



# 2020 - 2021 HEALTH & WELLBEING GUIDE





# at a GLANCE

- 4 BIPOC: Maintaining wellbeing while navigating systemic oppression
- 8 Promoting student wellness during the COVID-19 pandemic
- 11 Navigating unique health and wellness challenges during the COVID-19 pandemic
- 14 Nutritional strategies to support your immune system
- 18 Strategies to support mental health and overall wellbeing
- 20 Strike back at COVID-19 and make “Healthy” the norm
- 22 U Belong @ UREC
- 25 What is “Health”?



# BIPOC:

Maintaining wellbeing while navigating systemic oppression

**Written by** Mar'Kayla Walker-Jones, MSSW & Cierra Whatley, PhD (Counseling and Psychological Services)





**“Love and justice are not two. Without inner change, there can be no outer change; without collective change, no change matters.”**

~Angel Kyodo Williams

**T**hese days, mindfulness and meditation are popular terms. Many people understand meditation to be a method of reducing stress. But it is more than that. Meditation, mindfulness, contemplation, and yoga are ancient spiritual practices developed thousands of years ago in south Asia. They are associated with Buddhist practices aimed to provide clarity, union with the self, improve focus, provide detachment from materialism, access wisdom, and unveil a spiritual path. It’s popularity in the United States is largely due to the colonization of south Asian countries, and the consumption of a monetized asana practice of yoga.

But what does wellness mean in a country rooted in White supremacy? Racism negatively impacts the social, psychological, and economic functioning of Black and Indigenous people, and People of Color (BIPOC). BIPOC exhibit psychophysiological symptoms such as suppressed immunity, tension headaches, trembling and jumpiness, chronic pain in healed injuries, elevated blood pressure, and racing heartbeat (Smith et al., 2006). When including gender and race-based

stress, symptoms include increased anxiety, increased frequency of the common cold, and physical disease (Watson et al., 2016; Kwate et al., 2003), negative cardiovascular outcomes (Watson et al., 2016; Giscombe & Lobel, 2005), and disproportionately high rates of obesity, high blood pressure, and uterine fibroids (Watson et al., 2016). Williams (2017) posited when Hispanic and Black people experience mental health concerns, their symptoms tend to be more severe, last longer, and are more debilitating than in other racial/ethnic groups. For BIPOC, wellness is more than reducing stress. Wellness is resisting and dismantling systems of oppression that cause our distress.

“

But what does **wellness** mean in a country rooted in White supremacy?

”



For young BIPOC adults, supportive mental health practices are needed to offset the continuous assault of oppression. Recently, we have witnessed a Muslim ban, increased immigrant detention, political polarization, mass shootings, violence against transwomen of color, state-sanctioned violence, and a pandemic that disproportionately affects Black and Brown people. The internal struggle of realizing oppression while coming of age can cause severe distress. But BIPOC in the US have long histories and vast cultures. Despite there being mental health stigma in most communities there are ways that BIPOC have managed to address illness, heal, and stay well throughout history. Relying on

kindship bonds, deriving purpose and peace from religious and spiritual practices, seeking sage advice and guidance from elders, and creating community in cultural and sacred spaces have always been grounding and affirmative resources.

Throughout history, BIPOC have acted in defense of and in support of each other through activism and political engagement. Activism supports mental health by pushing against the oppressive systems that cause distress. This work is incredibly difficult so it is important to stay well while dismantling oppressive systems. A self-care regimen including exercise, eating well, and resting are essential for survival. Meditative and yoga practices can be used by BIPOC to manage the stress of activism, to tap into their collective wisdom, to withstand the crises of our time, and realize the inner and collective change that Angel Kyodo Williams imagines.

