

THE  
**wellness reset**  
AN 8-WEEK WELLNESS JOURNEY



# What is the Wellness Reset?

This 8-week Wellness Reset journey is for anyone wanting to reclaim, reset, or reimagine their wellness.

Throughout this journey, our work will be based on the wellness wheel. This wheel integrates eight key areas of wellness to provide a tool for reflection and growth.

Step one is a self-assessment. It's important to take a moment to think, be honest, and reflect on what is and not what could be.

# Note

Over the next eight weeks, you will have the opportunity to reflect and explore all aspects of wellness.

Look through the calendar to see which events you'd be interested in. Then add those to your calendar so you don't forget!

If you feel confident in an area, you can just go past it. There's no pressure to build all eight areas.

Try doing an activity each day to help create the space you need! You can stick to one category or mix and match what makes the most sense for you!

# Wellness Wheel



# Self-Assessment

Circle the number based on how satisfied to dissatisfied you are with each statement. Once the section is completed, add the total of the circled numbers, then divide by 5 to find the average score for that wellness area.

Once you have your wellness averages, fill in your wellness wheel for a visual representation of how balanced your wellness wheel is.

# Self-Assessment

- 1 - I am extremely dissatisfied and need to make improvements in this area
- 2 - I am very dissatisfied and need to prioritize this area
- 3 - I feel satisfied and could make some improvements
- 4 - I am very satisfied and can do a bit more
- 5 - I am extremely satisfied

## Emotional Wellness

I recognize when I'm feeling stressed or anxious and take steps to manage my stress



I generally feel good about who I am.



I have a sense of control in my life and am resilient and can bounce back after a disappointment or situation.



I can ask for help when needed.



I can say "no" when needed and not feel guilty.



# Self-Assessment

## Spiritual Wellness

I have a sense of meaning and purpose in my life.

1 2 3 4 5

I take time for reflective growth, prayer and/or meditation.

1 2 3 4 5

I have a clear sense of right and wrong, and act accordingly.

1 2 3 4 5

I participate in acts of goodwill without expecting anything in return.

1 2 3 4 5

I practice forgiveness and compassion in life.

1 2 3 4 5

## Environmental Wellness

I enjoy spending time outside in natural settings.

1 2 3 4 5

I maintain a clean and organized home/room and free of clutter.

1 2 3 4 5

I find ways to make my environment safer and healthier.

1 2 3 4 5

My living space and work environment are supportive and nurturing.

1 2 3 4 5

I feel comfortable and safe in my space.

1 2 3 4 5

# Self-Assessment

## Financial Wellness

I have financial plans that are in line with my personal goals.



I use my money wisely and live within my means.



I can balance saving for the future and spending in the present.



I have a spending plan (budget), pay bills on time and manage credit.



My behavior reflects my beliefs/values about money.



## Intellectual Wellness

I am curious and enjoy learning new things.



I expose myself to new ideas, people and beliefs that are different from my own.



I am a critical thinker and can provide constructive feedback.



I engage in mentally stimulating activities and hobbies.



I challenge myself to see all sides of an issue.





# Self-Assessment

## Physical Wellness

I stay hydrated throughout the day and eat a well-balanced and nutritional diet



I go to recommended check-ups.



I regularly get 6 to 8 hours of sleep each night.



I consistently engage in regular physical activity or movement.



If at all, I use alcohol or prescribed drugs responsibly and moderately.



## Occupational Wellness

I find my work/volunteering motivating and interesting.



I have goals and purpose in what I am doing that inspires or challenges me.



I can use my knowledge, skills and talents to contribute and collaborate with others.



I take opportunities for new experiences and professional development.



I have a healthy balance between work and other areas of my life.



# Self-Assessment

## Social Wellness

I can resolve conflicts in all areas of my life.

1 2 3 4 5

I have a sense of belonging by enjoying social activities and engaging with other people in my community.

1 2 3 4 5

I can set and stick to my personal boundaries as well as respect others' boundaries.

1 2 3 4 5

I feel supported in my close relationships with family and friends.

1 2 3 4 5

I value diversity and treat others with respect.

1 2 3 4 5

## Add your totals for each section

Emotional \_\_\_\_\_

Intellectual \_\_\_\_\_

Spiritual \_\_\_\_\_

Physical \_\_\_\_\_

Environmental \_\_\_\_\_

Occupational \_\_\_\_\_

Financial \_\_\_\_\_

Social \_\_\_\_\_

# Self-Assessment

Next, divide each number by 5. This is your average.

