



Well-Being

WELL-BEING



Well-being is a key element for success. When you don't take care of yourself, it can be challenging to make progress towards your goals. Well-being is personal, so try to figure out what works best for you. Here are some ideas to help get you started.

Pre-Chapter Reflection:

How do you
define being
successful in
well-being?

Areas of Well-Being

Physical Well-Being consists of physical activity, diet, and sleep, preventing illness and injury, and managing chronic health conditions.

- Become aware of how **food, beverages, and substances** that can affect your body. Develop a well-balanced diet plan that works for you.
- Discover which **physical activities** you enjoy the most. Then, engage in regular movement to improve flexibility, strength, and cardiovascular health.
- Become **aware** of how **sleep** (or lack thereof) affects your body. Plan your day to prioritize an adequate amount of sleep.
- Gain comfort with your physical appearance and make choices to protect your **bodily autonomy**.
- Seek medical care for **illness, injury, and preventative care**.

Mental Well-Being: consists of appropriately managing stress and coping effectively with life.

- Become **self-aware** of how **stress** impacts you and find ways to manage your stress.
- Create space in your schedule to **enjoy leisure activities** to recharge your body, mind, and spirit.
- Develop **assertiveness** skills and practice setting **boundaries** when necessary.
- Become aware of your feelings and accept them as valid indicators of what you are experiencing. Find ways to process and **express your feelings** by yourself and with others.
- Become aware of how you view yourself. For example, practice positive self-talk to encourage **healthy self-esteem**.

Spiritual Well-Being is defined as exploring one's sense of purpose and meaning in life, including one's morals and ethics. It may or may not involve religious activities.

- Question and clarify your **personal values**. Become aware of how values develop and change from life experiences.
- Develop **integrity** by acting in ways that are consistent with your values.
- Become aware of the **differences** in others' personal values.
- Identify ways to **pause** and intentionally **reflect** on your beliefs and worldview.

Social Well-Being consists of satisfying relationships, a strong support system, and an overall sense of connection and belonging.

- Develop and maintain **relationships** that are healthy and reciprocal. Reflect on what it means to you to be a good friend.
- Reflect on your **social needs** and preferences. Ask yourself, how much time do you like to spend with others before needing time alone again, and vice versa?
- Learn to **balance** taking care of yourself while caring for others.
- Develop your **communication skills** to resolve conflict, set boundaries, and foster trust.
- Connect with your **community**. Engage with others who are both similar and different from you and learn to value diverse perspectives.

Digital Well-Being is the impact of technology on your physical, mental, social, and spiritual health. It encompasses everything from how much time you spend online to how you interact with others on social media.

- Be mindful of the amount of time you spend using technology. **Set limits** as necessary, especially if it distracts you from your other goals.
- Manage your notifications. **Turn off notifications** where possible and utilize focus modes on your devices to avoid constant interruptions.
- Become aware of how certain apps and content affect you. If you notice them affecting you negatively, change your engagement with them or **take a break**.
- Limit your **screen time before sleeping**. If you must use screens, consider reducing the blue light emitted by your device. Create a bedtime routine that includes winding down for 30 minutes before sleep. This can involve reading, listening to calm music, stretching, or taking a bath.
- Pay attention to your **mental health** as you scroll. Ask yourself, for example, is it helpful for you to think you're not good enough? Is it helpful for you to judge that other person's choices or life, or to compare your life to theirs?

****This list is not all-encompassing. There are many areas of well-being in life! A few additional areas are mentioned on the next page, where you can assess your own relationship with well-being.**

Not sure where to start?

Rate each area based on how well you are managing it, with five checks meaning 'very well' and one check meaning 'not very well'



Self-Care

☐ ☐ ☐ ☐ ☐


Support Network

☐ ☐ ☐ ☐ ☐


Stress Management

☐ ☐ ☐ ☐ ☐


Sleep and Rest

☐ ☐ ☐ ☐ ☐


Mental Wellness

☐ ☐ ☐ ☐ ☐


Mindful Eating

☐ ☐ ☐ ☐ ☐


Hydration

☐ ☐ ☐ ☐ ☐


Positive Mindset

☐ ☐ ☐ ☐ ☐


Fun and Recreation

☐ ☐ ☐ ☐ ☐


Physical Wellness

☐ ☐ ☐ ☐ ☐


Healthy Boundaries

☐ ☐ ☐ ☐ ☐

What areas did you rate the lowest?

What areas are the most important to you?

What areas tend to be forgotten when you have a lot going on?

WELL-BEING SUPPORT

George Mason Support

Who can you get support from at George Mason University?

Other Support

Who can you get support from outside of GMU?

Positive Stress-Management Skills

What are some healthy ways you can manage your stress?

Motivation

What keeps you going, even when things are hard?

LET'S CREATE A SMART GOAL TO KEEP YOU ON TRACK WITH YOUR WELL-BEING:

S SPECIFIC	WHAT SPECIFIC TASK DO YOU WANT TO ACCOMPLISH?
M MEASURABLE	WHEN WILL YOU KNOW YOU HAVE FINISHED THE TASK? / WHEN DO YOU PLAN TO STOP?
A ACHIEVABLE	CAN YOU REALISTICALLY ACHIEVE THIS GOAL?
R RELEVANT	DOES THIS GOAL ALIGN WITH YOUR OVERALL GOALS?
T TIME BOUND	WHEN DO YOU WANT TO DO THIS TASK / WORK ON THIS GOAL?

Meet with your Success Coach to talk through your goals and check in about your goal progress!



ADDITIONAL RESOURCES

Student Support and Advocacy (SSAC): The Student Support and Advocacy Center assists students who are encountering a life crisis or significant barriers that impact their academic and personal success and/or overall functioning. The goal through individual consultations is to best understand the student's situation, answer questions, provide guidance, and make connections to appropriate on and off-campus resources.

The Center for the Advancement of Well-Being (CWB): Located at George Mason University, serving university populations and external audiences. Our senior scholars and scientists are engaged in research that deepens our understanding of the science of well-being and evidence-based practices. CWB offerings include programs and resources for students, faculty, and staff along with executive education programs for organizations, agencies, and individuals.

Student Health Services: Healthcare providers can discuss basic nutrition, healthy eating and meal planning with students. Services are provided at no cost. Schedule a consultation appointment by calling 703-993-2831 or online in the Patient Portal. You can also schedule an appointment with Student Health Services for one-on-one encouragement or to discuss these and other exercise and nutrition tips.

Timely Care: George Mason students are eligible for 12 free counseling sessions per year. Choose the day, time, and mental health provider that best works for you.

Counseling Services (CAPS): Provides in-person and virtual, free and confidential mental health services for enrolled students. When a student's needs require a different level of care, CAPS works with students to transition care to community providers. If a student is currently seeing a professional in the community for counseling and can continue to work with them, we encourage the student to continue care with their current provider.

Mason Rec: Mason Recreation has a multitude of services that we offer to students – take a look below to see what we can help you with! From instructional programming, to personal training, towels or locker rental and more, we offer something to make every visit with us exceptional.

**You have access to multiple well-being resources
for FREE as a student at George Mason!**



Post-Chapter Reflection:

Now that you have worked through the activities, what areas do you still need help with that you can talk to your Success Coach about?