

# Lifestyle Assessment Guide



## Physical Wellness



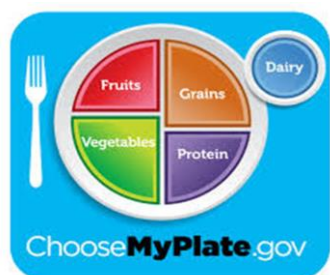
### Tips to improve your physical health:

- ❖ Strive to improve physical wellness by physical activity and healthy eating.
- ❖ Take responsibility for your health care and health habits by: not smoking, avoid excessive consumption of alcohol, get 7-9 hours of sleep most nights, exercise regularly, and get regular health checks
- ❖ Set wellness goals and develop strategies to stay motivated
- ❖ Seek care for illnesses of physical or emotional concerns

### Recommendations for healthy exercise habits:

**Cardio-respiratory Fitness:** 3-5 days (30 minutes) sessions per week for 30 minutes : treadmill, elliptical, stationery cycling, running, walking, biking, swimming, tennis, racquet ball, fitness classes, sports, or dancing.

**Muscular Fitness:** 2 days per week, 30 minutes each: resistance bands, ball exercises, free weights, and machines



## Nutritional Wellness



### Healthy Eating/Healthy Weight Tips

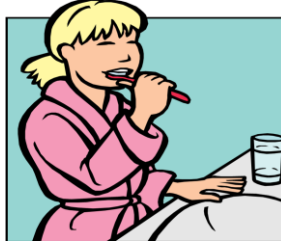
- ❖ Make choices that focus on: fruits, vegetables, whole grains, fat-free or lowfat milk and milk products, lean meats, fish, poultry, eggs, beans, and nuts. Reminder: half of your plate should be filled with vegetables
- ❖ Choose foods low in saturated fat, *trans* fats, salt (sodium), cholesterol, and added sugars
- ❖ Look for foods that contain at least 1-2 grams of fiber per 100 calories (whole grain or whole wheat)
- ❖ Stay within your daily calorie needs. Consider eating fruit for dessert.
- ❖ Watch portion sizes
- ❖ Try consuming water or eating dried fruit when you have the urge to consume sugary foods or beverages
- ❖ Select grilled or baked meats and roast, steam, or grill vegetables
- ❖ Drink 64 oz. of fluids per day more if you are physically active, have a fever, are experiencing nausea/vomiting/diarrhea, or live/work in a hot climate

### Remember you can still eat your favorite foods by following these simple tips:

- ❖ Eat them less often: cut back from daily to once a week or once a month
- ❖ Eat smaller amounts: go from king sized to snack size
- ❖ Try lower calorie versions or revise recipes to lower calories



# Self Care



## Recommendations:

- ❖ Get 7-9 hours of sleep most nights
- ❖ Wear your seat belt or helmet
- ❖ Don't drive when under the influence of alcohol or drugs
- ❖ Quit smoking or chewing tobacco products
- ❖ Wear sunscreen and check skin for changes
- ❖ Brush and floss your teeth daily
- ❖ Make sure routine vaccinations are up-to-date
- ❖ Get regular medical, vision, and dental exams
- ❖ Maintain a healthy weight
- ❖ Drink 64 oz. of water and unsweetened beverages every day
- ❖ Exercise 30-40 minutes most days
- ❖ Take a break from stress to nurture yourself
- ❖ Stay connected to those individuals who support you
- ❖ Wear protective gear as recommended



## Special self-care tips for women:

- If you choose, perform monthly self-breast exams
- Get a yearly pap test if you are over 21 years of age

## Special self-care tips for men:

- Perform monthly self-testicular exams and have other screenings appropriate for age or risk factors.



# Personal Safety

## General Guidelines

- ❖ Stay alert and be aware of your surroundings: especially if you are feeling stressed, emotionally upset, ill, talking/texting on your phone, or are under the influence of drugs or alcohol
- ❖ Give the impression of being calm, confident, and that you know where you are going
- ❖ Trust your instincts, if it doesn't feel or look right, it might not be
- ❖ Walk with a companion whenever possible and carry a charged cell phone
- ❖ Avoid isolated areas such as: alleys, short cuts, vacant lots or areas that are not well lighted
- ❖ Walk in busier well-traveled and well lighted streets
- ❖ Enter the Campus Safety number into your cell phone (ph.# 920-403-3299)
- ❖ Know where emergency blue phones are located on campus and for more tips <http://www.snc.edu/campussafety/crimeprevention/>
- ❖ If you need transportation during evening hours, call Campus Safety for a walking escort or mobile transport
- ❖ If you feel you are being followed, yell or scream, abruptly change direction, and move toward a public, well-lit area, or try to reach a campus "Blue Phone" located around campus. Additionally, all residence halls and many other campus buildings are equipped with exterior telephones located near their primary entrances. If you are off campus call 9-1-1
- ❖ Should you be the victim of a hold-up, don't resist or endanger your own safety. Call the police immediately to report the crime
- ❖ Never accept a ride from a stranger

