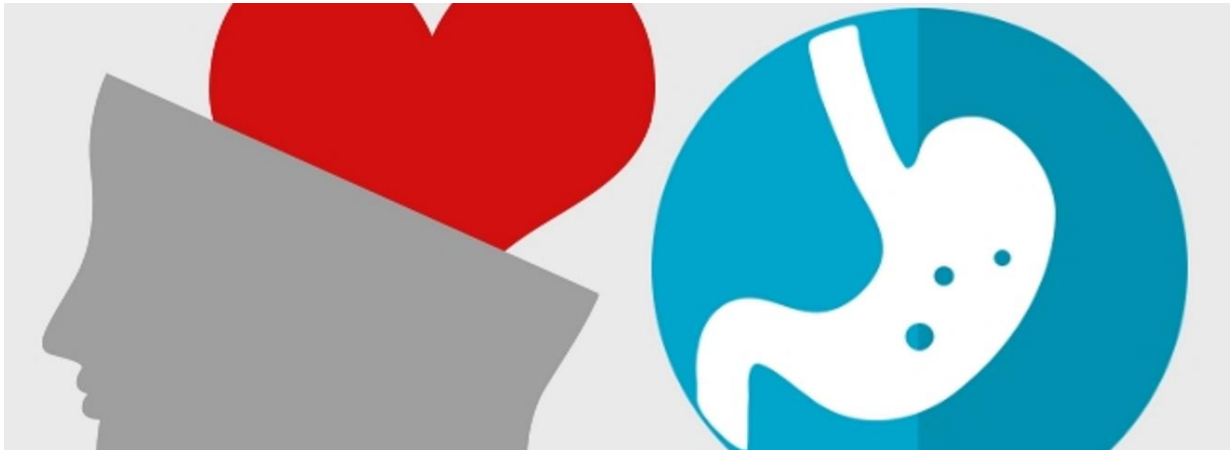


# Introduction to wellbeing





## 2. Emotional



- Invest in supportive relationships with friends, family and the people around you.
  - Accept your emotions and investigate their roots.
  - Avoid unnecessary stress by learning to say no and by wanting to complete your entire to-do-list all at once.
  - Be introspective and practice gratitude.
  - Take daily risks to promote growth, get inspired and live in the present.
  - Develop a strong sense of humour and learn to laugh at yourself.
- Determine and live your personal values.
  - Identify and use your individual strengths.
  - Write about your thoughts in a journal, draw/paint/sculpt your experiences, compose or produce music, and/or practice movement or relaxation techniques.
  - Talk to someone you trust or consult with a mental health professional if you feel impaired on the personal, occupational and/or social aspects of your life.

### 3. Purpose



- Connect with a power greater than oneself or become one with the cosmos.
- Exercise relaxation or visualisation techniques.
- Meditate on a word, phrase or mantra and release your cares.
- Accept and grow from the challenges and changes in life.
- Have fun and accept the things that you can not change.
- Manage your day in such a way that you incorporate time to reflect.
- Rethink the meaning of life and your contribution in the lives of others.
- Promote good health by fostering a positive mindset.
- Exercise creativity and innovation in all areas of your life.
- Recover and heal from past trauma or sadness.

## 4. Environmental



- Take care of the fauna and flora around you.
- Refuse plastic and straws; reuse the items in your home; recycle plastic, paper, cardboard and glass; reduce your carbon footprint.
- Conserve energy and water.
- Spend time outdoors and boost your vitamin D levels at the same time.
- Clean your house regularly to eliminate mold and dust.
- Cycle instead of driving if possible or make use of a carpool.
- Do consider your neighbourhood by not creating noise or producing visual clutter.
- Volunteer at environmental organisations.
- Be a responsible consumer in making careful choices at the shops: not buying products that are exposed to chemicals or from companies that mistreat animals.