Emotional \_\_\_\_\_

Intellectual \_\_\_\_\_

Spiritual \_\_\_\_\_

Physical \_\_\_\_\_

Environmental \_\_\_\_\_

Occupational \_\_\_\_\_

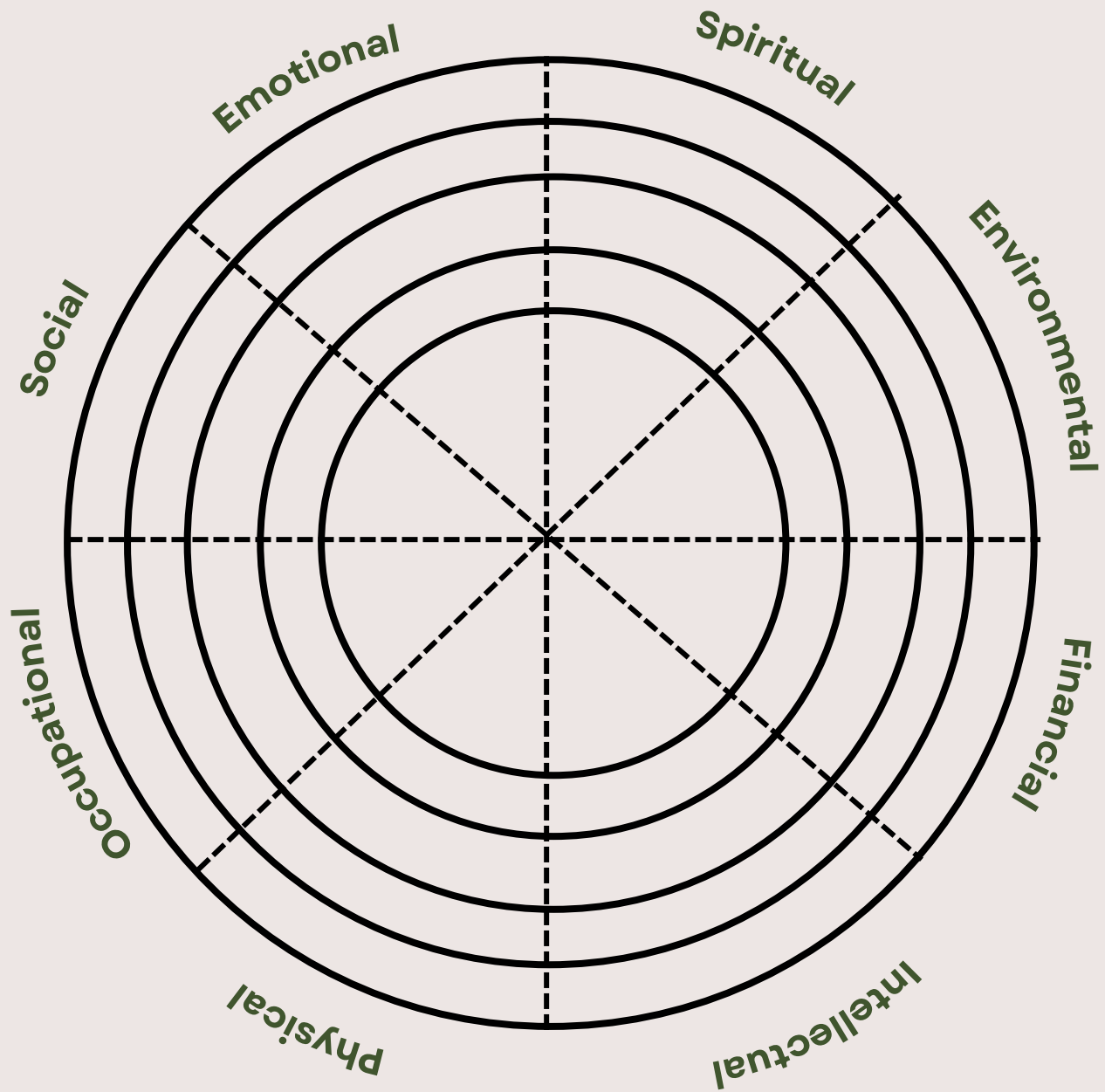
Financial \_\_\_\_\_

Social \_\_\_\_\_

On the following page, create a visual representation of your wellness scores by coloring in each section based on your scores. Your final wheel will look something like this but will vary based on your personal scores.



# Self-Assessment



# Goals

Which areas do you want to build upon in the next 2 months?

When you imagine fulfillment in these areas, what do you picture?

# Goals

What types of activities would help you feel more fulfilled?

What actions can you take in the next 2 months to build these areas?

# Week 1

## Environment

Environmental wellness refers to how your surroundings impact your wellbeing. From your dorm room to nature, many ways to build your environmental wellness exist.

This week focuses on creating a safe, comfortable, and nourishing space.

# Week 1 Environment

Here are some things you can do this week to build environmental wellness

## Physical Space

- Declutter your clothing (your clothes should make you feel confident & comfortable)
- Declutter sentimental items (such as cards, hand-me-downs, or gifts you don't use/like)
- Clean out your fridge (get rid of expired food & drinks, clean the shelves & drawers)
- Throw out expired items (spices, skin care, hygiene products, cosmetics)
- Donate unused school/office supplies

## Natural Spaces

- Clean up trash in your area
- Volunteer
- Learn how to start recycling
- Talk a walk in a nature preserve



# Week 1 Environment

## Digital Space

- Unfollow toxic people (ex-partners, old friends, family members that stress you out)
- Clean out your photos, contacts, or notes apps
- Unsubscribe to unused subscriptions or junk emails
- Back up important photos or documents needed
- Take a break from social media

## Aesthetic Space

- Buy a new plant or flowers for your room
- Use essential oils
- Create an altar to a worship entity
- Change or clean air filter or fans
- Wash or replace your bedsheets
- Add comfy items (such as blankets, pillows, stuffed animals, etc)
- Have dimmable lighting

# Week 1 Environment

## Environmental Safety

- Keep firearms in a locked safe
- Store medications out of reach of others
- Reduce toxins in your room
- Cleaning “forgotten” spaces
- Dust & Vacuum
- Wash sheets
- Add an air purifier
- Learn about safer alternatives to harsher cleaning products
- Install a smoke detector
- Install a carbon monoxide detector