“a self-care regimen including exercise, eating well, and resting are **essential** for survival”





# LEARN LIVE LEAD in #allCAPS

- Individual Counseling
- Discussion Groups
- Workshops
- Group Counseling
- Referral Services

**COUNSELING &  
PSYCHOLOGICAL  
SERVICES**

FOLLOW US:  
**@UNCCCAPS**



**CAPS.UNCC.EDU    CONTACT US    704.687.0311**



# Promoting

## Student Wellness during the COVID-19 Pandemic

Written By Beau Dooley (Center for Wellness Promotion)



These days, engaging in healthy practices is more important than ever. Though the COVID-19 pandemic currently has the Center for Wellness Promotion team predominately working remotely, we are still offering a full range of prevention and health promotion services for students – either virtually or otherwise modified to ensure the health and safety of our campus.



## Health Education Workshops and Events

Health education workshops on a wide range of wellness topics (including but not limited to healthy relationships, interpersonal violence, alcohol and other drugs, substance use recovery, and safer sex) will continue to be offered, but virtually. Anyone interested in requesting a health education workshop should visit the Center for Wellness Promotion website and submit a program request form. Of note, a new workshop titled “Staying Well in College during the COVID-19 Pandemic” has been created this year to provide information and resources related to student wellbeing during the pandemic.

## Brief Alcohol Screening and Intervention for College Students (BASICS)

BASICS, a risk reduction program for college students who use alcohol and/or cannabis, aims to motivate and empower students to reduce their substance use and any associated harms. BASICS includes a brief intake session followed by two one-hour appointments with a trained facilitator. BASICS is free for students who self-refer to the program and sessions are currently being offered in a virtual format.

## Substance Use Therapy

Individual substance use counseling and our new group offering, “Managing Substance Use” is available through Counseling and Psychological Services. These services are for those that are interested in changing their relationship with substances. Whether you’re looking to quit or cut back, you’re welcome to explore your process here. Reach out to schedule a substance use consultation at 704-687-0311. Together we will create a safe space to empower you as you navigate the emotions, pressures, stigmas and stumbling blocks that impact the substance use and recovery journey.

## Safer Sex Supplies

To help contain the spread of COVID-19, the Safer Sex Station will not be stocked with condoms and other safer sex supplies. However, individual sealed packets containing condoms and lubricant are available to students for free. Students simply need to visit the Student Health Center Pharmacy and request a condom packet.

## Collegiate Recovery Community (CRC)

The CRC is a program for students in recovery from mind-altering substances that provides a sober community and a wide range of recovery support resources. Substance use therapy for members is being offered in a telehealth format. Recovery support meetings and educational seminars are being held virtually. The CRC Room (a safe and exclusive space for CRC members) is still open but with limited capacity to adhere to social distancing guidelines. Some in-person events (such as volunteer and community building events) have been postponed or otherwise modified to adhere to pandemic-related guidelines. Students interested in joining are welcome to apply!

## Tobacco Cessation

Tobacco cessation services will begin again during the spring 2021 semester for students who wish to quit vaping and use of other tobacco products. These sessions will be conducted either virtually or in-person.

For more information about our services listed and how to access them, please visit

**[WELLNESS.UNCC.EDU](https://wellness.uncc.edu)**

Call our office at **704-687-7407**

OR email us at **[WELLNESS@UNCC.EDU](mailto:WELLNESS@UNCC.EDU)**

OUR TEAM WILL BE HAPPY TO ASSIST YOU.

# CENTER FOR WELLNESS PROMOTION

# WELLNESS STARTS AT THE CWP

## SUBSTANCE USE PREVENTION

STARTS WITH KNOWLEDGE AND EMPOWERMENT

## HEALTHY RELATIONSHIPS

STARTS WITH RESPECT AND COMMUNICATION

## SAFER SEX

STARTS WITH FREE ACCESS TO SUPPLIES AT THE SAFER SEX STATION

## RECOVERY

FROM SUBSTANCE USE DISORDERS STARTS WITH COMMUNITY

## INTERPERSONAL VIOLENCE PREVENTION

STARTS WITH BYSTANDER INTERVENTION & CHANGING CAMPUS CULTURE



## ☒ RECOVERY

## ☒ GRADUATION

YOU CAN HAVE BOTH.