- ❖ When out in public keep personal belongings in view (e.g. backpack, purse, cell phone, computer)
- ❖ Learn self defense techniques
- ❖ Inform trusted family and friends of your plans
- ❖ On social networks sites, be aware of what you post. You never know who is looking at your information, it could be a future or present employer, recruiter, or stalker
- ❖ If someone comes to your door asking to use your phone, do not let them in but offer to make the call for them
- ❖ When using an elevator, check it before entering, if you feel unsure of the people inside wait for the next one
- ❖ Stand by the control board, if you feel endangered press the alarm button/ all the buttons, and get off next floor

### Residential Living

- Lock your door: even if you are just leaving for a short time and when you are sleeping or napping
- Keep your ID card and room keys secure
- Secure your valuables and never keep large amounts of cash in your room or displayed in public
- Never admit a stranger into your room
- Never prop open exterior doors
- Report immediately any suspicious activities or individuals to Campus Safety
- Call Campus Safety for an escort if needed
- Know door to door solicitations is prohibited
- Know who is at the door before opening it



### Car safety tips

- Have your keys in your hand before you approach your car
- Check the backseat and floor of the car before entering
- If possible only unlock the driver's door and relock the car after entering
- Keep valuables out of sight in the trunk, glove box, or under the seat
- Park in a well-lighted area
- If you have car trouble-use the signal of raising the car hood and remain in the car until identifiable help arrives
- Have an emergency kit in the car with a flashlight, flares, distress signals,
- Consider installing an alarm system



### Telephone Safety

- ✓ Be wary of telephone surveys, only list your first initial and last name in a public directory
- ✓ If you receive a threatening/ obscene phone call, hang up, contact the police or campus safety to file a report
- ✓ With caller ID, let unfamiliar numbers go to voice mail

### Self Defense

- If someone tries to snatch your purse let it go. More injuries occur when people resist
- If you are attacked, your response will depend on your training-think right now about what you would do
- Trust your instincts
- Don't be afraid to be impolite or make a scene
- Try to remain calm, use your imagination
- Take a self defense training class,
- Carry and learn how to use pepper spray

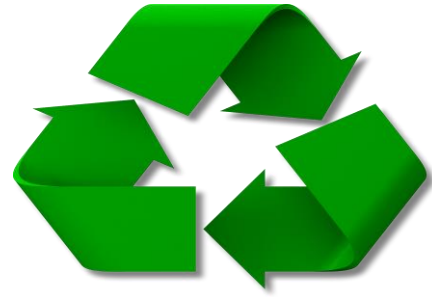


# Environment Wellness

Is maintaining a lifestyle and developing habits that respect our environment.

## Positive Indicator s of Environmental Wellness

- Understanding the limits of natural resources
- Develop energy saving habits
- Recycle paper, cans, and glass
- Appreciate and spend time enjoying nature
- Avoid second hand smoke
- Stop “junk” mail
- Don’t leave water running (a running faucet uses 3-5 gallons of water per minute)



# Sexual Wellness

When you are sexually healthy you make good decisions about your sexual behavior, embrace yourself as a sexual being, and educate yourself about healthy choices. Understanding your body, leads to being more comfortable with your sexual self. Sexual health is an important component of wellness and impacts our minds, bodies and relationships. The World Health Organization defines sexual health as:

- a state of physical, emotional, mental, and social well-being related to sexuality; it is not merely the absence of disease, dysfunction or infirmity; and
- a positive and respectful approach to sexuality and sexual relationships as well as the possibility of having safe sexual experiences, free of coercion, discrimination and violence.