# Resources

## Books

- *A Guide to Eco-Anxiety: How to Protect the Planet and Your Mental Health* by Anouchka Grose
- *By the Sea: The therapeutic benefits of being in, on and by the water* by Dr. Deborah Cracknell
- *Generation Dread: Finding Purpose in an Age of Climate Crisis* by Britt Wray
- *Losing Eden: Why Our Minds Need The Wild* by Lucy Jones
- *Wintering: The Power of Rest and Retreat in Difficult Time* by Katherine May
- *Returning Home to Our Bodies: Reimagining the Relationship Between our Bodies and the World* by Abigail Rose Clarke
- *Good Housekeeping Home Skills: Master your Domain with Practical Solutions to Everyday Challenges* by Good Housekeeping

## Podcasts

- *Force of Nature*
- *Outrage and Optimism*
- *Mothers of Invention*
- *The Minimalists*
- *The Hygge Hour*

# Campus Resources

## **Residence Life**

- For concerns regarding your on-campus housing, contact Residence Life at [ResidenceLife@indianatech.edu](mailto:ResidenceLife@indianatech.edu)

# Week 2

## Emotional

Emotions affect the way we think, act, and feel. Understanding our emotional responses to situations is important when building emotional wellness and understanding ourselves.

This week will be about reflection and inward connection.



# Week 2

## Emotional

Here are some things you can do this week to build emotional wellness

- Journal
- Write 3 things you're grateful for each night
- Attend therapy/counseling
- Try a body scan (search on youtube)
- Do a yoga session (available for free on TimelyCare)
- Create a "Coping Skills Toolbox"
- Guided meditation
- Limit exposure to news or negative social media
- Get a massage
- Nurture your passions (hobbies/interests)
- Stretch
- Create a safety plan







# Resources

## Books

- *Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present (The Path to Calm)* by Nick Trenton
- *The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage* by Brene Brown
- *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman
- *Permission to Feel* by Marc Brackett
- *How Emotions Are Made: The Secret Life of the Brain* by Lisa Barrett
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk

## Podcasts

- *100% Happier with Dan Harris*
- *Therapy for Black Girls*
- *The Happiness Lab*
- *Latinx Therapy*
- *Mindfulness Muslim*
- *Broriety*
- *Mental Illness Happy Hour*

# Resources



# Resources

## Safety Plans Work

*There is hope.*



1. Write 3 warning signs that a crisis may be developing.

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2. Write 3 internal coping strategies that can take your mind off your problems.

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3. Who/What are 3 people or places that provide distraction?

(Write name/place and phone numbers)

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

4. Who can you ask for help? (Write names and phone numbers)

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

5. Professionals or agencies you can contact during a crisis:

Clinician: \_\_\_\_\_ Phone \_\_\_\_\_

Local Urgent Care or Emergency Department:

Address \_\_\_\_\_ Phone \_\_\_\_\_

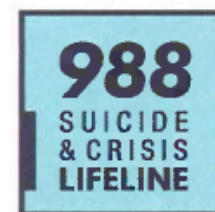
Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.

(Write 2 things)

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# Campus Resources

## **Counseling Center**

- Indiana Tech provides students with free access to mental health care through the Counseling Center
- Location: Andorfer Commons
- Hours: Monday-Friday 8:30-5:00 (closed for breaks)
- Scheduling: Email [Counseling@indianatech.edu](mailto:Counseling@indianatech.edu) or call 260.266.8060

## **TimelyCare**

- Students also have access to virtual mental health care through TimelyCare
- TimelyCare is accessible anywhere in the United States and available 24/7
- Included are
  - 9 free virtual therapy sessions per academic year
  - Unlimited emotional support through TalkNow
  - Unlimited access to self-care journeys
  - Unlimited access to peer community support



# Week 3

## Spiritual

Spiritual wellness refers to the sense of purpose, meaning, and connection to something greater than oneself. It is not limited to religion; spiritual wellness can include religion and nature, mindfulness, or any pursuit that enhances inner peace and a sense of belonging.

This week, we will focus on developing or deepening a sense of purpose.

# Week 3 Spiritual

Here are some things you can do this week to increase your spiritual wellness

- Identify values
- Journal
- Practice mindfulness or meditation
- Deep breathing exercises
- Yoga
- Visit a nature preserve
- Pray
- Attend religious services
- Talk to a spiritual guide
- Volunteer
- Read philosophy books or articles
- Release past emotions or grudges







# Resources

## Books

- *The Power of Now by Eckart Tolle*
- *The Four Agreements by Don Miguel Ruiz*
- *Man's Search for Meaning Viktor Frankl*
- *Wherever you go, There you are by Jon Kabat-Zinn*
- *Home to Her by Liz Childs Kelly*
- *The Awakened Brain: The Psychology of Spirituality by Lisa Miller*
- *Trust the Whisper by Kathy Izzard*
- *Braiding Sweetgrass by Roin Wall Kimmerer*
- *The Hundred Story Home by Kathy Izzard*
- *The Pilgrimage by Paulo Coelho*

## Podcasts

- Inner Work: A Spiritual Growth Podcast
- On Being
- The Daily Stoic
- Oprah's Supersoul Conversations
- Healing the Source Podcast
- The Bearded Mystic
- Find Your Center
- Tara Brach