THE COLLEGIATE RECOVERY COMMUNITY, A PROGRAM  
WITHIN THE CWP, HELPS STUDENTS WITH SUBSTANCE  
USE DISORDERS PURSUE THEIR ACADEMIC, PERSONAL,  
AND PROFESSIONAL GOALS.





# Navigating

## Unique Health and Wellness Challenges during the COVID-19 Pandemic

Written By Center for Wellness Promotion

**T**he COVID-19 pandemic has created many unique health, wellness, and safety challenges. As the Center for Wellness Promotion strives to empower students to make informed decisions about their personal health and wellbeing, we would like to highlight three issues exacerbated by the pandemic and provide students with guidance and options for support should they need it.

### Intimate Partner Violence

---

The pandemic has created significant safety concerns and barriers to seeking help for individuals experiencing intimate partner violence. Due to stay at home orders and remote learning and working requirements, proximity to an abusive partner has increased greatly. Additionally, current environmental stressors like loss of employment, unstable income, sickness, limited childcare options, and virtual learning, may exacerbate the severity of violence. The pandemic has also increased

social isolation, and without direct access to support systems, individuals may experience challenges in seeking safety. Many resources such as domestic violence shelters, crisis support, and counseling agencies are functioning at reduced capacity due to COVID-19 restrictions, though accommodations and support are still available. The circumstances surrounding the pandemic require unique measures to stay connected. Reach out to your friends and family members who may feel unsafe and offer your support in navigating available resources. For support on-campus please contact the [Title IX Office](#) or [Counseling and Psychological Services \(CAPS\)](#).

### Sexual Health

---

The pandemic has greatly impacted personal decisions around sexual health. Social distancing is strongly advised and close contact with members outside of your household should be limited as much as possible. The virus that causes COVID-19 has been found in many types of bodily

**YOU**

**BELONG**

**AT**

- INTRAMURAL SPORTS
- SPORT CLUBS
- GROUP FITNESS
- PERSONAL TRAINING
- OPEN RECREATION
- AQUATICS
- STUDENT EMPLOYMENT
- OUTDOOR & INDOOR FACILITIES

**HOW WILL UREC?**



**UNIVERSITY RECREATION** FOLLOW US @UNCCUREC | [UREC.UNCC.EDU](http://UREC.UNCC.EDU)



fluids that someone can encounter during sexual activity, so always use condoms and other barrier methods to reduce the risk of sexually transmitted infections and COVID-19 exposure. Communicate with your partners to establish clear expectations and create a plan to reduce your risk of exposure. Additionally, you can reduce your risk by limiting the number of sexual partners outside your household, avoiding partners who are experiencing symptoms, and washing your hands before and after sexual activity. The Center for Wellness Promotion has made condoms available for free at the Student Health Center pharmacy.

## Alcohol Use

COVID-19 has college students across the country trying to find their new normal, which looks different for every single student. COVID-19 has put a strain on many students financially, socially, and psychologically, which has caused an increase in alcohol use. Despite CDC guidelines and state orders, media outlets are reporting that students are still attending house parties and tailgating for sporting events. Students should adhere to expectations and guidelines and take steps to stay safe if choosing to attend parties or going to public venues. Always wear a mask out and wash your hands frequently. COVID-19 has everyone getting creative with ways to still stay connected and maintain a healthy social life, so consider

virtual gatherings and other ways to safely connect in person with those you care about. Students have a variety of options for support around substance use, so check out the [Center for Wellness Promotion](#) or the [Counseling and Psychological Services \(CAPS\)](#) websites for details.




# Nutritional Strategies

to **Support Your Immune System:**

---

Written by Katie Powers, MS RD CSSD LDN  
(Student Health Center)

---

A close-up photograph of a white bowl filled with granola, topped with a dollop of white yogurt and several slices of fresh peach. The granola consists of various oats, nuts, and dried fruits.

**A**long with the new challenges college students are facing during this pandemic, eating right and staying healthy may be difficult to navigate. Often, for the first time, you are making your own decisions about what you eat. From a limited budget to easy access to fast food and unhealthy snacks, it can seem overwhelming to try to eat right. But this is also a great time to start establishing eating habits that can improve your health over your lifetime. A Registered Dietitian (RD) can help you navigate through the multiple sources of nutrition information to determine what is healthy, accurate information and help you establish a plan to optimize your health and wellbeing.



