**Health and Wellness for YOUR Academic Success**

Home Page

Welcome to our website. We hope that you will enjoy your visit with us. Depending on your needs, we hope that we can assist you in improving and in helping you to coordinate your health and wellness in a productive way so that you are able to successfully reach your academic and career goals. You have the power and control over your health and wellness. We believe that as a child God, you have the potential with the Lord’s help to become so much more than what you envision for yourself and life.

You have probably reached our website because you have successfully completed the BYU Pathway Connect World Wide online program. You are now ready to continue your online studies by working towards getting a qualification in your chosen career field at BYU-Idaho.

The mission of BYU-Idaho “is to develop disciples of Jesus Christ who are leaders in their homes, the Church, and their communities” (<https://www.byui.edu/about/byu-idaho-mission-statement>). As you continue to invite Jesus in your online student life and ask Him to help you. Through your faith, obedience and diligence, you will receive the help that you need, in the same way that the prophet Nephi of old did. He did not know what to do and the Spirit was able to help direct him (1 Nephi 4:6). You can also get the same direction as you create a new wellness plan or as you improve on the one you created during your online studies in the BYU Pathway Connect World Wide program.

|  |  |
| --- | --- |
| Page 1 = Your Smart Goals | Your Wellness Plan |
| Stop Being Lazy  Ninety-nine-point nine percent of the time, we are prone to give into temptation when we choose to be idle. We are commanded to not be lazy (D&C 42:42). When we choose to be idle, we cannot be rewarded in any way, just like the bird who traded his feathers for worms.  “I remember the story of a bird that started to trade his feathers for worms. It was easy to get food that way, and the bird thought he had plenty of feathers. As he continued to trade his feathers, the bird enjoyed not having to get up early to hunt for worms anymore. He could sit in his nest all day and never have to move a muscle. Eventually, however, the bird got too used to this and realized he could no longer fly because he had lost his vital feathers. This can happen to anyone who falls into the trap of bad habits, lazy routines, or use of addictive substances.”  To read the full talk, click here.  (<https://www.churchofjesuschrist.org/study/new-era/2013/10/be-strong-be-healthy-be-smart?lang=eng>)  Setting SMART goals is a very important skill to learn and master. This image shows a simple guide to help you work towards specific goals that are achievable. | * Spiritual * Physical * Social * Intellectual |

Page 2 = Your Wellness Plan

The purpose of the wellness plan is to help you find balance between your family, church, work and online student life. Think about and write down what you want to achieve as you continue and work towards getting a qualification for the career path that you have chosen. Our wellness plan focuses on four key areas in your life: Spiritual, Physical, Social and Intellectual.

Spiritual Wellness

Spiritual Wellness is having a good functioning relationship with God, yourself, your heart, and your soul. It is living a life that has meaning and purpose. A life where you have built a culture of regular scripture study and prayer. A life where you attend church and activities often. How is your relationship with Jesus? What can you improve on? What rubbish do you need to remove from your life, so that you can build an even better relationship with Jesus and be a better disciple of Jesus Christ. Choose one goal that you can work on to help you improve your Spiritual Wellness.

Physical Wellness

Physical Wellness is choosing to take better care of your health by exercising regularly, eating healthy food and getting enough sleep. I’m sure you’ve heard the saying that says that too much of anything is never good. Our bodies are a Temple and we should take good care of our bodies. We need to eat healthy and exercise. Exercising is very good for your brain and it will help you cope with the pressures of being an online student. Choose one goal that you can work on to help you improve your Physical Wellness.

Social Wellness

Social Wellness refers to our interaction with other people and the relationship we have with them. As part of the human family, we all need each other. “No man is an island.” When you remove one charcoal from a group of burning coal, it will not survive by itself. It will slowly give up the heat and die. We need to nurture and take good care of our different relationships, because these relationships can help us during difficult times in our lives. Choose one goal that you can work on to help you improve your Social Wellness.

Intellectual Wellness

Intellectual Wellness involves continuous learning in every aspect of. It is an area in your life where you have the opportunity to learn, grow and develop your talents. As you continue with your online studies, you are fulfilling this role by expanding your knowledge, talents and skills. Choose one goal that you can work on to help you improve your Intellectual Wellness.

* A template download of a Wellness Plan Word document.