# Campus Resources

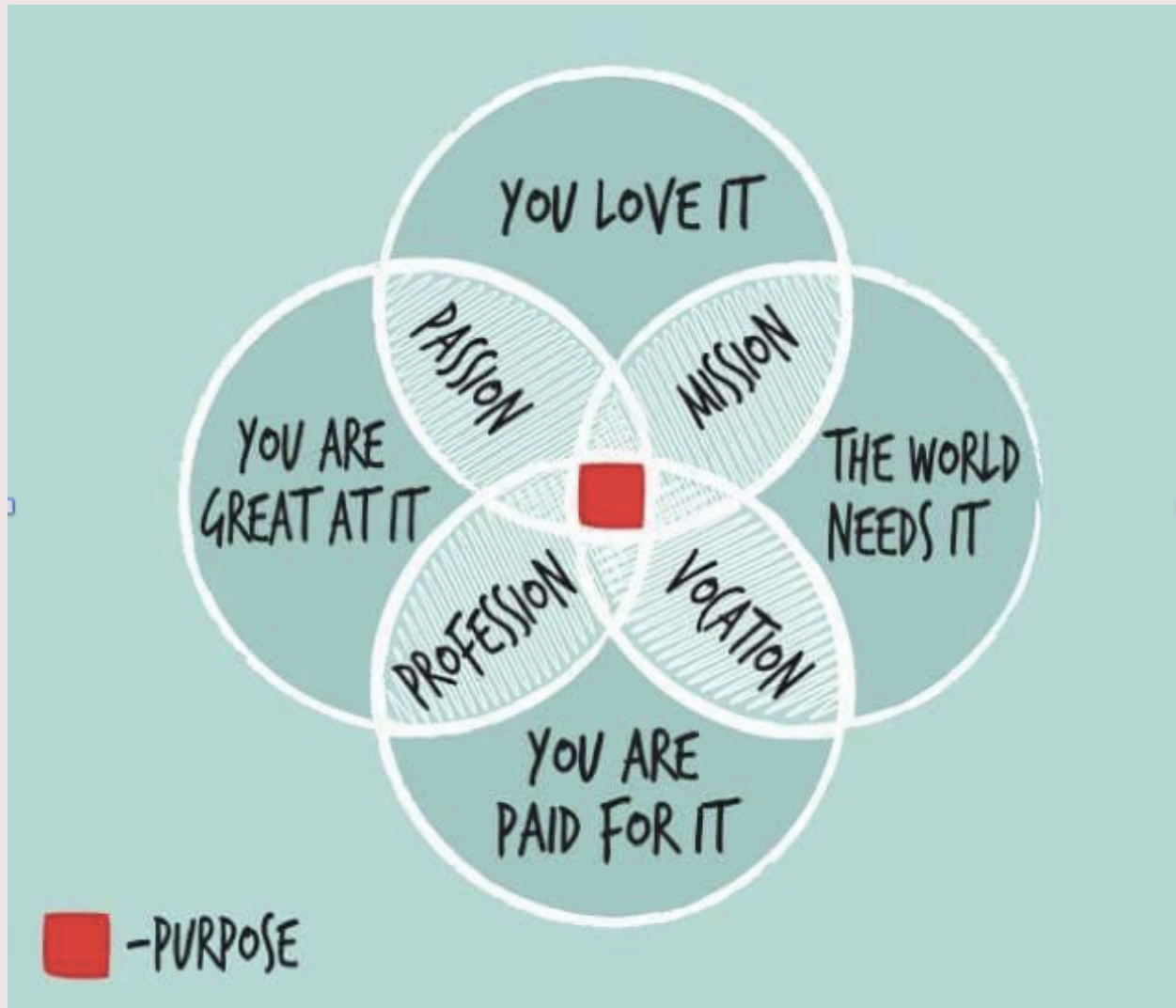
## **Wegner Chapel**

- A space on campus to pray, meditate, and celebrate your religious or spiritual practices
- Location: Andorfer Commons, 2nd floor
- Hours: Hours of building

## **Diversity & Inclusion**

- Offers a variety of diverse services related to interfaith resources
- Location: Andorfer Commons
- Hours: 8:30-5:00
- [Diversity@indianatech.edu](mailto:Diversity@indianatech.edu)

# Resources





# Week 4

## Occupational

Occupational wellness refers to finding satisfaction and purpose in your work while also maintaining a healthy work/life balance.

This week will focus on self-exploration and its relation to occupational wellness.

# Week 4

## Occupational

Here are some things you can do this week to increase your occupational wellness

- Identify personal values
- Set career goals
- Identify what work/life balance looks like for you
- Research companies or positions in your field
- Meet with a career coach in the Career Center
- Practice interviewing skills
- Review your resume
- Apply to an internship within your field
- Update your LinkedIn
- Read a book or listen to a podcast on finding meaningful work
- Ask current supervisor for constructive feedback
- Join a professional group such as YLNI
- Get a certification in a topic within your field
- Take a strengths or conflict-handling test







