Health & Wellness at Florida State
Creating a Culture of Care
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Self-Care
• Take inventory of your needs
• Develop a self-care plan
• Utilize your resources

Community-Care
• Check in on each other
• Be accountable for your community
• Know your limitations
Dimensions of Wellness

We believe that an environment that encourages healthy behaviors and wellness is essential to the academic success and holistic well-being of members of the FSU community. #LiveWellFSU

- **Environmental Wellness:** Developing an awareness of the environment that surrounds you, and enhancing your relationship with it.
- **Intellectual Wellness:** Fostering critical thinking, developing value-based reasoning, expanding world views and engaging in education for the pursuit of knowledge.
- **Occupational Wellness:** Engaging in work, volunteering, organizations, or academic endeavors in a manner that provides personal satisfaction and enrichment, and is consistent with your values, goals, and lifestyle.
- **Financial Wellness:** Accessing the financial resources and skills that allow you to accomplish your goals.
- **Social Wellness:** Participating in positive social relationships including friends, family, community, and work groups.
- **Emotional Wellness:** Developing a strong sense of self that is open to experiencing a healthy range of emotions.
- **Creative Wellness:** Valuing and actively participating in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.
- **Physical Wellness:** Prioritizing your physical health by moving your body, creating a healthy relationship with food, preventing and caring for illness, and sleep hygiene.
- **Spiritual Wellness:** Expanding a sense of purpose and meaning in your life.
Dimensions of Wellness
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live well
CREATIVELY
Dimensions of Wellness
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Creating an Environment that Encourages Healthy Behavior and Wellness
Increase Health & Wellness Programming

As part of our Healthy Campus Initiative, we educate students and family members about personal health, wellness planning, and decision-making.
How Families Can Support Their Students

• Encourage your student to access resources on campus
• Encourage your student to get involved in a student organization that promotes one of the dimensions of wellness
Build Expectations for Healthy Student Behaviors

FSU builds expectations for students to improve their resiliency, increase their engagement in campus recreation and fitness and reduce their risk-taking behaviors with drugs and alcohol.
How Families Can Support Their Students

• Model the way for your student
• Share a time with them when you failed and how you bounced back
• Talk openly with them about decisions they will have to make and how peers might influence their decisions
Create Pathways for Health Interventions

A key part of the Healthy Campus Initiative is recognizing students with mental, physical and financial health concerns and creating a matrix of services that emphasize early intervention and appropriate referral and care.
How Families Can Support Their Students

• Encourage that it is okay to seek support when in need
• Reiterate that stress, anxiety and depression are prevalent among college students but there are resources on campus for them
• Discuss and set clear financial expectations