Boundaries are about making rules that will keep you happy and safe from unwanted attentions. Sexual boundaries can include who you are intimate with, when you will say “no”, how “far” you want to go. Remember, you need to respect yourself in order to be respected by others. <http://www.wellnesseveryday.org/body/sexualit>



## Sexual Wellness tips

- Talk to your partner
- **Learn to feel good about your sexuality** whether you are straight, gay, bisexual, pansexual, asexual, transgendered, sexually active or abstinent.
- Act in ways that demonstrate **self-respect and respect for others**.
- Learn to **appreciate your body** as is.
- Take steps to **prevent sexually transmitted infections (STI)**
- **Use alcohol carefully** or abstain. Legally, consent cannot be given by anyone who is under the influence.
- Perform regular **breast/testicular exams**.
- Have **tests for STI** regularly if sexually active.
- Learn to build **healthy relationships** with good communication

<http://bewellucf.com/2012/05/07/what-is-sexual-wellness/>



## Emotional Wellness

This dimension of wellness focuses on awareness of one's feelings and the degree to which you feel positive and enthusiastic about you and life in general. Be realistic about your limitations. It is better to acknowledge and accept our feelings. Have an optimistic approach to life. Emotional awareness involves recognizing your moment to moment emotions and identifying your ability to handle all your emotions without being overwhelmed.

### Tips for Increasing Emotional Awareness

- Practice optimism
- Spend time with family and friends discussing your personal concerns and being supportive of each other
- Learn time management skills
- Learn stress management techniques to deal with stress as it happens
- Smile at least 20 times a day
- Read books or attend workshops on self-help
- Learn to recognize, manage and deal with your emotions



## Intellectual Wellness

<b>Includes:</b>	Being curious	Maintaining a strong desire to learn	Valuing experiences
	Stimulating new ideas	Developing plans	Creating strategies
	Problem solving	Seeking opportunities to grow	Nurturing creativity
	Critical and independent thinking		

### Maintain a High Level of Intellectual Wellness By:

- Taking advantage of intellectually stimulating classes and workshops
- Learning a foreign language or how to play a new instrument
- Seek intellectually inspirational people
- Subscribe to newsletters or journal that interest you
- Read a book
- Develop the ability to appreciate art by attending musicals, art exhibits, museums, or operas,
- Explore intellectual uses for your spare time
- Participate in scholastic, cultural, and community activities
- Utilize study and time management skills
- Challenge yourself to see more than one side of an issue
- Practice discernment when taking in TV, newsletter, or internet information
- Learn to manage your finances
- Keep abreast of current events, issues, and ideas
- Recognize and value life-long learning





## Occupational Wellness

Occupational wellness entails seeking personal satisfaction and enrichment in one's life through work. Work is defined as paid or unpaid work as well as one's academic endeavors. Occupational wellness involves contributing your unique gifts, skills and talents to work that is personally meaningful and rewarding. Being occupationally well allows you to find personal self-fulfillment and to make a contribution to the well-being of the community at large. Research indicates that having a satisfying work life positively impacts physical and emotional health.

**Practices that enhance occupational wellness include:**

- Developing functional, transferable skills
- Choosing a career which is consistent with your personal values, interests, and beliefs
- Learning to accurately assess your strengths and weaknesses
- Exploring your talents and interests
- Maintaining healthy work-life balance
- Seeking professional development opportunities
- Participating in an internship



<http://www.campusrec.illinois.edu/wellnesscenter/dimensions/occupational.htm>

## Spiritual Wellness

Your spiritual journey will be challenging at times but you know as you become more spiritual your actions become more consistent with your beliefs and values. You continue to seek the meaning and purpose in human existence. You also are developing a deeper appreciation for the expanse of life and natural forces existing in the universe. You can ponder over the meaning of life for ourselves and be tolerant of the beliefs of others, as we attempt to live each day as a reflection of our values and beliefs.

**Nurture Spiritual Wellness by:**

- Being in touch with and exploring your spiritual core and ask your important questions like "Who am I?"
- Spend time alone and meditate or pray regularly
- Meditation is the process of being fully present and focusing on the here and now. Living in the present, letting go of the past, not worrying about the future, and striving to find your inner peace.
- Be curious and inquisitive
- Be receptive to pain and grief
- Become aware of the consequences of your choices and if they will bring happiness and fulfillment
- Practice acceptance by taking responsibility for your life without blaming anyone
- There is something learned from each situation
- Allow yourself the freedom to be you and for others to be who they are
- Be playful and enjoy your spirituality through music, dance, singing, laughter, and all aspects of your life
- Look for deeper meaning, consider setting aside time for daily devotions
- Take "7-breath" breaks throughout your day. Close your eyes and take a slow abdominal breath inhaled through your nose for a count of 7 and exhale through your mouth for a count of 7. Repeat this 7 times. Open your eyes and see how much better you feel!



<http://definitionofwellness.com/dimensions-of-wellness/spiritual-wellness>