The INTELLECTUALLY well person has an open mind to new ideas and experiences that can be applied to personal decisions, group interaction, and community betterment. They have a desire to learn new concepts, improve skills, and seek challenges in pursuit of lifelong learning. This person appreciates fine arts, and values intuition, empathy and understanding.

The CULTURALLY well person is aware of one’s own cultural background, as well as the diversity and richness present in other cultural backgrounds. This person interacts well with people of different genders, backgrounds, lifestyles, abilities, ethnicities, and ages. This person acts towards oneself and all others with sensitivity, consideration, understanding, appreciation, tolerance and civility.

The SOCIALLY well person relates to and connects with other people in the world. This person is able to establish and maintain positive relationships with family, friends and co-workers. Relationships are based on interdependence, mutual trust and respect, equality of power and cultural competence.

The SPIRITUALLY well person explores spiritual concepts of themselves and others to aid them in the discovery of meaning and purpose in human existence. This includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

The EMOTIONALLY well person understands their own feelings, accepts their limitations, achieves emotional stability and is comfortable with their emotions. This person seeks support from a mental health professional when needed, gathers information in order to make informed value decisions and accepts responsibility for themselves and their actions.

The FINANCIALLY well person develops a healthy budget managing both income and expenditures. This person is knowledgeable about ways to manage credit cards and other consumer credit usage responsibly, makes good consumer choices, and plans and prepares to deal with all expenses, such as living, school and emergencies.

A CAREER-oriented, occupationally well person gets personal fulfillment from their job or chosen career field while still maintaining balance in their lives. This person enjoys a role that is consistent with his or her beliefs, goals, lifestyle, personality and values.

The PHYSICALLY well person maintains good nutrition, regular exercise, avoids harmful habits, gets adequate amounts of sleep, minimizes unwanted consequences through communication and protection, makes informed decisions about health, and seeks medical attention when necessary.

ACTION PLAN: Take classes offered in your community, participate in something contrary to your strengths and comfort level.

ACTION PLAN: Take the time to look up your heritage and start exploring your family tree. Where are you from? What are the stories of your past?

ACTION PLAN: Make an effort to meet your neighbor or members of your congregation. Join or even form a club or team. Designate a night out with friends.

ACTION PLAN: Take "quiet time" to meditate, think or just breathe.

ACTION PLAN: Meet with a financial planner. Make a budget and stick to it!

ACTION PLAN: Participate in a community organization, on a board, or a networking event.

ACTION PLAN: Play with your kids, walk your dog, cook with friends/family, train for an event.

Connect with campus resources at:
www.uc.edu/healthylivingconnection