## 5. Intellectual



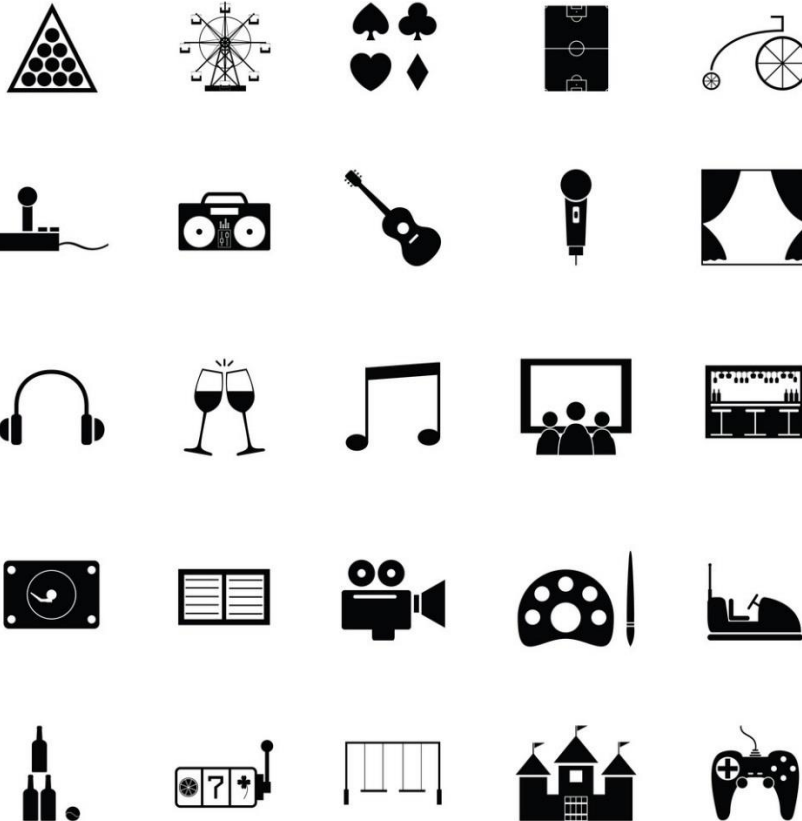
- Keep brain fit by making use of cross-lateral exercises and other thought provoking activities such as sudoku, crosswords and educational games.
- Read or study a wide range of topics to enrich general cognitive, cultural and community knowledge.
- Be actively involved in community clubs, activities or events .
- Learn a new skill and language as frequently as possible.
- Play a musical instrument and produce artistic expressions.
- Keep a journal of your thoughts and experiences.
- Be open minded, question the status quo and be creative in using alternative problem solving strategies.
- Listen to understand when people share new information with you and remember to share your opinion during simple conversation.
- Travel the world.
- Attend a lecture that exposes you to new ideas.
- Lifelong learning is the key to an healthy brain.

## 6. Occupational



- Be aware of your occupational needs and keep motivated to achieve them.
- Plan your work tasks according to your levels of energy.
- Designate a set time for the completion of administrative tasks as well as e-mail correspondence.
- Explore paid and un-paid work options in order to stimulate your interest and value set.
- Create connections with your co-workers and collaborate with others.
- Practice open communication and proper conflict management with colleagues.
- Set realistic, short- and long-term career goals for yourself and monitor them.
- Develop an ergonomic work space to increase your performance and efficiency.
- Look for something new and/or talk to a career counsellor/educational psychologist if you feel stuck or unhappy.

## 7. Social



- Know yourself and identify your needs, preferences and values. Communicate them to the people around you.
- Make an effort to keep in touch with supportive friends and family. Build healthy relationships and nurture them over time.
- Disconnect from technology to connect with people at home or at work.
- Don't criticise, judge or blame yourself. Incorporate self-care.
- Practice the skills of self-disclosure.
- Join a club or organisation and get active together (gym, park, yoga, fitness, dance, hobby, shared interest, spa day).
- Be mindful of commitments you make and keep them, but also know your limitations.
- Reconnect with an old friend from school and catch up.
- Participate in group discussions and practice active listening.
- Ask for help from other people.
- Learn to disagree or argue in a constructive way.



## 8. Financial



- Reduce the stress by developing a budget.
- Plan ahead and set budget goals.
- Open a checking account with a debit card.
- Choose and use a credit card wisely.
- Find an on-campus job before you arrive.
- Improve your financial literacy/management skills.
- Become a saver.
- Invest 10% of your monthly income.
- Start saving for your pension as soon as you start working.
- Don't put it off- identify and address financial problems before they start.
- Take advantage of student discounts.
- Balance your other dimensions of wellness, as they all tie in to financial wellness as well.

