

STUDENT WELLNESS WORKSHOP

A practical handout for building balance, resilience, and well-being

Why Wellness Matters

Wellness isn't about being perfect — it's about small, consistent choices that help you feel more balanced, focused, and resilient. College and student life bring real pressure: deadlines, finances, relationships, and big life decisions. This handout gives you practical, evidence-informed tools to care for your whole self, one step at a time.

The Eight Dimensions of Wellness

Wellness is multi-dimensional. None of us balances all eight perfectly — but noticing where you feel strong and where you feel stretched is the first step.

Physical Move your body, fuel it well, and prioritize rest and sleep.	Emotional Notice, name, and navigate feelings with self-compassion.	Social Build supportive connections and a sense of belonging.	Intellectual Stay curious and engage in learning that sparks you.
Financial Plan, budget, and make informed money choices.	Spiritual Find meaning, purpose, and moments of reflection.	Occupational Pursue work and study that feels meaningful and balanced.	Environmental Create safe, comforting spaces around and within you.

A Simple Daily Wellness Practice

You don't need hours — small anchors through the day keep you grounded.

Morning	2 minutes of deep breathing + one intention for the day.
During study	25-minute focus blocks with 5-minute movement breaks.
Midday	Step outside, hydrate, and eat something nourishing.
Evening	Screen-free wind-down and 7–9 hours of sleep.
Anytime	Check in: How am I feeling? What do I need right now?

Quick Coping Strategies

When stress runs high, try one of these:

- ☐ Box breathing: inhale 4 • hold 4 • exhale 4 • hold 4 — repeat 4 times.
- ☐ Name it to tame it: “I’m feeling anxious” is more manageable than a fog of stress.
- ☐ Move for 5–10 minutes — a walk resets your nervous system.
- ☐ Reach out: text one friend, advisor, or support line.
- ☐ Try a grounding skill: name 5 things you see, 4 you can touch, 3 you hear.
- ☐ Lower the bar: progress beats perfection. Do the “good enough” version.

Healthy Habits That Compound

- Protect sleep — 7–9 hours most nights improves mood, memory, and focus.
- Fuel with regular meals and water; avoid skipping meals during crunch time.
- Move your body daily — even 20 minutes lifts energy and lowers stress.
- Set boundaries with screens and social media; schedule real downtime.
- Plan ahead: a weekly calendar reduces last-minute panic and overwhelm.
- Stay connected: relationships are one of the strongest predictors of well-being.

Pause & Reflect

What is one small thing I can do today to support my well-being?

Who can I reach out to for support this week?

When to Seek More Support

Wellness is also knowing when to ask for help. Reach out to a professional if, for two weeks or more, you notice: persistent low mood or anxiety, loss of interest in things you usually enjoy, big changes in sleep or appetite, difficulty functioning day to day, or thoughts of harming yourself. Asking for help is a strength, not a weakness.

You are not alone — reach out for support

If you or someone you know is struggling, help is available. In a crisis, call or text **988** (Suicide & Crisis Lifeline, available 24/7 in the U.S.) or text **HOME to 741741** to connect with a crisis counselor.

On campus: connect with your counseling center, student health services, or a trusted advisor. **Local emergency: 911.**

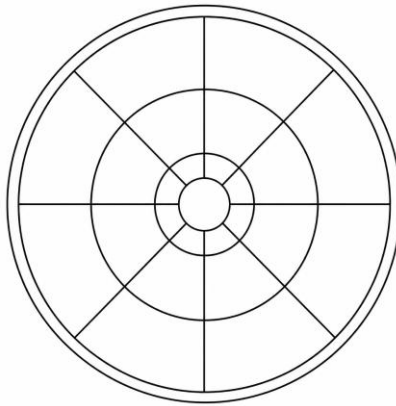
Workshop Activities

Use these hands-on activities during the session. They work solo, in pairs, or in small groups — no art experience needed. There is no “right” way to do them.

ACTIVITY 1 • WELLNESS WHEEL CHECK-IN

10–12 min | Materials: pens, colored pencils or highlighters

1. Label each of the 8 slices with one dimension of wellness (page 1): physical, emotional, social, intellectual, financial, spiritual, occupational, environmental.
2. Shade each slice from the center outward to show how full that area feels right now — center = empty, outer ring = thriving.
3. Look at the shape you made. Which slice would you most like to grow this month? Circle it.



One small step I'll take for my circled slice this week:

ACTIVITY 2 • WORRY DOODLE & RELEASE

6 min | Materials: pen or pencil

Doodle, scribble, or write whatever is weighing on you inside the box — no one else will read it. Then draw a line through it, fold the page, and take one slow breath out.

Your space — doodle, scribble, or write freely.

ACTIVITY 3 • GRATITUDE ROUND

5 min | Materials: just your voice

In pairs or a circle, each person shares three things: something that went well this week, someone they're grateful for, and one thing they're looking forward to. Listen without interrupting — then swap.

ACTIVITY 4 • MINDFUL COLORING

8–10 min | Materials: colored pencils, markers or crayons

Color this mandala slowly while breathing at an easy pace. If your mind wanders, gently bring it back to the tip of your pencil.



ACTIVITY 5 • AFFIRMATION CARDS

8 min | Materials: scissors, markers

Decorate the cards below, write your own kind message in the blank line, then cut them out. Keep one and gift one to someone in the room.

<i>"I am allowed to rest." → decorate & finish your own:</i> _____	<i>"Progress, not perfection." → write your own:</i> _____
<i>"I can ask for help." → write your own:</i> _____	<i>"This feeling will pass." → write your own:</i> _____

ACTIVITY 6 • JOURNAL REFLECTION

10 min | Materials: this page and a pen

Close the workshop by writing freely — spelling and grammar don't matter. Use a prompt or write whatever is present for you: How am I feeling right now, in one honest sentence? What drained me this week, and what refilled me? What do I want to say to myself a week from now?

Facilitator tip: play soft music during coloring and journaling, keep sharing optional, and close by inviting each person to name one takeaway in a single word. • This workbook is for educational purposes and is not a substitute for professional medical or mental health care.