# What is a healthy diet?

The focus should be given to whole, “real” foods such as fruits, vegetables, whole grains and lean proteins instead of processed and convenience foods. Processed and convenience foods are often high in sugar, saturated fat and calories and do not provide nutrients important for health. Make calories count by choosing nutrient rich foods full of vitamins, minerals, fiber and other nutrients more often.

## Nutrition & your immune system

Supporting your immune system is a big part of helping your body stay healthy and combat illness, which is extremely important during COVID-19 and the upcoming cold and flu season. We often hear of pills, powders or other potions that boost your immune system, but the food that you put in your body is far more important than any supplement. Here are some helpful tips to support your immune system and improve your overall health.



- Gut health is linked to your immune system. Including foods that support gut health such as fermented foods and high fiber foods can enhance your immune system.
- Focus on whole foods that have a good amount of fiber and micronutrients (vitamins and minerals). Aim for at least 6-8 servings of veggies and fruits per day.
- Eating protein is important to keep your body functioning well. Be sure to include protein sources such as meat or dairy products as well as plant-based proteins such as nuts, legumes or soy products.
- Fat is an important building block for the immune system and crucial during stressful times. However, the type of fat really makes a difference. Be sure to include unsaturated fats from sources such as nuts, avocado, olives or olive oil, nut spreads and fish to create a better balance with the saturated fats we find in higher fat animal products.
- Adequate intake to keep your body well fueled with a balance of macronutrients (carbohydrates, fats and proteins) provides your body with the energy and building blocks for maintenance and repair. Be sure to eat regularly from all food groups and avoid skipping meals or limiting any individual macronutrient.



## Top 10 Healthy and Budget-Friendly Foods

You may think healthy foods are costly, but there are many healthy foods that can fit into your budget. Below is a list of budget friendly nutrient rich foods.

Beans  
Bananas  
Peanut butter  
Yogurt  
Whole grain pasta  
Frozen peas  
Broccoli  
Almonds  
Eggs  
Canned Tuna



# Tips for healthier takeout options

- Limit foods that include these terms which typically indicate higher fat and calories: crunchy, crispy, battered, breaded, creamy, cheesy, alfredo
- Include foods with these terms that typically indicate more healthful choices: baked, grilled, roasted, steamed, al fresco, marinara
- Consider steamed vegetables or fruit as a side option
- Choose water, unsweet tea, coffee or milk instead of sugar-sweetened beverages
- Order sauces and dressings on the side so you can control how much you use.
- Instead of eating out of containers, plate your food for a more appropriate portion size and save the rest for later.

## Healthy Recipe Finder

Here is a list of Websites where you can find healthy recipes:

- Cooking Light: [www.cookinglight.com](http://www.cookinglight.com)
- Eating Well: [www.eatingwell.com](http://www.eatingwell.com)
- Small Step: [www.smallstep.gov/eb/recipes.html](http://www.smallstep.gov/eb/recipes.html)
- Food and Health: <http://foodandhealth.com/recipes.php>
- Meals Matter: [www.mealsmatter.org/about](http://www.mealsmatter.org/about)

## Nutrition Counseling is now available through Telehealth visits.

Schedule an appointment by calling the Student Health Center at 704-687-7400



# Strategies to Support Mental Health *and* Overall Wellbeing

Written by Sarah Dewitt, MPH & Erica Lenon, Psy. D.  
(Counseling & Psychological Services)

**N**iner Nation, over the last few months you have received messages about ways to navigate the new normal.

However, you may still be feeling like what you are experiencing is nowhere near normal. And, that is okay. All of us are adapting to new ways of fostering connection and community, new ways of engaging in learning, and new ways of feeling a sense of control when so much is outside of our control.