# Resources

## Books

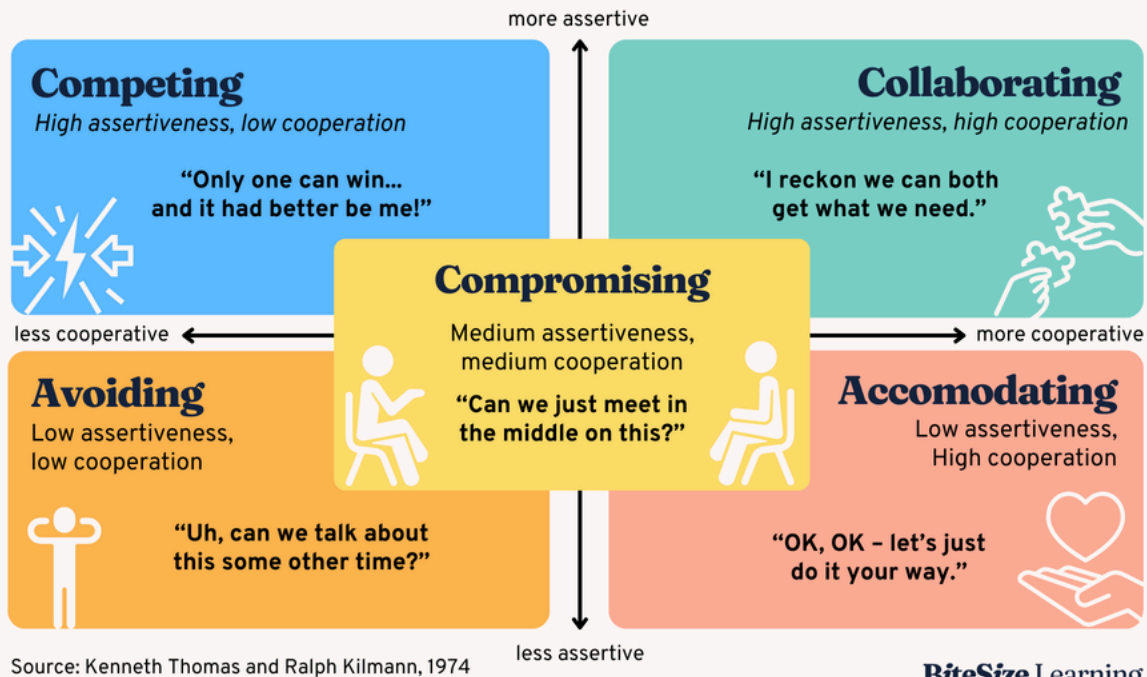
- *Beating Burnout at Work: Why Teams Hold the Secret to Well-Being and Resilience* by Paula Davis
- *The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth* by Amy Edmondson
- *Deep Work: Rules for Focused Success in a Distracted World* by Cal Newport
- *Wellbeing at Work: How to Design, Implement and Evaluate an Effective Strategy* by Ian Hesketh and Cary Cooper
- *No Hard Feelings: The Secret Power of Embracing Emotions at Work* by Liz Fosslien and Molly West Duffy
- *Mental Health and Wellbeing in the Workplace: A Practical Guide for Employers and Employees* by Gill Hasson and Donna Butler

## Podcasts

- The Self Love Fix, ep 27 “*Work, Work, Work*” *Wellness in the Workplace*
- Maintenance Phase, “*Workplace Wellness*”
- Workplace Wellness with Karen Weir

# Resources

## Thomas-Kilmann Conflict Model



BiteSize Learning

## Clifton Strengths

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
People with dominant Executing themes know how to make things happen.	People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.	People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.	People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.
<b>Achiever</b> <b>Arranger</b> <b>Belief</b> <b>Consistency</b> <b>Deliberative</b> <b>Discipline</b> <b>Focus</b> <b>Responsibility</b> <b>Restorative</b>	<b>Activator</b> <b>Command</b> <b>Communication</b> <b>Competition</b> <b>Maximizer</b> <b>Self-Assurance</b> <b>Significance</b> <b>Woo</b>	<b>Adaptability</b> <b>Connectedness</b> <b>Developer</b> <b>Empathy</b> <b>Harmony</b> <b>Includer</b> <b>Individualization</b> <b>Positivity</b> <b>Relator</b>	<b>Analytical</b> <b>Context</b> <b>Futuristic</b> <b>Ideation</b> <b>Input</b> <b>Intellection</b> <b>Learner</b> <b>Strategic</b>

# Campus Resources

## **Career Center**

- The Career Center is available for all students to discover career paths, assist in writing a resume/cover letter, and advance interviewing techniques. If you have any anxiety related to careers, visit the Career Center.
- Location: Andorfer Commons, 2nd floor
- Hours: 8:30-5:00
- To schedule a meeting reach out to [careercenter@indianatech.edu](mailto:careercenter@indianatech.edu)



# Week 5

## Social

Social wellness refers to interactions with others and self-expression.

Having positive social wellness allows you to build and maintain engaging, trusting, and authentic relationships.

This week will focus on your relationships (with friends, family, romantic partners, coworkers, etc.).

