

Spring 2019 Health and Wellness Fair | May 1 & 2 (Wednesday & Thursday)

Event: 9:00 am- 2:00 pm | **Set-up begins at 8:30 am**

Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on one's physical and mental health.¹ Below are strategies we suggest to students to help them develop healthy habits. Hopefully, these strategies will give you an idea of how to create an activity for a particular dimension.

Wellness Dimension Strategies			
<p style="text-align: center;">Emotional</p> <p>Maintain a positive outlook; Demonstrate gratitude; Appreciate yourself; Seek support</p>	<p style="text-align: center;">Environmental</p> <p>Maintain a clean environment; Spend time outdoors; Be aware of local resources; Reuse and recycle; Join a community group</p>	<p style="text-align: center;">Financial</p> <p>Learn to budget; Use student discounts; Understand credit card risks; Rent or buy used books; Plan for the future</p>	<p style="text-align: center;">Intellectual</p> <p>Be a life-long learner; Pick up a hobby; Explore different cultures; Challenge self with games and puzzles; Find innovative ways to study</p>
<p style="text-align: center;">Occupational</p> <p>Research career paths; Always have an updated resume; Practice interview skills; Find volunteering opportunities</p>	<p style="text-align: center;">Physical</p> <p>Exercise; Get proper sleep; Add fruits and veggies to your diet; Take an exercise class; visit a health professional</p>	<p style="text-align: center;">Social</p> <p>Join a club or sport; Volunteer for opportunities; Practice communication skills; Create healthy friendships; Seek advice from support groups</p>	<p style="text-align: center;">Spiritual</p> <p>Enhance connection to self, nature, and others to find balance; Practice meditation; Interact with nature; Do yoga or tai chi; Practice forgiveness</p>

Please indicate your department/organization name and the wellness dimension your team will use to represent an interactive activity. *(Note: You are welcome to represent other dimensions in activities, but please choose ONE dimension that overall represents your area.)*

Dept/Org Name _____ Dimension _____

Primary Contact Members (preferably those attending the fair):

Name	Office/Location	Phone #	Email

Please describe your interactive activity/ies. Depending on dimension representation, we may change your dimension, but it will not impact your activity/ies.

We will provide 1 table and 4 chairs.

Do you have your own table cloth? Yes No If not, we will provide a table cover.

If your activities require special requests, please list below. *(Note: We cannot guarantee special requests, so please plan accordingly.)*

Any questions or concerns, please email healthandwellness@pasadena.edu or call (626) 585-7182 to leave a message.

¹ The Eight Dimensions of Wellness. *Substance Abuse and Mental Health Services Administration*. Taken from <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>.