All of this uncertainty, physical distancing and lack of control impacts our mental health and overall wellbeing. While much of the media attention has focused on the physical health impacts of the pandemic, there are mental health impacts. It is not uncommon to experience feelings of loneliness, decreased levels of motivation and increased feelings of anxiousness or overwhelm. According to the CDC, approximately 31% of US

adults experienced anxiety and depression symptoms during June 2020 with younger adults, Black and Latinx persons, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes.

“approximately 31% of US adults experienced anxiety and depression symptoms during June 2020”

While no set of strategies will eliminate the challenges associated with all the adjustments each of us has been asked to make, we wish to offer some ideas of how you can take care of your mental health and overall wellbeing.



**GET BACK TO BASICS.** When we become overwhelmed, attending to our basic needs can often be the first things that are neglected. Attend to your sleep schedule and eating habits and if you choose to drink, use alcohol in moderation to ensure you are taking care of your body.

## **BALANCE INFORMATION CONSUMPTION.**

While it's important to stay informed, too much media and information consumption can negatively impact your mental health. Consider scheduling a specific period of time during the day to engage with the news and limit your viewing to this time.

**CREATE YOUR WORKSPACE.** It can be helpful to identify a specific area in your residence that will be dedicated to work. Spend time crafting this space for yourself. Having this designated space when you are needing to work from home can assist your brain in mentally separating when it's time to work and when it's time to relax/play.

**UTILIZE YOUR PEOPLE.** Whether it be family, friends, partners, mentors, or religious/spiritual leaders be sure that you are connecting with those around you for support. This can help not only with decreasing feelings of loneliness but also assist you in talking out any struggles you experience rather than keeping them internal.

During this time, Counseling and Psychological Services is here for you. Our services are confidential and available at no additional cost. Each student is eligible for an initial consultation; this is the first appointment where you share your concerns and goals with a clinician. From this point, there are a variety of services available including individual counseling, group counseling, workshops or a referral to a provider in the community.

The best way to get started with our services is to call  
**704-687-0311.**



# STRIKE BACK

## at COVID-19 and Make “Healthy” the Norm

Written by Student Health Center

While anticipating the need for a quick response and ongoing support for the University, the Student Health Center (SHC) has prepared to STRIKE back at COVID-19 in order to keep the Niner Nation students healthy and safe. Since early March 2020 when COVID-19 changed our normal day-to-day operations, the Student Health Center staff has worked diligently to continue care for our student patients. This hard work allowed the staff to continue the mission of the Student Health Center, which is to provide comprehensive high-quality healthcare.

Updates to patient appointments and treatment options, risk assessments, anticipating staffing needs, and securing medical and COVID-19 related supplies were just a few of the many tasks necessary to enhance the health center's response during the pandemic. Several Health Center staff members pro-

vided critical contributions to plan and execute numerous initiatives like the University's on-campus diagnostic lab and collection site, contact tracing, and the Niner Health Check. Many SHC staff members volunteered hours preparing COVID-19 Welcome Back to Campus kits for the campus community. As the 2020 fall semester begins and students settle in, the Health Center is open for your healthcare needs. We are eager to serve new and returning students, but just to a slightly different tune than previous semesters! Patient appointments will be available for medical care related to COVID-19 and non COVID-19 reasons (preventative care, care for acute and non-acute illness and injuries, psychiatry visits, as well as immunizations, and nutrition services). Student Health's Pharmacy staff is happy to assist with prescription medication needs. The pharmacy also offers an array of over the



counter (OTC) medications which may be used for self-care. A pharmacist is always available when the pharmacy is open for questions about your medications.

