

Thrive

Getting to know
your wellness

Physical Wellness

The ability to maintain a healthy quality of life allows us to get through our daily activities without undue fatigue or physical stress. This includes physical activity, nutrition, and self-care and involves preventative and proactive actions that take care of one's physical body.



Sweat It Out!

Sweat out toxins with plenty of exercise, when you practice hot yoga, or visit a sauna.

Emotional Wellness

This includes awareness and management of feelings; a positive view of self, the world, and relationships; the ability to cope with stress; and maintenance of fulfilling relationships with others. It is the ability to understand ourselves and cope with the challenges life can bring.



Ask For Help

Seek support from others when needed. Express gratitude and practice mindfulness to increase awareness of your emotions.

Social & Cultural Wellness

This encompasses the degree and quality of interactions with others, the community, and nature. It is the ability to relate to and connect with other people in our world. It is our ability to establish and maintain positive relationships with family, friends, and co-workers.



Walk With A Friend

Take time to foster meaningful relationships—try leaving your cell phone at home!

Spiritual Wellness

This recognizes our search for meaning and purpose in human existence. It involves possessing a set of guiding beliefs, principles or values that help give direction to one's life. Is the ability to establish peace and harmony in our lives.



Take Time To Pause

Meditating for just five minutes a day improves introspection and emotion regulation.

Intellectual Wellness

Through creative and stimulating mental activities, our minds can be exercised. This enables us to embrace new ideas and experiences that can be applied to personal decisions, group interaction, and community betterment.



Never Stop Learning

Visit a museum, take in a new sports game, watch foreign films – step out of your comfort zone.



Environmental Wellness

This is about trying to live in harmony with the earth by understanding the impact of our interaction with nature and our personal environment, and taking action to protect the world around us. It is the ability to positively impact the quality of our environment: our homes, our communities, or our planet.



A Day Outdoors

Pack a picnic, go for a hike, dust the bike off and go for a ride – take time to connect with nature.



Career / Financial Wellness

This is the ability to gain personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. It involves using our gifts, skills, and talents to gain purpose, happiness, and enrichment in our lives.



Keep It Positive

Increase work engagement by focusing on what you like about your career – and all that you are learning.

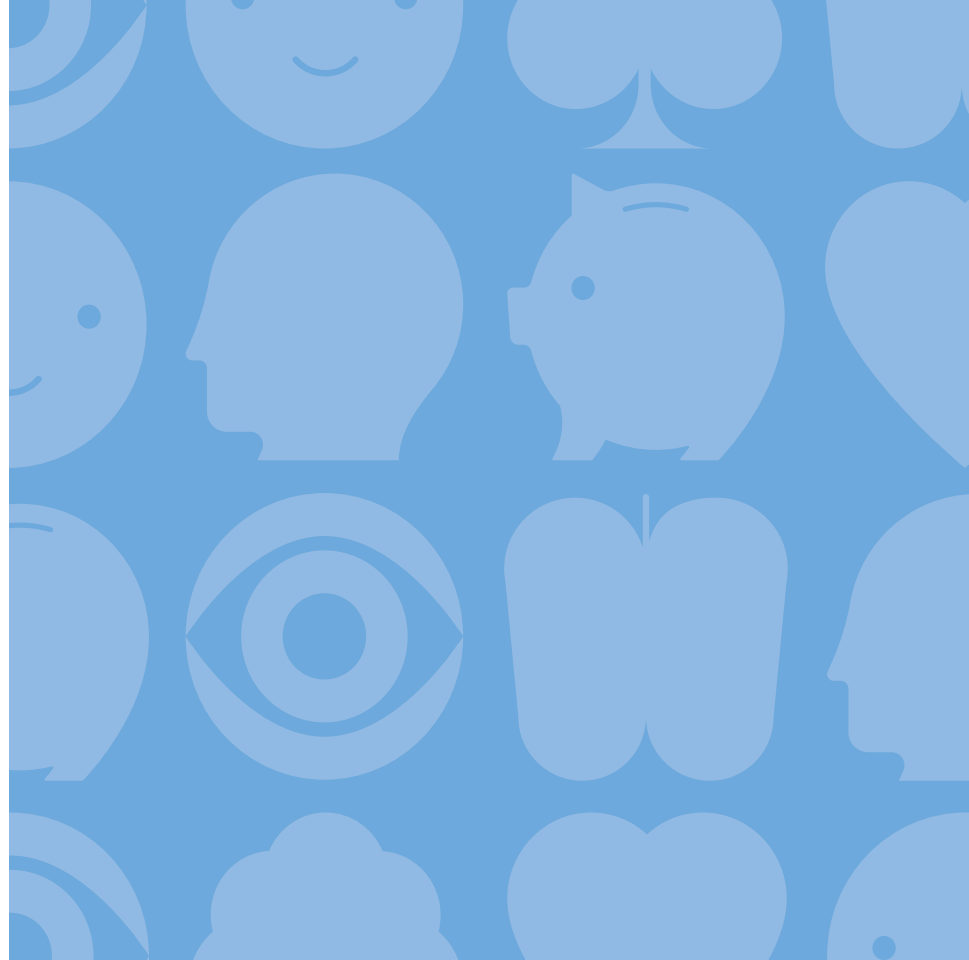
Student counselling staff are currently working remotely, but we'd still love to connect with you 1-on-1.

Get in touch:

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