# Week 5 Social

Here are some things you can do this week to increase your social wellness

- Join a student org
- Take a class (yoga, cooking, music, etc)
- Volunteer
- Attend activities you normally wouldn't
- Reach out to a friend you haven't spoken to in a while
- Understand your communication style
- Release toxic relationships
- Show appreciation for a close friend
- Practice saying no (if overcommitment is a worry)
- Celebrate other's birthdays, achievements, or important dates
- Take a speech class to get more comfortable with conversations







# Resources

## Books

- *Belong* by Radha Agrawal
- *Lost Connections* by Johann Hari
- *The Art of Gathering* by Priya Parker
- *This is Where You Belong* by Melody Warnick
- *Connected* by James H. Fowler & Nicholas A. Christakis
- *The Status Syndrome* by Michael Marmot
- *Fully Connected* by Julia Hobsbawm
- *Alone Together* by Sherry Turkle
- *The Social Skills Guidebook* by Chris MacLeod

## Podcasts

- *Potential Podcast, ep. 64 Social Wellness*
- *8 Dimensions of Wellness, ep. 1 Social Wellness*
- *Health Discovered, Social Health: Redefining Wellbeing Through Connection*
- *Feminist Wellness* by Victoria Albina
- *Social Wellness* by Jeanette Iverson
- *Pursuit of Wellness, How to Create your Dream Relationship*

# Resources

## Signs Of Unhealthy Relationships



You have to hide things.

You make excuses for your partner.



You have to ask permission.

You've felt unsafe at any point.



You're afraid to speak up.

You're always emotionally drained.



You fight often.

You're too forgiving.



There's more negativity than positivity.

You're codependent.



# Resources



**SANJEEV DATTA**  
**PERSONALITY SCHOOL**  
— WHERE PERSONALITIES ARE BORN —  
9 INTERNATIONAL TITLE WINS FOR INDIA

# 10

## SIGNS OF TOXIC FRIENDSHIP

### CONSTANTLY MAKE FUN OF YOU

Friendship is supposed to be supportive, not always irritatingly critical.



### ATTEMPT TO GET YOUR ABOLUTE FOCUS

Try to make you feel that you're the only one to get them.

### ALWAYS PLAY THE VICTIM

Toxic companions frequently seem preoccupied with constant emotional drama.



### PRESSURIZE YOU TO DO THINGS

Most of us have caved to the pressure to be popular and accepted by our peers.



### NEVER RESPECT YOUR BOUNDARIES

Loyal friends will always try to learn and respect your needs and preferences.



### ENVIIOUS OF YOUR OTHER FRIENDS

They crave assurance that they are the most valued individuals in your life.

### YOU ENJOY ON PLANS BEING DISRUPTED

It's concerning if you experience relief rather than sadness when you can't see your pal.

### TEND TO HOLD BACK TRUTH

You won't let divulge any information that could be used against you.

### YOU LIE OR COVER FOR THEM

Unwillingly reinforcing their destructive behaviors is not a right sign.

### FEEL AS A BURDEN OR TRAP

Conflict and anxiety are common experiences for those in emotionally abusive relationships.



# Campus Resources

## Office of Student Engagement (OSE)

- The OSE office is on campus to provide students with a positive college experience. OSE hosts multiple fun, educational, and relaxing events throughout the year.
- Location: Andorfer Commons, Student Affairs
- Hours: 8:30-5:00
- Follow OSE on Instagram to get updates on-campus events
  - @indianatech\_ose

## Student Organizations

- Get involved on campus by joining a student org!
- Visit [studentlife.indianatech.edu](http://studentlife.indianatech.edu) to find out more info.
- Current orgs include;
  - Life of Creativity
  - Black Excellence Association
  - Chi Alpha Student Ministry
  - Multicultural Club
  - Psychology Club
  - Warriors in Christ Association
  - Alpha Chi Honor Society
  - American Society of Mechanical Engineers
  - Biomedical Engineering Society
  - Chi Alpha Sigma
  - Criminal Justice Society
  - Institute of Electrical and Electronics Engineers
  - National Society of Black Engineers
  - Society of Manufacturing Engineers
  - Sigma Phi Epsilon Fraternity

# Week 6

## Intellectual

Intellectual wellness is the active engagement of the mind in learning, critical thinking, creativity, and problem-solving modes.

This week will focus on exploring ways to stimulate your intellectual mind.

# Week 6

# Intellectual

Here are some things you can do this week to increase your intellectual wellness

- Read a book on an interesting topic
- Watch a documentary
- Learn a new language
- Listen to a podcast
- Attend a lecture
- Complete an online certification course
- Complete a puzzle
- Do a crossword
- Try a new food
- Attend a cultural event
- Find a reliable news outlet
- Join a book club or other academic club
- Write poetry
- Visit the writing center
- Sign up for tutoring
- Complete study hours
- Set a schedule to complete homework
- Visit professor's office hours







# Resources

## **Books**

- *Getting Things Done: The Art of Stress-Free Productivity* by David Allen
- *Before the Coffee Gets Cold* by Toshikazu Kawaguchi
- *The Art of Exceptional Living* by Jim Rohn
- *Creative Confidence: Unleashing the Creative Potential Within Us All* by Tom Kelley
- *Upstream: The Quest to Solve Problems Before They Happen* by Dan Heath
- *10% Happier* by Dan Harris

## **Podcasts**

- *Women Connected in Wisdom, The Neuroscience of Change*
- *RadioLab*
- *StarTalk* by Neil Degrasse Tyson
- *Things You Should Know*

