Did you know that healthy students perform better academically? It seems logical, right? As you begin the new school year, it’s important to pay attention to your wellbeing inside and out. The best part of being at UND (good choice, by the way) is that we lead the nation in our health & wellness programs and services. They are designed to help our students stay safe, healthy, and productive! There is something for everyone. UND is committed to its holistic approach to wellness. This means incorporating all Seven Dimensions of Wellness (emotional, environmental, intellectual, occupational, physical, social, and spiritual) into your daily life.

**7 Dimensions of Wellness at UND**

- **Physical**
  - Exercise Daily
  - Get Adequate Rest
  - Practice Safe Sex
  - Eat Healthy Foods
  - Use Alcohol in Moderation

- **Emotional**
  - Have an Optimistic Attitude
  - Seek and Provide Support
  - Learn to Manage Your Time
  - Accept and Forgive Yourself
  - Practice Managing Stress

- **Intellectual**
  - Take a Course or Workshop
  - Learn a Foreign Language
  - Read
  - Learn to Appreciate Art
  - Keep Up with Current Events

- **Occupational**
  - Stop Your Junk Mail
  - Walk, Bike, or Carpool to UND
  - Turn Off Lights
  - Conserve Water
  - Reduce, Reuse, Recycle

- **Environmental**
  - Explore Career Options
  - Meet with Career Services
  - Be Open to Change
  - Meet with Financial Wellness
  - Create a Future Vision

- **Social**
  - Get Involved
  - Build Healthy Relationships
  - Give Back to Your Community
  - Share Your Talents & Skills
  - Communicate Your Ideas

- **Spiritual**
  - Spend Time Alone
  - Be Inquisitive & Curious
  - Live By Your Principles
  - Embrace Challenges
  - Try Meditation or Yoga

- **Great Places to Check Out!**
  - Rock Wall
  - Culinary Corner
  - The Outpost
  - University Counseling Center
  - Zen Den
  - Empire Arts Center
  - Culture Nights
  - Soaring Eagle Prairie
  - Campus Patio Gardens
  - Student Success Center
  - Financial Wellness
  - The Big Event
  - Greek Life
  - Quiet Lounge
  - Lotus Meditation Center

**WHAT’S HAPPENING?**

- **August 22nd, 8 PM-12 AM**
  - Block Party
  - Memorial Union

- **August 23rd, 6:45 AM**
  - Sunrise Yoga
  - Wellness Center Lawn

- **August 23rd, 1:00-5:00 PM**
  - Health & Wellness Open House
  - Wellness Center

- **August 24th, 7-9 PM**
  - Wellness Center Activities
  - Wellness Center

- **August 26th, 10 AM-3 PM**
  - Campus & Community Expo
  - Outside Memorial Union

- **August 29th, 11:00 AM**
  - Grand Forks Bike Tour
  - Wellness Center

- **September 6th**
  - UND Outdoor Challenge Begins
  - Various Locations & Events

- **September 22nd, 7-9 PM**
  - House Party
  - Pi Kappa Alpha

- **September 23rd, 7-9 PM**
  - House Party
  - Pi Kappa Alpha

- **September 28th, 11 AM-1 PM**
  - Monday Mile
  - Outside O’Kelly