According to the 2019 Freshman Experiences Survey (N=1333), students expressed needing help with:

- Eating healthy (42%)
- Getting regular physical exercise (42%)
- Managing their emotional and mental health (37%)

Students reported several health issues that impact performance like:

- Sleep (29.8%)
- Anxiety (29.6%)
- Depression (27.7%)

(ACHA-NCHA II, 2019)
The 8 Dimensions of Wellness were identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) to show key areas of wellness that optimize health. This holistic view on wellness recognizes that wellness is a dynamic concept, influenced by many dimensions that build off each other. Healthy Campus Coalition adopted this model and synthesized the concepts into a colorful pinwheel graphic to help students easily identify wellness-oriented events on campus.
<table>
<thead>
<tr>
<th>Dimension</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Physical wellness focuses on taking proper care of our bodies for lifelong health. Implementing strategies for movement, nutrition, stress management, and sleep contribute to feeling your best while celebrating your body and all it can do.</td>
</tr>
<tr>
<td>Emotional</td>
<td>Emotional wellness invokes a sense of self awareness, resilience and emotional intelligence. An emotionally well individual has the ability to identify, express and manage their emotions in healthy and positive ways. An important skill of the emotionally well individual is the ability to identify positive and effective coping strategies for stressful or taxing situations.</td>
</tr>
<tr>
<td>Social</td>
<td>Social wellness focuses on healthy relationships and strong connections. Social wellbeing includes establishing supportive networks, meaningful relationships, an openness and willingness to be inclusive of diverse experiences and perspectives, the ability to communicate healthy boundaries, and managing social conflict.</td>
</tr>
<tr>
<td>Spiritual</td>
<td>Spiritual wellness is the intersection of values and beliefs that are personal to the individual. These beliefs have meaning and invoke a sense of harmony with, connection to or recognition of something larger than oneself. Spiritual wellness is a unique and ongoing process for each individual.</td>
</tr>
</tbody>
</table>
## 8 Dimensions of Wellness

<table>
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<tr>
<td><strong>Occupational</strong></td>
<td>Occupational wellness encourages a personal satisfaction and enrichment from one’s own work. Our occupations encompass a majority of our time so a focus on balancing leisure and work is essential to maintaining our sense of meaning and purpose.</td>
</tr>
<tr>
<td><strong>Environmental</strong></td>
<td>Environmental wellness encourages us to explore the interconnectedness of nature and the individual. Both the natural and the built environments are important for environmental wellbeing as is inhabiting environments that you find pleasant and/or stimulating, as well as living a sustainable lifestyle.</td>
</tr>
<tr>
<td><strong>Intellectual</strong></td>
<td>Intellectual wellness encourages a curiosity for life and the mindset of life-long learning. The intellectually well individual seeks out opportunities for mental stimulation whether it is learning a new skill, following creative passions or exploring opportunities for academic growth.</td>
</tr>
<tr>
<td><strong>Financial</strong></td>
<td>Financial wellness is the ongoing process of becoming financially literate. This can include the ability to identify what it looks like to live within your means as well as how to financially plan for your future. Identifying resources and setting realistic/reasonable goals is a continuous process that the financially-well individual will work on throughout life.</td>
</tr>
</tbody>
</table>
HOW LIVE WELL NAU CAN SUPPORT YOUR WELLNESS

Step 1- Wellness Check Up: Complete the self-assessment on nau.edu/livewellnau:
  • Check-in with how frequently you engage in behaviors that support each dimension of wellness. Use your score to identify a dimension or two where you can do more to support your wellbeing.

Step 2- Get Motivated: Set 2-3 SMART Goals to improve your wellbeing:
  • Once you’ve identified which dimension(s) of wellness you want to improve, set simple goals to help you change your behaviors.
  • Try to think about goals that are Specific, Measurable, Attainable, Realistic, and Time-Bound (SMART).
    ◦ Consider including a goal to attend an event that supports that dimension of wellness you’d like to improve.

Step 3- Explore Resources: Support is there to help you succeed:
  • Explore the nau.edu/livewellnau website to identify on campus and virtual programs, campus services, and events that support wellness.
Step 4- Attend a Wellness Event:
- Check the Live Well NAU website for relevant campus events designed to enhance your wellbeing.
- Look for the Wellness Wheel icon on marketing to know that an event or activity supports your wellbeing.
- If you attend an in-person event, check to see that is offered through Your Path powered by Suitable.
  - Scan the QR code at these events to earn points towards wellness badges and additional incentives.

