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## WELLNESS 8 FOR 8



urec.uark.edu/wellness

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### INTRODUCTION

- The 8 for 8 is a fun way to learn about the 8 dimensions of wellness through any 8 weeks of your semester.
- You don't have to be perfect in each dimension, but being intentional and practicing healthy activities from a few dimensions each day can lead to a balanced life.
- Creating healthy habits and adopting a personal wellness philosophy will help improve your behaviors, emotions, and relationships. Unlock your full potential with the 8 for 8!

#### SOCIAL "Squad Goals!"

#### oquud douisi

- Join the student section at a Razorback sporting event
- Attend a First Friday event at the Multicultural Center
- Join a group fitness class or put together an intramural sports team
- Volunteer for service opportunities at uark.givepulse.com
- Create a study group with your friends or classmates



# WELLNESS CHECK-IN



### CHALLENGE:

SIT NEXT TO A NEW PERSON IN YOUR NEXT CLASS.



1. \_\_\_\_\_

2.\_\_\_\_\_

3.\_\_\_\_\_

### ENVIRONMENTAL

"Take care of the Earth, and she will take care of you"

- Have a picnic on the Old Main lawn
- Explore Fayetteville via the Razorback Greenway
- Venture out to Mount Sequoyah or Devil's Den for a hike
- Sign up for a trip with UREC outdoors
- Have a conversation with your roommate and agree on a cleaning schedule

We're in the natural state, take advantage of it!



# WELLNESS CHECK-IN

### ENVIRONMENTAL





# WELLNESS CHECK-IN

### FINANCIAL

## FINANCIAL

"Money, Money, Money" - ABBA

- Download a budget app and create a budget for the next month
- Explore how to start building good credit
- Apply to an on campus job at jobs.uark.edu
- Set up a savings or retirement account
- Donate to a cause you're passionate about in Fayetteville

#### CHALLENGE:

Keep track of all the purchases you make this week.

	WHAT ARE THREE AREAS THAT YOU CAN SAVE MONEY IN?
2.	



# SPIRITUAL

"Keep your internal fire alive"

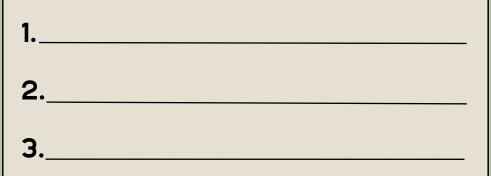
- Download a meditation app (headspace, insight timer, balance, etc.)
- Attend a UREC yoga class
- Get outside and appreciate nature on a hike or walk
- Explore your wellness needs by completing a wellness inventory at sorts.balancedcardsorts.com Student Code: UARKwell2324
- Reflect on your week and what experiences stood out to you
- Write down a positive affirmation and say it out loud to yourself

# WELLNESS CHECK-IN

### SPIRITUAL

#### I REALLY WISH OTHERS KNEW THIS ABOUT ME...

#### WRITE DOWN 3 THINGS THAT INSPIRE YOU.



# OCCUPATIONAL

"Find out what you like doing best, and get someone to pay you for doing it." — Katharine Whitehorn

- Talk to students who are about to graduate from your major
- Visit the CORD and check out all the student success resources available to you at success.uark.edu
- Explore what your major or field of interest looks like around the world
- Take the Career Readiness Assessment and learn how to develop your career competencies at career.uark.edu



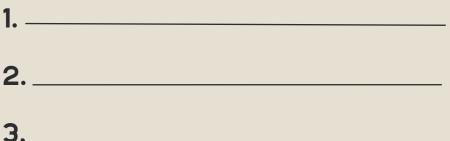
# WELLNESS CHECK-IN

### OCCUPATIONAL

### CHALLENGE:

VISIT A PROFESSORS OFFICE HOURS AND ASK THEM WHAT STILL EXCITES THEM ABOUT THEIR FIELD OR CAREER.

#### LIST YOUR 3 BIGGEST STRENGTHS THAT PLAY INTO YOUR MAJOR OR FUTURE CAREER.



## INTELLECTUAL

"Life is about taking chances, trying new things, having fun, making mistakes and learning from it."

- Read a new book (for fun!)
- Join a Registered Student Organization you're interested in at hogsync.uark.edu
- Attend a play at TheatreSquared, Walton Arts Center, or UARK Department of Theatre
- Engage in conversations in class
- Explore what learning style (visual, auditory, kinesthetic, reading/writing) works best for
  - you!

