Staying healthy in body, brain and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

COREC FALL UPDATES
To de-densify and help limit the spread of COVID-19, building capacities for CoRec are limited and reservations are required. Reservations should be made 48 hours in advance using the member portal or app. Facility access to CoRec is available in 60 & 80 minute time slots. Aquatics Reservations are in 60 minute time slots. Check-in begins 10 minutes before your start time. Additional information is found here: https://www.purdue.edu/recwell/protect/reserve.php

APPS & ON LINE DIGITAL RESOURCES
To support mental health and well-being, CAPS has created a digital repository of Apps and online resources that can be accessed at any time. Resources focus on topics like relaxation and meditation, stress and anxiety, mood trackers, working to address negative thoughts, and brain and emotional fitness games. This list of resources can be found at: https://www.purdue.edu/caps/services/digital-resources/index.html

MARK (XINGYUAN) ZHANG EXEMPLIFIES WELL-BEING
Mark Zhang is a sophomore in the school of Aeronautics and Astronautics. During this online semester, Mark plans to stay disciplined, improve his physical well-being through workouts and healthy food choices, and participate in club activities.

To promote physical wellness, Mark plays table tennis, jogs, and hikes. He completes the workout rings and monthly challenges on his Apple Watch and finds it rewarding.

When it comes time for leisure activities, Mark partakes in photography and cooking. He describes photography as, “a way that I record my life and express myself.” Cooking in both the Chinese and Western traditions is Mark’s way of sharing his culture with others. “It is a casual yet intense process. I can’t rush the cooking process... Cont’d. on next page...
...it requires precision and good timing."

When he is feeling down, Mark uses meditations, rest, and a change of pace to reset mentally. Mark finds meditative acts, “such as deep breathing helps me regain control of myself, improves my confidence, and focus.” In other times, he chooses a walk outside to restore himself to a better state. He also enjoys video games to relax after working.

Recently, Mark noticed that his social media usage was not improving his overall well-being. He focused on reducing social media time by uninstalling the apps on his phone initially, then used “screen time” tools to control the amount of time he spent on social media and other distractions.

When asked what advice he would share with other students to help them improve their well-being, Mark hears the words of his father: “learn hard, play hard”. Mark adds to this by suggesting, “Stay focused on the things at hand instead of multitasking. Balance is the key to everything we do. Don’t fall into one aspect of your life (such as academics) too hard.”

“Maneuver” by Mark Zhang

How’s Life in the Digital Age?

How’s Life in the Digital Age? is the first topical report in the new How’s Life? monograph series. How’s Life? is the flagship publication of the OECD Better Life Initiative, which aims to promote “Better Policies for Better Lives”, in line with the OECD’s overarching mission. While the main How’s Life? report is released every two years, a series of shorter monographs focusing on specific issues will now be published on a regular basis. How’s Life in the Digital Age? documents how the ongoing digital transformation is affecting people’s lives, based on the multi-dimensional framework used in How’s Life? to monitor progress in the key dimensions of people’s well-being. This report is also an input to the OECD Going Digital Initiative, which aims to describe the many facets of the digital transformation throughout a series of publications.

The report was prepared by the Household Statistics and Progress Measurement Division of the OECD Statistics and Data Directorate, with contributions from the Reform of the Public Sector Division in the Public Governance Directorate (Chapter 2). The lead author of the report was Vincent Siegerink, with contributions from Fabrice Murtin who also led the project. Marco Mira d’Ercole and Martine Durand supervised the project. Anil Alpman, Benoît Arnaud, Christopher Jacobi, Christine Le Thi, Michal Shinwell, Laura Springare, Barbara Ubaldi, João Vasconcelos, Benjamin Welby are gratefully acknowledged for their contributions to the analysis. Anne-Lise Faron prepared the book for publication.