Step 5- Improve Your Wellbeing:
- Work towards meeting your goal! Once you’re feeling confident the change has become a habit, revisit the self-assessment tool. Remember—health changes can be continuous, and your needs may change over time!
RESOURCES FOR STUDENT ORGS AND STUDENT LEADERS:

If you’re a registered student organization, you can support your fellow Lumberjacks by becoming a student partner in prevention and sending at least one representative from your executive team to a Live Well NAU orientation. Here are action steps you can take:

Provide healthier food and drink options:

- Opt for fruits, vegetables, hummus, string cheese, yogurt, or nuts.
- Choose water, fruit infused water, and unsweetened tea when serving beverages.

Help your members reduce stress:

- **Stay positive:** Use your social networking to put out inspirational quotes or encouraging messages, especially during challenging times like midterms or finals.
- **Encourage relaxation:** Incorporate short meditation exercises into events or meetings. Not sure where to start? Download the Stressbusters Wellness App for free, short guided meditations.
- **Find ways to move:** Plan group activities such as a walking meeting, hike near campus, or attend a group fitness class together.

Support an inclusive environment:

- **Be an ally:** Register your group for a Zone Training through IMQ to learn how to support diversity and create a more inclusive NAU.
- **Become an active bystander:** Register your group to participate in Health Promotion’s Take a Stand! training to learn the skills to intervene for a number of scenarios, including sexual assault prevention and discrimination.
RESOURCES FOR STUDENT ORGS AND STUDENT LEADERS:

Foster social connections:

- **Give back**: Volunteer within the community-doing good is a great way to feel better as individuals and more connected as a group. Visit the Civic Service Institute or All For Good to find local volunteer opportunities.
- **Create and market events** that help others meet new people: Include language on your fliers, emails and posts that reminds students that going to events and getting involved with clubs is a great way to make friends and build connections.
- **Partner up**: When you’re planning events and activities, take a minute to scan True Blue Connects to see if there are groups that might be interested in partnering. It’s a great way to involve new people, share the workload, and reach a broad audience.

Time events to support wellness:

- Host a program or event during times when students would otherwise consume alcohol (Thursday, Friday, Saturday nights after 10 PM).
- On weeknights, limit late night events and meetings to encourage good sleep hygiene.

Support academic and career achievement:

- Schedule organized study and homework times, especially prior to midterms and finals.
- Invite staff members from NAU Career Development to host an interview or resume writing workshop.
WELLNESS RESOURCES

LIVE WELL NAU
NAU.EDU/LIVEWELLNAU

HEALTH PROMOTION
928-523-2131
NAU.EDU/HP

OFFICE OF THE DEAN OF STUDENTS
928-523-5181
NAU.EDU/DEANOFSTUDENTS

COUNSELING SERVICES
928-523-2131
NAU.EDU/COUNSELING

MEDICAL SERVICES
928-523-2131
NAU.EDU/MEDICAL-SERVICES
**NAU Live Well Graphic Style Guide**

**LAYOUT AND PHOTOGRAPHY GUIDELINES**
1. The NAU Live Well graphic, both primary and highlighted, is to be the main image on all materials with photo(s) as supporting role.
2. Be strategic in photo choices and placement so as not to overpower the Live Well NAU graphics.
3. When the icon representing one highlighted dimension is pulled out of the graph, it needs to be presented in that dimension's designated color.
4. An institutional logo should always be used in conjunction with the Live Well NAU graphics.

**TYPOGRAPHY**

**Univers**
- Univers (regular, not condensed) is to be used as the primary font for all Live Well Graphic publications.
- **Arial**
  - Arial (regular, not black) should be used when Univers is not available.
  - **5. headings: bold, large**
  - **6. body copy: roman/regular**
  - **7. URLs: bold and lowercase**

**ADDITIONAL IDENTITY GRAPHICS**
8. These identity graphics are to be used in addition with the primary and highlighted graphics being the main identity.

For more detailed information on NAU guidelines visit nau.edu/marketing/brand-center.
COLOR PALETTE

Primary graphic: When creating flyers and posters the primary colors, NAU True Blue and NAU Gold, are to be used. Do not use any additional secondary colors beyond the Live Well NAU primary graphic.

Highlighted graphics: Use only NAU True Blue, NAU Gold (sparingly), and the color of the highlighted graphic being used when creating promotional materials. Do not incorporate any other secondary color.

For both primary and highlighted graphics, the center portion should always be on white.