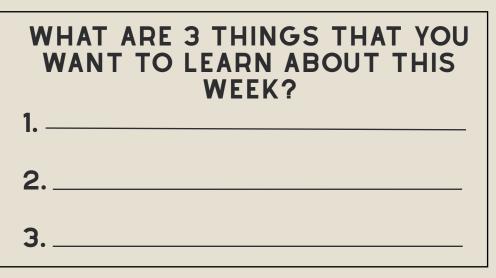


# WELLNESS CHECK-IN

### INTELLECTUAL

### CHALLENGE:

SEEK OUT AN ACTIVITY, PERSON, OR PLACE YOU ARE UNFAMILIAR WITH THIS WEEK.





### EMOTIONAL

"We're healing and falling in love with ourselves again."

- Gauge how you feel by journaling daily
- Think about what you're grateful for each day
- Learn more about Let's Talk outreach through CAPS at health.uark.edu
- Check in with your friends to make sure they are doing ok
- It's okay to say no if you need to have some alone time to recharge
- Acknowledge your emotions!

# WELLNESS CHECK-IN

### EMOTIONAL

#### CHALLENGE:

Do a guided meditation for at least 5 minutes everyday this week.

#### WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR.

2.

3

16



## PHYSICAL

"Take care of your body. It's the only place you have to live." — Jim Rohn

- Give mountain biking a try at the Tsa La Gi bike park
- Put the phone down and go to bed early to make sure you get 8 hours of sleep
- Head out to Lake Fayetteville and walk or jog around the lake
- Get your pump on at the HPER or UREC Fitness Center (AR Union)
- Take the stairs this week instead of the elevator
- Take a break and get up from your computer!

# WELLNESS CHECK-IN

PHYSICAL

CHALLENGE: Check out one of the UREC

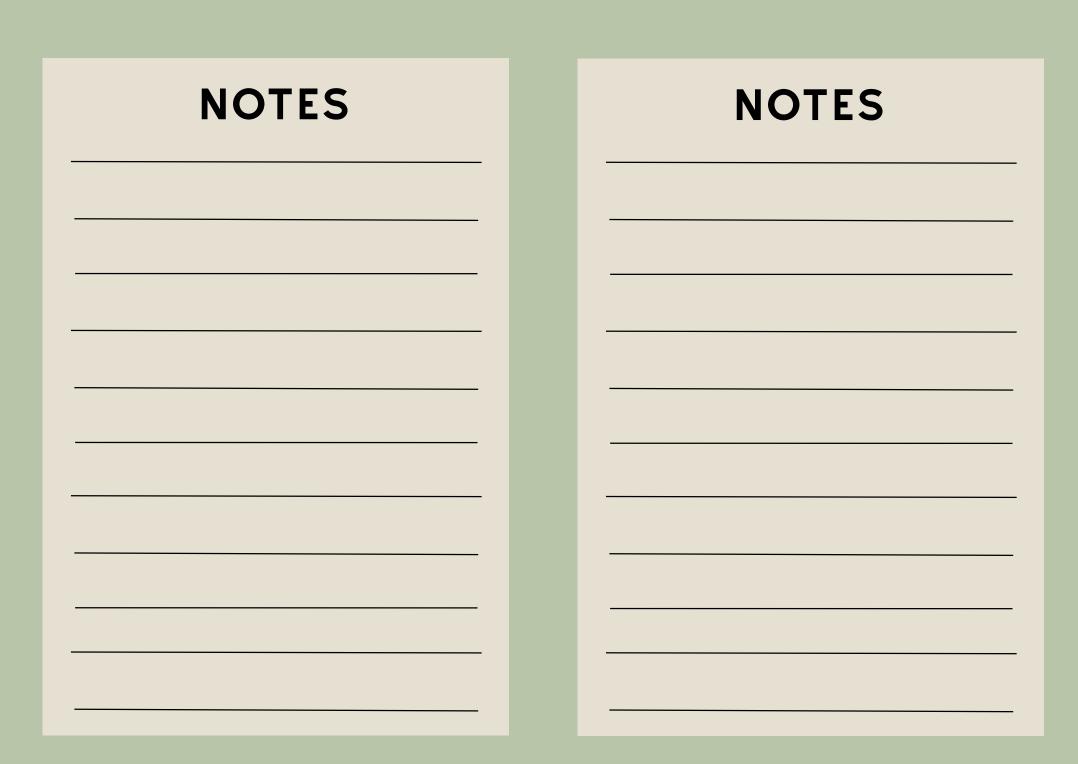
facilities this week.

(HPER, UREC Fitness Center, Sports Complex, Tennis Center)

#### LIST HEALTHY HABITS THAT YOU WANT TO BUILD.

1.\_\_\_\_\_ 2.\_\_\_\_

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## Contact UARK Wellness



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