Personal Well-Being

Gateway Session
Gateway Learning Outcomes

- Demonstrate interpersonal skills consistent with student success

- Articulate, defend and act on community and personal values
Specific Goals For today

- Identify the relationship between underlying personal beliefs and emotional experiences (e.g. stress)
- Articulate strategies to cultivate healthy habits to address stress.
- Define consequences of healthy and unhealthy coping mechanisms.
- Understand resiliency and communicate additional strategies to improve the eight different dimensions of wellness.
Definition: Stress is the way your body responds to any level of demand or threat.
Life Has Stress

Positive Stress
- Planning to go away to college
- Starting your first job
- Going on vacation
- Going on a date
- Buying your dream car

Negative Stress
- Death of a loved one
- Getting fired from a job
- Failing a class
- Getting a speeding ticket
- Personal injury or illness
Emotional and Physical Symptoms of Stress

**Acute Stress**
- Anger, irritability, anxiety, sadness
- Headache, muscle tension
- Heartburn, stomach ache, diarrhea
- Rapid heartbeat, sweaty hands, dizziness, shortness of breath

**Chronic Stress**
- Depression
- Heart Attack
- Stroke
- Cancer
Dear stress,  
Let's break up.  

Me
Example: Mindfulness

What is Mindfulness?
Unhealthy coping mechanisms

What is a possible common denominator...

Disorderly Conduct

Risky Sexual Behavior (leading to: Pregnancy, Sexually Transmitted Infections, Negative Emotions)

Poor Academic Performance

Relationship Issues
Campus Confidential Resources Are Available

- **Health and Wellness Services—Registered Nurses:**
  - Available M-F (8-4:30 pm at the Mulva Fitness Center: 2nd Floor) for free consultation/assessment and referrals
  - Advanced Providers are available M-F for a nominal fee (diagnosis/advanced testing)
  - Psychiatrist available by appointment monthly

- **Counseling and Psychological Services—Counselors:**
  - Available M-F (8-4:30 pm at the Mulva Fitness Center: 2nd Floor) for free counseling sessions
Definition:

A person’s capacity to cope with changes and challenges and the ability to bounce back during difficult times.

YouTube: Overcoming Failure
Wellness and Impact on Life Trajectory

Wellness

Emotional
Social
Spiritual
Occupational
Intellectual
Financial
Physical
Environmental

Life Stages & Trajectory

Life Course Tools

SAMHSA
Small Group Exercise

● On Your Own:

Identify ways you are resilient. Think back to your Strengths Quest Assessment for guidance.

● As a Small Group (3 groups of 10):

Now, reflect back on the 8 dimensions of wellness. Discuss strategies for improvement or ways to assist others in improving health individually, in friend circles or across campus?
What strategies were discussed to improve health in the eight dimensions (Large Group Report Out)?
  ○ Individual/personal level
  ○ In friend circles
  ○ Across campus

Commit to improving your health in one of the eight dimensions by pledging to do so (Fill Out Half Sheet and Turn in Before Leaving)!
Preparation for Next week

“Get Involved” Session