

## Why is Holistic Wellness Important to Me?

Although college life is full of new experiences, friendships, and adventures, we all know that it can also be very stressful at times. Stress can cause both physical and emotional symptoms. It can increase your risk of developing depression, diabetes, and heart disease. That's why it's so important to find ways of keeping yourself healthy during your college years and beyond.

Have you heard of the term "Holistic Wellness"? The word "Holistic" means dealing with or treating the whole of something or someone and not just a part. Holistic Wellness considers all factors in a person's life that can affect their health and well-being. Things like good nutrition, staying physically active, getting plenty of restful sleep, better stress management, and relationship support can all contribute positively to staying healthy both mentally and physically while at college and throughout your life.

How can I add Holistic Wellness into my life? Here are some ideas!

- **Physical Health:**
  - Engage in regular physical activity and healthy, joyful movement.
  - Eat a wholesome, nutrient-filled diet.
  - Consider dietary and vitamin supplements if recommended by your doctor.
  - Prioritize getting a good night's sleep.
- **Mental Health:**
  - Practice gratitude or mindfulness meditation – even a few minutes a day can help.
  - Consider meeting with a counselor to address any mental health concerns you may be experiencing.
- **Emotional Health**
  - Learn to better manage your emotional health through strategies such as medication, journaling, dance/art therapy, deep breathing exercises, and therapy or counseling.
- **Social Health**
  - Engage socially with others often, and consider social opportunities that also improve health and well-being, such as yoga or tai chi class, dance lessons, or a hiking group.
  - Practice conscious communication – communicating intentionally by staying present and using thoughtful language.
- **Spiritual Health**
  - Find a spiritual outlet that aligns with your beliefs. This may include anything from practicing transcendental meditations, attending church or temple services, volunteering in your community, or spending more time in nature.

In order to maintain good health and well-being, it's important to continuously balance all aspects of your life. Practicing Holistic Wellness to manage your stress can help reduce symptoms, lower disease risk, and improve overall quality of life. Take charge of your health!