



Thrive Week 2020

Exploring wellness and
wellness resources



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.

Articles

- > [Expert tips for working from home](#)
- > [When life hands you lemons](#)
- > [Mental health tips](#)
- > [Ergonomics for working from home](#)

Social and 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

Articles

- > [Forging connections during Covid](#)
- > [Covid Checklist](#)

Face to face apps for social distancing

- > [Houseparty](#)
- > [Marco Polo](#)

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

Articles

- > [Science based strategies to cope](#)
- > [5 Ways to keep human connection](#)
- > [Taking care of your mental health](#)
- > [Wellness apps for the online semester](#)
- > [Increase your resilience](#)

Podcasts

- > [The Happiness Lab](#)

Apps

- > [Happify](#)
- > [Colorfy](#)
- > [NatureSound](#)

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.

Articles

- > [How to be more productive during Covid](#)
- > [Eight steps to intellectual 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.

Articles

- > [Participation](#)
- > [Foods to fuel your body and mind](#)
- > [Getting enough sleep](#)

Career and 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.

Articles

> [Budget planning](#)

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. It is the ability to establish peace and harmony in our lives.

Wellness Activities

- > [The Gratitude Tree](#)
- > [Three Things](#)
- > [Glad Minute](#)

How to practice mindfulness

- > [Wellness module](#)

Meditation Apps

- > [Insight Timer](#)
- > [The Shine App](#)
- > [Smiling Mind](#)

Podcasts and meditation

- > [10% Happier Podcast](#)
- > [Untangle Podcast](#)
- > [The Daily Meditation Podcast](#)