



# Wellbeing Newsletter

## What are the 8 Dimensions of Wellbeing?

TAKE THE SURVEY ON PAGE 3 FOR A CHANCE TO WIN A GIFT CARD!



### Building healthy, nurturing, and supportive relationships with others.

It involves effective communication, empathy, a sense of belonging, and connection to community.

**TIPS:** Join regular meetups or virtual hangouts to maintain strong bonds. Join clubs or groups that interest you. Apply active listening skills, volunteer, and get involved in social advocacy.



### Personal satisfaction and enrichment in your work.

It involves balancing work and leisure time, managing stress, and aligning your career with your values and goals.

**TIPS:** Maintain balance by setting boundaries and taking breaks. Regularly seek opportunities for professional development and growth.



### Managing your economic resources effectively to achieve financial stability.

It involves budgeting, saving, investing, and planning for the future.

**TIPS:** Seek education about personal finance and seek expert advice when needed.



### Living in harmony with your surroundings.

It involves minimizing your impact on the environment, creating a safe and healthy living space, and improving Earth's sustainability.

**TIPS:** Spend time outdoors to connect with and appreciate nature. Recycle and conserve energy. Keep your own spaces clean and organized.



### Maintaining a healthy body.

It involves regular exercise, proper nutrition, adequate sleep, managing chronic conditions, and seeking medical check-ups and care when needed.

**TIPS:** Practice physical activities like tennis, walking, running, yoga, etc. Maintain a balanced diet. Get 7-9 hours of sleep each night.



### Engaging in learning, critical thinking, and creativity.

It involves mentally stimulating activities and sharing skills with others.

**TIPS:** Read books, take courses, or engage in puzzles and games that challenge your mind. Seek out new learning opportunities and share your knowledge with others.



### Seeking meaning and purpose in life.

This can be achieved through various means such as religion, meditation, or personal reflection. It involves values, beliefs, and principles that guide your actions and provide a sense of purpose.

**TIPS:** Some practices include prayer, yoga, time in nature, and volunteering in your community.



### Understanding and managing your emotions.

This means coping effectively with stress, and maintaining a positive outlook on your life.

It involves self-esteem, self-acceptance, and the ability to express emotions appropriately.

**TIPS:** Practice mindfulness, meditation, journaling, and fostering supportive relationships with friends and family. Seek professional help when needed.

Consider your wellbeing as 8-dimensional. When all 8 dimensions are healthy and well-balanced, you can experience the best quality of life.



# This Week's Wellbeing Events!

**Find the activities on and off campus that will balance your 8 Dimensions of Wellbeing**



*Do what brings you closer to others.*

**Westminster Book Club, Weds, Dec 18, 2-3pm, at the Carroll County Public Library (CCPL)**  
Join the Westminster Book Club for the sharing of good books and ideas. This month's selection is "When We Were Young & Brave," by Hazel Gaynor. Books will be available for pickup at CCPL's Westminster Branch.



*Do what enriches your professional self.*

**Teen Advisory Board, Monday, December 30, 3:30-4:30pm at the Westminster CCPL**  
Calling all teens looking for leadership roles in planning library programs. The Carroll County Public Library (CCPL) in Westminster wants you for their Teen Advisory Board!



*Do what helps you save money.*

**Visit the Food Locker! Mon-Tues: 10a-1p, Weds-Thurs: 2-6p, Fri: 10a-1p in A002 Lower Level**  
Whether you are experiencing food insecurity or using the Food Locker to save money for something else, The Food Locker is here as a resource for all employees and students.



*Do what makes you mindful of the environment.*

**PTK Giving Trees Project, Now through Friday, Dec 20, in the K Building Lobby (vending area)**  
You'll have to drop by to see what it's about!



*Do what makes you active.*

**Visit the College's Jack & Beth Tevis Fitness Center in the P Building, Room 505**  
Relieve some finals stress with a workout! The Fitness Center is open to current students, faculty, and staff with a valid Fitness Center ID. Students in non-credit fitness classes can use the Center during their specified class times. If you're under 18, you need to be enrolled in a credit class to access the Center. Just bring your ID, fill out the application at the info desk, and get your Fitness Center ID. Click/scan on p3 for Center hours.



*Do what stimulates your mind.*

**Art and Literary Magazine Meeting, Thursday, December 19, 2:30-3:30pm in A125**  
Come hang out with the Art and Literary Magazine Club!



*Do what gives you purpose or helps you find meaning.*

**Visit the Spirituality Space (L194) or the Relaxation Station (L193)**  
You can practice meditation in the Relaxation Station, pray in the Spirituality Space, and check out the College's Clubs and Organizations web page (click or scan the QR code on page 3). There you will learn about the different religious clubs at Carroll and who to contact to start your own club.



*Do what brings you joy.*

**Vision Boards, Tuesday, December 17, 11am-1pm in the Great Hall (Building A)**  
Take a break from the stress of finals and create your own vision during this crafty, cathartic activity. All supplies and popcorn provided.

# This Week's Wellbeing: Click or Scan!

Find activities on and off campus that bring more balance to your 8 Dimensions of Wellbeing



[Vision Boards, Tues, 11am-1pm](#)



[Spirituality Space](#)



[Stem Club Meeting, Friday 1-3pm](#)



[Fitness Center](#)



[Bear Branch Nature Center](#)



[HSP Financial Education](#)



[Student Gov't Organization, Tuesdays, 3:40-4:40pm](#)



[D&D Group 1 Thursday, 3:30-5:30pm](#)



[Relaxation Station](#)



[Clubs & Organizations](#)



[Voces Latinas Club Meeting Tues, 2-3pm](#)



[Environmental Advisory Council](#)



[Carroll Workforce Development](#)



[Carroll Weekly Job Club](#)



[D&D Group 5 Thursday, 3:40-5pm](#)



[BSU Meeting, Thursday, 2:30-3pm](#)



[Local Flu Info](#)



[Carroll Food Locker in A002](#)



[CCPL Teen Advisory Board, Dec 30th, 3:30pm](#)



[Westminster CCPL Book Club, Weds, 2-3pm](#)



Tell us what you think and **YOU COULD WIN A CAFE GIFT CARD**

Did you know December is National Impaired Driving Prevention Month?

Host a sober get-together, and encourage friends and family to abstain from drinking. If impaired driving has affected your life, tell others about it! You might help someone make a change.



DaysOfTheYear.com on December

A single activity like volunteering can be good for your social, spiritual, and emotional wellbeing!