# Resources

## Hobbies to try

Astrology	Cosplay	Ice fishing
Acting	Crafting	Journaling
Animation	Cross-stitch	Juggling
Auto maintenance	Cycling	Jewelry making
Axe throwing	Camping	Jujitsu
Art collecting	Dancing	Judo
Archery	Drawing	Karaoke
Astronomy	Discgolf	Karate
Antiquing	Drumming	Knitting
Board games	Drone flying	Kayaking
Bouldering/Climbing	Embroidery	Language learning
Backpacking	Engraving	Live streaming
Bass Guitar	Fantasy Sports	Legos
Baking	Fishing	Longboarding
Basketball	Flying model planes	Magic tricks
Bowling	Foraging	Macrame
Bread making	Film-making	Marathon running
Breakdancing	Fencing	Martial Arts
Birdwatching	Gaming	Meditation
Boxing	Genealogy	Music production
Calligraphy	Gardening	Nail art
Candle making	Golf	Origami
Chess	Harmonica	Painting
Coloring	Handball	Photography
Collage	Hiking	Pen pals
Computer coding	Hunting	Poetry
Composting	Hockey	Pottery
	Ice skating	Pilates



# Resources

Paintball  
Poker  
Pickleball  
Quilting  
Rapping  
Reading  
Refurbishing furniture  
Remote control cars  
Robotics  
Roller skating  
Running  
Scrapbooking  
Sand art  
Sculpting  
Sewing  
Singing  
Soapmaking  
Stand-up comedy  
Slacklining  
Snowboarding  
Table tennis  
Taekwondo  
Thriftling  
Terrariums  
Traveling  
Trivia  
Tai Chi

Ultimate frisbee  
Video gaming  
Volunteering  
Volleyball  
Watercolors  
Weaving  
Weight training  
Woodworking  
Walking  
Work searches  
Yoga

# Campus Resources

## **Office of Student Success**

- Provides students with individualized academic advising
- Location: Snyder Academic Center, lower level
- Hours: 8:30-5:00
- To schedule an appointment, email [studentsuccess@indianatech.edu](mailto:studentsuccess@indianatech.edu)

## **Accessibility Services**

- Providing students with disabilities with guidance, support, and validation needed to navigate college life and thrive
- Location: Snyder Academic Center
- Hours: 8:30-5:00
- To schedule an appointment, email [accessibilityservices@indianatech.edu](mailto:accessibilityservices@indianatech.edu)

## **Tutoring**

- Tutors available for many topics
- Free of charge to all students
- To schedule with a tutor, email [studentsuccess@indianatech.edu](mailto:studentsuccess@indianatech.edu)

## **McMillen Library**

- Location: Snyder Academic Center
- Hours: M-Th 8am-10pm, F 8am-5:00pm, Sat-Sun 10am-2pm

## **Writing Center**

- Free support and feedback on writings and presentations
- Location: McMillen Library
- Hours: M-Th 10am-2pm & 5pm-8pm, F 10am-2pm, Sun 1pm-5pm

# Campus Resources

INDIANA TECH  
OFFICE OF  
STUDENT SUCCESS

## LEARNING ALLIES



**Need help with your academics? Don't know where to start?  
Schedule with a Learning Ally today!**

**Learning Allies help with overall academic strategies such as: time management, organization, note-taking, study habits, and more!**

Work 1:1 with a Learning Ally or join a small group appointment (up to 5 students) led by a Learning Ally.

*Schedule an appointment today!*  
Scan the QR code and select  
"Learning Ally Appointment".



# Week 7

## Financial

Financial wellness encompasses the relationship you have with money. Having balance in financial wellness means having a clear understanding of finances, plans on how to manage money, and feeling little to no stress about the present and future status of your accounts.

Financial wellness allows stability and security. This week will be learning more about small and big ways to add to financial wellness.

# Week 7 Financial

Looking at finances can be stressful and overwhelming. Vanguard released a guide to financial wellness which breaks things into three categories.

# Week 7 Financial

Here are some things you can do this week to increase your financial wellness

- **Know your spending** (Create a list of categories such as bills, food, gas, etc. Go through your spending and put each expense in the proper category. This will help you understand where you spend the most.)
- **Create a budget** (Based on your income and spending habits)
- **Set a spending limit** (Decide to eat out once a week instead of once a day)
- **Meet with a financial advisor** (Indiana Tech students have access to free financial consultations through Fort Financial and the Parkview SAP. Email Jessica Menor at [jessica.menor@fortfinancial.org](mailto:jessica.menor@fortfinancial.org))
- **Create a savings goal** (A nice goal is to be able to maintain your basic needs for 2-3 months)
- **Review your student loans** (Specifically repayment plans and options)
- **Set up auto-pay** (If you have reoccurring monthly bills and struggling to pay them on time, set up auto-pay and don't miss another payment)
- **Self-educate** (Read financial self-help books, listen to podcasts on investing strategies, attend workshops/presentations)









# Resources

## Books

- *The Psychology of Money* by Mogan Housel
- *Make Money Move: A Guide to Financial Wellness* by Lauren Simmons
- *Broke Millennial* by Erin Lowry
- *Financial Feminist* by Tori Dunlap
- *Retirement Planning Guidebook* by Wade Pfau
- *Money Made Easy: How to Budget, Pay Off Debt, and Save Money* by Allison Baggerly
- *100 Questions Every First-Time Home Buyer Should Ask* by Ilyce R. Glink

## Podcasts

- *The Ramsey Show*
- *The Clark Howard Podcast*
- *Women & Money*
- *So Money*
- *BiggerPockets Money*
- *Optimal Finance Daily*
- *Planet Money*
- *Financial Feminist*