SHC staff has taken the #NinersPledge and are committed to keep the Niner Nation healthy and safe. Visit [studenthealth.uncc.edu](https://studenthealth.uncc.edu) for information on COVID-19 and SHC services and continue to **HELP MAKE “HEALTHY” THE NORM!**

Here are some ways the [Student Health Center](#) has prepared in order to strike back at COVID-19 and to make healthy the Norm for the Niner Nation:

---

- Students should call prior to coming to the Student Health Center for medical care.
- Students may be seen either in-person or via telehealth appointments, depending on the reason for visit. Telehealth is a newly expanded service that has allowed patients to be seen through interactive video or by phone appointments. Telehealth appointments help to reduce the risk of infectious disease exposure to patients and staff.
- Expanded hours: Weekend hours are currently available in response to healthcare needs caused by COVID related symptoms. Appointments are available from 11 am-3 pm on Saturdays and Sundays until further notice. Call for an appointment.
- COVID-19 diagnostic testing is available for eligible students.
- Masks or cloth face coverings are required for students, visitors and staff.
- Mobile self-check-in is available. Once you arrive to the Student Health Center, you may utilize your cell phone to check-in for an appointment and by-pass the SHC check-in computer.
- Plexi-glass sneeze guards, floor markings and waiting areas are configured to promote physical distancing.
- Exam rooms are disinfected between patients.
- Patients are asked not to bring companions/visitors to their appointment
- Personal protective equipment (PPE) is worn by the SHC medical staff.
- Additional hand sanitizer and signage encourages hand hygiene for all.
- Increased cleaning and disinfecting areas throughout the day. Limited shared materials in waiting areas.
- SHC staff complete the Niner Health Check daily, prior to reporting for work.

# U Belong @ UREC (virtually or in-person)

Tori Lord, Liz Rosenberger, and Reagan Labor (University Recreation)

---

**F**or years, we have known that exercise is good for overall health, weight management, strength and functional movements, etc. However, what was unknown until a few months ago are the benefits that exercise can have on individuals living through a global pandemic. Getting the body moving everyday is something that is often taken for granted, especially now with new routines of working virtually and being in front of a screen for potentially hours at a time. Just getting the body moving a little bit each day is a great break from the virtual world and a way of improving your mental and physical health, reducing stress, and even improving sleep.

UREC has been working hard for the past six months to prepare for the return of students to campus. We have created a variety of fun and safe opportunities for you to focus on your overall health while implementing ex-

tra safety measures to ensure proper social distancing.

At UREC, you will find a wide variety of fitness equipment to meet your individual workout needs. To ensure your safety, we have implemented precautions such as maximum capacities for the building and each floor, safety screens, dedicated workout areas, and the rotation of equipment. We also require masks to enter the facility and as you move throughout the facility. We also strongly encourage you to keep your mask on while exercising, but have created areas in which you are able to take it off while performing strenuous activities - such as cardio. If you are looking to work on your physical fitness but aren't sure how, we have certified and accredited personal trainers ready to help you set attainable fitness goals. This semester we are offering both in-person and online personal training. Online personal training allows you to get the same workouts from one of our fantastic personal trainers without having



to leave the comfort of your room. If you do venture into the facility, much of our equipment is equipped with demonstration photos or QR codes to help you understand how to safely complete your workout, as well as the muscle zones it will target. We also have Fitness Specialists staffed on each floor to assist you with any questions you may have.

Another great offering this semester is our Group Fitness classes. We started offering virtual classes over the summer and have continued those into the fall semester. In addition, we are now offering in-person classes both indoors and outdoors. To ensure that we do not overcrowd the classes, we have reduced capacities for each class and have instituted a registration process.

If you are looking for a way to relax, we are excited to introduce our newly finished outdoor leisure pool, which is offered seasonally on a first come, first served basis! If you are looking to be a bit more active in the water,

we offer lap lane swimming at our indoor pool with a reservation.

Our Intramurals program is hard at work creating socially distanced sports and activities for you to try. We will be offering a variety of pop-up tournaments with sports such as: tennis singles, badminton singles, a 3-point contest, dunk contest, and sports trivia. Our Sport Club program will begin to offer limited, pre-approved skills development and practices too!

To learn more about our programs and services offered, to review our COVID policies, and to register for our various activities, visit [urec.uncc.edu](https://urec.uncc.edu).

UBelong at UREC because UREC cares about “U” and wants to help you achieve your goals. So get back into that routine and we will “see” you with a mask at UREC programs!





