch Nature Center](#)



[HSP Financial Education](#)



[Student Gov't Org Fall Mtgs](#)  
Tuesdays  
3:30pm



[D&D Group 4](#)  
Mondays  
6pm



[Relaxation Station Library Hours](#)



[Clubs & Organizations](#)



[Math 126-04 Review Sessions](#)  
Tuesday  
2:30pm



[Fitness Center](#)



[Environmental Advisory Council](#)



[Carroll Workforce Development](#)



[Carroll Workforce Development Job Club](#)



[Westminster Teen Advisory Board](#)  
Monday  
3:30pm



PROVIDE YOUR  
[FEEDBACK & YOU COULD WIN A CAFE GIFT CARD](#)



[Literacy Council of Carroll County](#)



[Phantom Narrative IV, thru Dec 7th](#)



[Carroll Food Locker in A002](#)



[Diverse Voices Book Club](#)  
Tuesday  
5pm

Thanksgiving is Thursday,  
November 28th

Cherish all 8 Dimensions of your  
Wellbeing over this Holiday Break!

The College will be closed  
Wednesday, November 27 -  
Sunday, December 1



One activity might serve multiple dimensions: volunteering can be social, spiritual, emotional, etc.