



DEPARTMENT OF WELLNESS

MISSION

To enhance the quality of life of our students, staff and faculty through improved physical and mental development that leads to a healthy and rewarding life.

SERVICES

Wellness Center

- Blood Pressure Screenings
- Weight Room Orientations
- Fitness Assessments
- Wellness Coaching
- Weight Management
- Fitness Classes
- Mindfulness Meditation

Reboot Center

- Counseling Center
- Cooking Demonstrations
- Educational Lunch-N-Learn
- Pete's Pet Posse - Tulsa

Choose Orange

- Intramural Sports
- ComPsych
- Innovator Program
- Certified Healthy Departments

AMERICA'S HEALTHIEST CAMPUS®

As America's Healthiest Campus®, Oklahoma State University thrives within a culture of wellness.

We are LIVING America's Healthiest Campus®, every day.

Wellness is so much more than diet and exercise. Wellness is who we are - a lifestyle. It is about being active and engaged. It is being the best we can be - the most successful, the most empowered, the most creative, the most confident, the most happy.

Wellness is not simply about Body Mass Index, but is about choices, moderation and most importantly, about the harmony of our different dimensions of wellness - physical, emotional, social, professional and spiritual. Each area affects the others and we cannot be perfect in all areas, all the time.

OSU is empowering our employees, students and communities in which we live, learn, work and play to be well. This includes all 5 of our campuses, A&M's and our 77 county extension service offices, with the goal of improving the health of all Oklahomans.

This requires a true culture of wellness, synergizing all levels of change - personal, interpersonal, organizational and environmental through wellness programs, services, resources and research.



DIMENSIONS OF WELLNESS

PHYSICAL

- ACTIVE LIVING
- ADEQUATE REST
- HYDRATION
- INJURY-FREE
- NUTRITION
- PREVENTIVE & CLINICAL CARE
- TOBACCO-FREE

SPIRITUAL

- FAITH
- MINDFULNESS
- SENSE OF PURPOSE/ HOPE/OPTIMISM
- VALUES
- GRATITUDE
- JOY

EMOTIONAL

- MENTAL HEALTH & WELL-BEING
- SELF-COMPASSION
- RESILIENCE
- STRESS MANAGEMENT
- CONFIDENCE/ SELF-ADMIRATION

PROFESSIONAL

- LIFELONG LEARNING
- LEADERSHIP DEVELOPMENT
- FINANCIAL WISDOM
- CREATIVITY
- CAREER DEVELOPMENT

SOCIAL

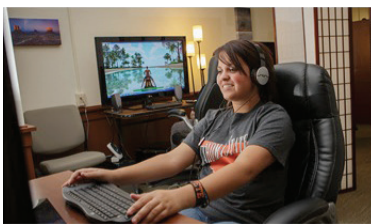
- ENGAGEMENT
- ALCOHOL-SMART
- LEISURE/ARTS
- DRUG-FREE
- VIOLENCE-FREE
- SEXUAL HEALTH
- RELATIONSHIPS



PHYSICAL: A state of physical well-being is not just the absence of disease. It includes lifestyle behavior choices to ensure health, avoid preventable diseases and conditions and to live in a balanced state of body, mind and spirit.



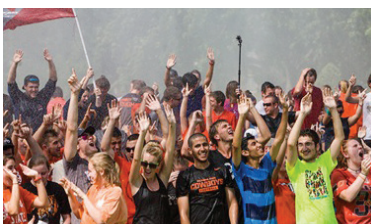
SPIRITUAL: Spiritual well-being is about our inner life and its relationship with the wider world. It includes our relationship with the environment, our relationships with others and with ourselves. Spiritual well-being does not just reflect religious belief although for people of a religious faith it is obviously a central feature. Each person's spirituality is greatly impacted by the community they are a part of and their relationships. To be spiritually well will mean a positive engagement with others, self and our environment.



EMOTIONAL: Emotional well-being enables an individual to be able to function positively in society and meet the demands of everyday life. People in good mental health have the ability to recover effectively from illness, change or misfortune. Everyday emotional well-being also involves identifying, building upon and operating from your strengths rather than focusing on fixing problems or weaknesses. The better you are able to master your emotions, the greater your capacity to enjoy life, cope with stress and focus on important personal priorities.



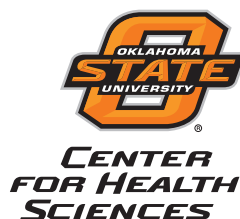
PROFESSIONAL: You work and live in congruence with your values, strengths and talents. You are actualizing your potential and pursuing meaningful goals. You are developing or refining new skills and abilities to keep pace with the demands and opportunities at hand. Your career is on track or at least aligned with your aspirations. As a leader you are effective, inspiring and respected for your contributions. You know how to coach others to bring them to their potential. You have a vision for what's next and a plan to get there (for yourself, your team and the work at hand). When work and life throws challenges at you, you are able to tackle them and know how to recover to maintain resilience.



SOCIAL: Social well-being refers to our ability to interact successfully within a community and throughout a variety of cultural contexts and while showing respect for yourself and others. It encompasses our interpersonal relationships, social support networks and community engagement. As a member of a community, we may develop satisfying relationships, a capacity for intimacy, an understanding of self in relation to others and a sense of belonging. To achieve social well-being, we can acquire the skills to communicate effectively, resolve conflicts, transcend differences and provide leadership in community. Social well-being is interwoven into other dimensions of well-being through the emphasis on orienting the individual within a community context.

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