

# DIMENSIONS of WELLBEING

*“Wellbeing is an optimal and dynamic state that allows people to achieve their full potential.” - Interassociation Definition of Wellbeing ([nirsa.net](http://nirsa.net))*

## COMMUNITY

**COMMUNITY** involves connecting your individual passions and strengths to others in a safe, supportive, and sustainable environment. It means engaging with and strengthening both the UCCS community and surrounding community through service and shared interest. A person practicing **COMMUNITY** values and respects the environment and those they interact with, works to create a more just society, and strives to create a more equitable, inclusive, accessible, and safer place for all individuals.

## EMOTIONAL

**EMOTIONAL** involves the ability to be self-aware and cope with challenges and needs while developing overall resiliency. It means having the ability to recognize feelings, act appropriately on those feelings, and ultimately have a positive relationship with one's emotions. A person practicing **EMOTIONAL** identifies and cares for their emotions, has awareness of the mind-body connection, and develops healthy coping habits to manage challenges.

## FINANCIAL

**FINANCIAL** involves effectively managing your economic life to sustain your needs and goals. It means being aware of your current financial needs and having resources to (adequately) meet (those) needs. A person practicing **FINANCIAL** dedicates time to financial planning, anticipates future expenses, and has a positive relationship with money.

## INTELLECTUAL

**INTELLECTUAL** involves personal growth, academics, and life-long learning. It means expanding your knowledge, exercising creativity, and being open-minded to new thoughts, opinions, and diverse ideas. A person practicing **INTELLECTUAL** dedicates time to academic pursuits, professional development, and strives to grow and stretch their understanding of the world.

## PHYSICAL

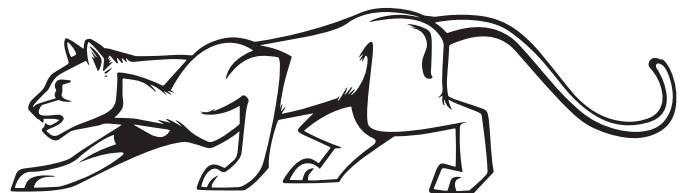
**PHYSICAL** involves identifying and caring for the body's needs and the awareness of influences that impact its overall health and functioning. It means having the energy to get things done daily and making daily choices that will prevent disease throughout your life. A person practicing **PHYSICAL** develops healthy nutritional habits, gets adequate sleep, moves regularly, and makes choices that enhance their overall quality of life.

## PURPOSE

**PURPOSE** involves possessing a set of guiding beliefs, principles, or values that help give direction to your life. It means having a high level of hope, faith, and commitment to your personal values that provide a sense of identity, meaning and purpose. A person practicing **PURPOSE** develops goals, has career direction, deepens their spirituality, and explores meaningful steps toward actualizing one's future.

## SOCIAL

**SOCIAL** involves having strong relationships and cultivating a support network. It means demonstrating effective communication skills and developing and maintaining trusting, healthy, friendships and romantic relationships with others. A person practicing **SOCIAL** creates harmony and mattering in one's relationships, develops the capacity of healthy intimacy, and dedicates quality time to the people in their life.



University of Colorado  
Colorado Springs

# WELLBEING RESOURCES FOR EMPLOYEES



## COMMUNITY

UCCS Office of Sustainability | [sustain.uccs.edu](https://sustain.uccs.edu)

UCCS Lyda Hill Institute for Human Resilience - Training | [resilience.uccs.edu](https://resilience.uccs.edu)



## EMOTIONAL

CU Employee Services - Mental Health Resources | [cu.edu/employee-services/benefits-wellness](https://cu.edu/employee-services/benefits-wellness)

UCCS Staff Association - Resources | [staff.uccs.edu/about/resources](https://staff.uccs.edu/about/resources)

UCCS Gallogly Recreation & Wellness Center - Mental Health Services - Resources | [recwellness.uccs.edu](https://recwellness.uccs.edu)

UCCS Confidential Behavioral Health Screening | [screening.hfihub.com/uccs](https://screening.hfihub.com/uccs)



## FINANCIAL

CU Employee Services - Retirement Plans | [cu.edu/employee-services/benefits-wellness](https://cu.edu/employee-services/benefits-wellness)

CO State Employee Assistance Program - Emergency Financial Assistance | [cseap.colorado.gov](https://cseap.colorado.gov)

CO State Employee Assistance Program - Wellbeing Benefits & Resources | [cseap.colorado.gov](https://cseap.colorado.gov)

CU Advantage - Employee Perks | [advantage.cu.edu](https://advantage.cu.edu)



## INTELLECTUAL

UCCS Human Resources - Professional Development | [hr.uccs.edu/professional-development](https://hr.uccs.edu/professional-development)

UCCS Human Resources - Tuition Assistance Program | [hr.uccs.edu/employee-benefits#tuition](https://hr.uccs.edu/employee-benefits#tuition)

CU Advantage - Employee Perks | [advantage.cu.edu](https://advantage.cu.edu)



## PHYSICAL

UCCS Gallogly Recreation & Wellness Center - Campus Recreation | [recwellness.uccs.edu](https://recwellness.uccs.edu)

UCCS HealthCircle Clinics | [healthcircle.uccs.edu](https://healthcircle.uccs.edu)

CU Health Plan - Programs | [becolorado.org/program](https://becolorado.org/program)

CU Advantage - Employee Perks | [advantage.cu.edu](https://advantage.cu.edu)

CO State Employee Assistance Program - Wellbeing Benefits & Resources | [cseap.colorado.gov](https://cseap.colorado.gov)



## PURPOSE

UCCS Human Resources - Professional Development | [hr.uccs.edu/professional-development](https://hr.uccs.edu/professional-development)



## SOCIAL

UCCS Gallogly Recreation & Wellness Center - Faculty and Staff IM Sports | [recwellness.uccs.edu](https://recwellness.uccs.edu)

UCCS Ent Center for the Arts | [EntCenterForTheArts.org](https://EntCenterForTheArts.org)

UCCS Human Resources - Professional Development | [hr.uccs.edu/professional-development](https://hr.uccs.edu/professional-development)