

Wellness Wheel



Emotional

- Mindfulness
- Self-compassion
- Counseling
- Practice gratitude
- Healthy thought processing
- Build resilience
- Reduce stress



Academic

- Tutoring
- Time management
- Assignment follow-through
 - Structured study *routine*
- Testing accommodations
- Task planning



- Healthy sleep patterns
- Regular movement
- Structured study *environment*
- Proper hygiene
- Healthy meals
- Fresh air



Physical

- Group study
- Campus events
- Regular check-ins w/ coaches, specialists, & instructors
- Peer connections
- Clubs



Social

