How to win Prizes

Challenge #1: Gotta Catch 'em All
Take a picture of yourself at one each of the 7 Dimensions of Wellness (must have pictures from 7 different locations).

Challenge #2: Pidgey Pal
Take a picture with someone you just met and post it on the Wellness Center Facebook or Instagram page. Tag the picture with #PokemonGOUND, #myUND and a fact about your “Pidgey Pal.”

Challenge #3: Capture the Most
Catch the most Pokemon during the Wellness Center activity Aug. 21, 3-5pm

The first 100 participants to complete any challenge are guaranteed to get a prize. Anyone completing Challenges #1 & #2 will be entered into the grand prize drawings. The person completing Challenge #3 by catching the most Pokemon during the activity time frame will also receive a grand prize.

Have Fun, Be Safe!
Be aware of your surroundings when participating in Pokemon GO activities.

For questions about this event, contact Wellness & Health Promotion: 701.777.2097 or UND.hwhub@und.edu

7 Dimensions of Wellness

Physical Wellness encompasses a variety of healthy behaviors including adequate exercise, proper nutrition, and reducing exposure to harmful habits such as alcohol and other drug abuse. It means learning about and being able to identify disease, getting regular medical checkups, and protection from harm and injury.

Emotional Wellness encompasses optimism, self-esteem, self-acceptance, and the ability to share feelings. It also includes the ability to manage stress. People who manage stress well and have a high level of emotional wellness are more able to enjoy life.

Intellectual Wellness encourages openness to new ideas, motivation to master new skills, a sense of humor, creativity, and curiosity. Our minds need to be continually inspired and exercised just as our bodies do.

Environmental Wellness is an awareness of the state of the Earth and the effects your daily habits have on the physical environment. It consists of maintaining behaviors that minimize harm and create a safe environment.

Occupational Wellness is choosing a career that is consistent with your personal values, interests, and beliefs. The choice of profession, job satisfaction, career ambitions, and job performance are all important components of occupational wellness.

Social Wellness is learning good communication skills, developing intimacy with others, and creating a support network of friends and family members who care about and love you for who you are. Social wellness includes showing respect to others and preventing harm of others.

Spiritual Wellness is a personal dimension that involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life. It involves a high level of faith, hope, and commitment to your individual beliefs, providing a sense of meaning and purpose. Spiritual wellness may or may not involve religion.