



## What is Wellness?

Wellness is the active process of becoming aware of and learning how to make healthy choices that will lead to a longer and more successful life. As an undergraduate student on the Stony Brook campus there are endless possibilities to take steps toward a lifestyle of wellness. There are 7 dimensions of wellness that take on a holistic or well-rounded approach. These dimensions are:

- Physical
- Social
- Emotional
- Spiritual
- Intellectual
- Occupational
- Environmental

Wellness is a chosen lifestyle of balance, healthy attitudes, and choices designed to improve your personal performance on a variety of levels and enhance the overall quality of your life, and within a college context, being “well” is the foundation of academic and personal success. In this chapter, we will highlight these dimensions of wellness, and detail areas on campus that can support your effort to live a life of wellness.