**DIMENSIONS OF WELLBEING**

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

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.

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University of Colorado<br>Colorado Springs
WELLBEING RESOURCES FOR EMPLOYEES

COMMUNITY
UCCS Office of Sustainability | sustain.uccs.edu
UCCS Lyda Hill Institute for Human Resilience - Training | resilience.uccs.edu

EMOTIONAL
CU Employee Services - Mental Health Resources | cu.edu/employee-services/benefits-wellness
UCCS Staff Association - Resources | staff.uccs.edu/about/resources
UCCS Gallogly Recreation & Wellness Center - Mental Health Services - Resources | recwellness.uccs.edu
UCCS Confidential Behavioral Health Screening | screening.hfihub.com/uccs

FINANCIAL
CU Employee Services - Retirement Plans | cu.edu/employee-services/benefits-wellness
CO State Employee Assistance Program - Emergency Financial Assistance | cseap.colorado.gov
CO State Employee Assistance Program - Wellbeing Benefits & Resources | cseap.colorado.gov
CU Advantage - Employee Perks | advantage.cu.edu

INTELLECTUAL
UCCS Human Resources - Professional Development | hr.uccs.edu/professional-development
UCCS Human Resources - Tuition Assistance Program | hr.uccs.edu/employee-benefits#tuition
CU Advantage - Employee Perks | advantage.cu.edu

PHYSICAL
UCCS Gallogly Recreation & Wellness Center - Campus Recreation | recwellness.uccs.edu
UCCS HealthCircle Clinics | healthcircle.uccs.edu
CU Health Plan - Programs | becolorado.org/program
CU Advantage - Employee Perks | advantage.cu.edu
CO State Employee Assistance Program - Wellbeing Benefits & Resources | cseap.colorado.gov

PURPOSE
UCCS Human Resources - Professional Development | hr.uccs.edu/professional-development
UCCS Division of Diversity, Equity, and Inclusion - Resources | dei.uccs.edu/resources

SOCIAL
UCCS Gallogly Recreation & Wellness Center - Faculty and Staff IM Sports | recwellness.uccs.edu
UCCS Ent Center for the Arts | EntCenterForTheArts.org
UCCS Human Resources - Professional Development | hr.uccs.edu/professional-development