# STUDENT HEALTH CENTER

## COMPREHENSIVE PRIMARY MEDICAL CARE FOR STUDENTS:

NO CHARGE TO SEE A PROVIDER - THERE ARE CHARGES FOR PHARMACY, LAB, X-RAY, AND OTHER SERVICES

## SERVICES AND CLINICS INCLUDE:

- GENERAL MEDICINE, GYNECOLOGY, PSYCHIATRY
- IMMUNIZATIONS, ALLERGY, & TRAVEL CLINIC
- NUTRITION COUNSELING
- INSURANCE AND WAIVERS
- AFTER HOURS NURSE TELEPHONE LINE
- LAB & X-RAY

**FOLLOW US**

**@UNCCSHCENTER**

## PHARMACY:

OUR FULL-SERVICE RETAIL PHARMACY AVAILABLE FOR ON AND OFF-CAMPUS PRESCRIPTIONS. MOST PRESCRIPTION PLANS ARE ACCEPTED! TRANSFERRING A PRESCRIPTION IS EASY! CALL 704-687-7359 TO LEARN HOW.

# MAKE "HEALTHY" THE NORM!

**CONTACT US FOR QUESTIONS  
& APPOINTMENTS**

704-687-7400 OR [STUDENTHEALTH.UNCC.EDU](http://STUDENTHEALTH.UNCC.EDU)





# What *is* “Health”?

---

Brianna Smith (Public Health Intern) University Recreation

---

**T**oday, many people strive to be healthy. But what is “health”? The World Health Organization defines health as a state of “complete physical, mental, and social well-being and not merely the absence of disease”. While “health” is often equated to physical health; health and wellbeing involves multiple dimensions of the body. These are called the 8 Dimensions of Wellness. These dimensions are interdependent and neglecting even one of them can take a toll on your health. The 8 dimensions include: physical, intellectual, emotional, social, spiritual, vocational/occupational, financial, and environmental.

Physical wellness simply means caring for your body (e.g.. exercising regularly). Intellec-


tual wellness simply means taking advantage of opportunities to learn. Emotional wellness is being able to understand and respect your personal feelings and those of others. Social wellness is being able to maintain healthy relationships. Spiritual wellness is seeking your purpose with or without organized religion. Vocational/occupational wellness is engaging in work that is enriching and aligns with your goals and lifestyle. Financial wellness is being able to manage your resources and making informed financial decisions. Lastly, environmental wellness is understanding how your natural and built environment influences health. While each of these dimensions are significant, they do not need to be completely balanced. Instead, we should simply aim for a “personal harmony”.

When some attention is given to each of these dimensions, you can increase your health and boost your quality of life.

You may be wondering “how can I incorporate the Dimensions of Wellness into my lifestyle?” Fortunately, nearly all these dimensions are addressed by the Health & Wellbeing unit on campus. This includes the [University Recreation Center \(UREC\)](#), the [Student Health Center \(SHC\)](#), the [Center for Counseling and Psychological Services \(CAPS\)](#), and the [Center for Wellness Promotion \(CWP\)](#). The UREC and SHC can improve your physical wellness. The CAPS can improve your emotional wellness. And simply being a UNC Charlotte student boosts your intellectual and social wellness. UNC Charlotte offers a variety of health & well-being services because your health matters! You’re encouraged to take advantage of the countless resources available to you to maintain or reach your health goals.

---

To learn more about these services and upcoming events follow the health & wellbeing departments on social media. The Instagram for UREC is @unccurec. The Instagram for CWP is @unccwellness. The Instagram for CAPS is @uncccaps. The Instagram for SHC is @unccshcenter.



“You may be wondering “how can I incorporate the Dimensions of Wellness into my lifestyle?” Fortunately, nearly all these dimensions are addressed



**OUR TEAM IS HERE FOR YOU!**

**YOUR**

**HEALTH**

**&**

**WELLBEING**

**MATTERS**



**COUNSELING & PSYCHOLOGICAL SERVICES  
CENTER FOR WELLNESS PROMOTION  
UNIVERSITY RECREATION  
STUDENT HEALTH CENTER**