



Steps to Leaps

*Self-Improvement Tools to Bolster Student Fortitude & Success
Created by Students for Students*

WELL-BEING

Steps to Security, Health, Prosperity

Description

This pillar will introduce the participant(s) to the fundamental concepts of well-being. By viewing videos and completing activities, participant(s) will learn about the multiple dimensions of well-being and complete a self-assessment to determine what they should consider focusing on in their development of their own well-being. Other modules and resources will expand on concepts covered here.

Learning Objectives

Upon completion of this lesson:

1. Students will have an understanding of their own overall well-being.
2. Students will make an action plan to improve in the different dimensions of well-being.
3. Students will understand their own life balance and make a plan to adjust their schedule to include more dimensions of wellness.

Resources and Materials Needed

- *Well-being Assessment* worksheet
- *Well-being Assessment Reflection* worksheet

Facilitator Instructions

This lesson plan can be implemented in any course of training looking to introduce students to the basic concepts of well-being. In whole, the lesson was developed to take approximately 40-45 minutes to complete. The lesson can be easily divided into a series of shorter segments if needed. Below is the deliverable content for the pillar.

Module Outline

Time: 10 min

1) The Definition of Well-Being

- a) Ask "How would you define well-being?"
- b) Share Dictionary.com Definition: A good or satisfactory state of existence.
<https://www.dictionary.com/browse/wellbeing>

2) List the SAMHSA (Substance Abuse and Mental Health Services Association) 8 dimensions of wellness that are used on campus at Purdue.

- 1) Emotional Wellness – Coping effectively with life and creating satisfying relationships
- 2) Spiritual Wellness – Expanding our sense of purpose and meaning in life.
- 3) Intellectual Wellness – Recognizing creative abilities and finding ways to expand knowledge and skills.
- 4) Physical Wellness – Recognizing the need for physical activity, diet, sleep and nutrition.
- 5) Environmental Wellness – Good health by occupying pleasant, stimulating environments that support well-being.
- 6) Financial Wellness – Satisfaction with current and future financial situations.
- 7) Occupational Wellness – Personal satisfaction and enrichment derived from one's work.
- 8) Social Wellness – Developing a sense of connection, belonging and a well-developed support system

<https://www.goodtherapy.org/blog/8-dimensions-of-wellness-where-do-you-fit-in-0527164>

- Share definitions of each element, and then ask audience what the definitions mean to them.
- Compare intellectual and occupational dimensions to identify the differences.
 - a. intellectual ; experiencing interest
 - b. occupational ; this does not just mean a formal job for which they are paid, being a student may be someone's occupation
- Social – Share information from networking modules and the importance of having quality relationships.
- Environmental- Identify that this definition is referencing the physical space that they occupy at any given time, not conservation or green efforts.

Assessment Instruction

Tell Group: “We will go into more detail on these later, but now take an assessment to help understand where you are regarding the different stages of your well-being.”

Hand out the assessment and give them 10-15 minutes to complete it and look at their results.

Group Discussion

After students complete the assessment, ask the following questions. If students seem hesitant to share in the larger groups, have them talk with a partner or smaller group at their table.

- 1) Were you surprised by your results? If so, why?
- 2) Which dimension of wellness needs work and what is one change you want to make?
- 3) Who do you know who could keep you accountable?
- 4) Which dimension of wellness do you think would be the most difficult to improve?