## Wellbeing visit ideas

- Centre for Student Counselling and Development: <http://www.sun.ac.za/english/welcome/Help-at-hand/wellness>
- Unit for Graduand Career Services: <http://www.sun.ac.za/english/learning-teaching/student-affairs/cscd/career-services>
- Maties Gymnasium: <https://stellenbosch.matiesgym.co.za/>
- Cape Town sporting events: <https://www.capetownmagazine.com/sports/139>
- Neelsie Centre: <http://neelsiesa.co.za/>
- Isa Carstens Academy: <https://www.isacarstens.co.za/>
- SU Botanical Garden: <http://www.sun.ac.za/english/entities/botanical-garden/Pages/default.aspx>
- Kirstenbosch Gardens: <https://www.sanbi.org/gardens/kirstenbosch/>
- Online courses: [https://masterstart.com/courses?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=allcourses&keyword=%2Bonline%20%2Bcourses%20%2Bstellenbosch&matchtype=b&device=c&gclid=EAIaIQobChMI8KPso-54wIVRkTTCh1xOgaaEAAAYAiAAEgKG6\\_D\\_BwE](https://masterstart.com/courses?utm_source=google&utm_medium=cpc&utm_campaign=allcourses&keyword=%2Bonline%20%2Bcourses%20%2Bstellenbosch&matchtype=b&device=c&gclid=EAIaIQobChMI8KPso-54wIVRkTTCh1xOgaaEAAAYAiAAEgKG6_D_BwE)
- SU student societies: <http://www.sun.ac.za/english/students/student-societies>
- Stellenbosch art galleries: [https://www.tripadvisor.co.za/Attractions-g312673-Activities-c49-t1-Stellenbosch\\_Western\\_Cape.html](https://www.tripadvisor.co.za/Attractions-g312673-Activities-c49-t1-Stellenbosch_Western_Cape.html)
- Music festivals: <https://www.capetownmagazine.com/annual-music-festivals>



UNIVERSITEIT  
STELLENBOSCH  
UNIVERSITY

# EMERGENCY NUMBERS



Campus Security (EMERGENCY)	021 808 2333
CSCD 24 HR Crisis Service (during office hours, 08:00 - 16:00)	021 808 4994
Maties ER24 (Identify yourself as a student from Stellenbosch University and as a Corporate Client, please)	010 205 3032
Campus Security (general enquires)	021 808 4666
SAPS (EMERGENCY)	10111
SAPS Sector I Patrol Vehicle	082 522 2293
SAPS Stellenbosch (Ops Centre)	021 809 5015
SAPS Stellenbosch (general enquires)	021 809 5000
Ambulance (from a cell phone)	082 112
Ambulance (from a landline)	10177
Campus Health Services	021-808 3494/96
Fire Dep. Stellenbosch	021 808 8888
Traffic Dep. Stellenbosch	021 808 8800
Stellenbosch Hospital (casualties)	021 808 6147
Medi-Clinic Stellenbosch (casualties)	021 861 2094/5

Compiled by Campus Security and the Centre for  
Student Counselling and Development, 2019

## List of references

<https://cdn.jamieoliver.com/home/wp-content/uploads/2019/04/PUBLIC-FACING-VERSION-Eat-to-Achieve.pdf>

<https://psychcentral.com/lib/15-tips-to-boost-your-well-being-and-happiness/>

<https://www.rtor.org/2015/06/30/emotional-wellness/>

<https://www.hrzone.com/lead/culture/spiritual-wellbeing-at-work-how-to-do-it-right>

Dodge, Daly, Huyton & Sanders, 2012

<https://shcs.ucdavis.edu/wellness/environmental>

<https://vikasayoga.com/5-ways-environment-impacts-wellbeing/>

<https://news.illinoisstate.edu/2014/03/seven-simple-steps-increase-intellectual-wellness/>

<https://shcs.ucdavis.edu/wellness/intellectual>

<https://resources.theesquiline.org/blog/6-ways-increase-intellectual-wellness>

<https://shcs.ucdavis.edu/wellness/occupational>

<https://spokane.wsu.edu/wellness/occupational-wellness/>

<https://www.optimumperformanceinstitute.com/life-coaching/7-ways-to-successfully-cultivate-social-wellness-for-life/>

<https://advantagecaredtc.org/social-wellness/>

<https://www.americannursetoday.com/social-wellness-nurture-relationships/>

<https://www.momentum.co.za/for/you/financial-wellness>

<https://www.everydayhealth.com/wellness/united-states-of-stress/what-financial-wellness/>

<https://shcs.ucdavis.edu/wellness/financial>

<https://www.forbes.com/sites/kathycaprino/2014/08/21/7-simple-steps-college-students-should-take-to-build-financial-literacy-and-responsibility/#50f9265425bb>