# Resources

FIGURE 1.  
Small steps can make a big difference in achieving your goals

## Financial wellness framework



### Step 1 Take control of your finances

#### Create a budget that works for you

- Find a strategy that works for you and that you can stick with over time

#### Maximize your employer-matched savings

- Take advantage of the opportunities to get a head start on your finances

#### Pay the minimum on all your debt

- Pay at least the monthly minimum(s), as this will reduce costs over time and improve your credit score

#### Pay down high-interest debt

- Save on paying interest, which in turn will free up cash flow for your other goals



### Step 2 Prepare for the unexpected

#### Set up emergency savings for unexpected expenses

- Maintain at least \$2,000 in cash for common spending shocks

#### Build up a contingency reserve in case of job loss

- Have about 3–6 months of expenses in readily accessible investments

#### Evaluate your insurance needs, coverage, and costs

- Consider having at least health, life, disability, motor vehicle, and home insurance

#### Get your legal documents in order to ensure that your wishes are realized

- Establish your will(s)
- Name your beneficiaries
- Designate a power of attorney



### Step 3 Make progress toward your goals

#### Increase your savings and make the most of tax-advantaged accounts

- Explore available health savings options
- Examine retirement savings options: IRAs; 401(k), 403(b), and 457 plans
- Consider education savings options

#### Flex with taxable accounts

- Put away additional retirement savings beyond allowable limits
- Use for goals other than health, retirement, and education

#### Consider paying off lower-interest debt

- Evaluate your debt comfort and liquidity needs

#### Set a strategy for your charitable giving

- Think through the benefits, timing, and amount of your gifts
- Explore available ways to have the most impact





# Resources Paycheck Planner

## SAVINGS

DATE	STARTING BALANCE	TOTAL PAID	CURRENT TOTAL

## SUMMARY

Total income: \_\_\_\_\_

Total bills: \_\_\_\_\_

Total expenses: \_\_\_\_\_

Total debt: \_\_\_\_\_

Total savings: \_\_\_\_\_

Remaining amount: \_\_\_\_\_

# Campus Resources

## **Financial Aid Office**

- Location: Abbott Center, 2nd floor
- Hours: 8:30-5:00
- Payments, & Bills
  - [businessoffice@indianatech.edu](mailto:businessoffice@indianatech.edu) or 260.422.5561 ext 3102
- Financial Aid, FAFSA
  - [financialaid@indianatech.edu](mailto:financialaid@indianatech.edu) or 260.422.5561 ext 2334

## **Fort Financial Advisor**

- Students have access to free financial advising through the Parkview Student Assistance Program.
- The financial advisor is from Fort Financial
- To schedule, email Jessica Menor at [jessica.menor@fortfinancial.org](mailto:jessica.menor@fortfinancial.org)

# Week 8

## Physical

Physical wellness focuses on maintaining a healthy physical body through good nutrition, regular physical activity, rest, and appropriate medical care.

This week will focus on areas within physical health.



# Week 8

## Physical

Here are some things you can do this week to increase your physical wellness

- Eat a variety of foods (make your plate colorful)
- Increase water consumption
- Do a “no-added sugar” day
- Take a walk
- Try Climbing
- Attend a yoga class
- Create a night-time routine to help with sleep
- Refill medications
- Schedule medical appointments
- Limit alcohol or drug consumption
- Stand while studying instead of sitting
- Notice pain in your body
- Do a body scan
- Join a fitness class
- Replace your toothbrush
- Dry brush
- Self-massage







# Resources

## **Books**

- The Mindful Body by Ellen J Langer
- Heal Your Body by Louise Hay
- Good Energy by Casey Means
- Build to Move by Kelly Starrett & Juliet Starrett
- Dancing is the Best Medicine by Julia Christensen
- Whole Body Healing by Emily A Francis
- Feel Better in 5 by Rangan Chatterjee
- Good Health, Good Life by Joyce Meyer
- The Ripple Effect by Greg Wells
- Why We Sleep by Matthew Walker
- Atomic Habits by James Clear

## **Podcasts**

- The Dr. Hyman Show
- Maintenance Phase
- Pursuit of Wellness
- 20 Minute Fitness
- Huberman Lab
- Feel Better, Live More
- Mindful Drinking
- TED Health
- Ali on the Run

# Resources

## TYPES OF EXERCISE

### STRENGTH EXERCISES



Squats  
Weighted exercises (e.g.  
dumbbells, kettle bells)  
Resistance band training  
Body weight training

### AEROBIC EXERCISES



Brisk walking or jogging  
Gardening  
Dancing  
Swimming  
Cycling

### FLEXIBILITY EXERCISES



Shoulder and upper arm stretch  
Calf stretches  
Yoga  
Pilates

### BALANCE EXERCISES



Standing on one foot  
Heel-to-toe walk  
Tai Chi  
Yoga  
Pilates

# Campus Resources

## Health Clinic

- Indiana Tech provides students with free access to healthcare through the campus Health Clinic
- Location: Andorfer Commons
- Hours: Monday-Friday 10:00-2:00 (closed for breaks)
- Scheduling: Visit [Parkview Health](#) or visit [indianatech.edu/wellness](http://indianatech.edu/wellness) -> select Health Clinic -> Follow the scheduling link

## Fitness Center

- Location: Schaefer Center
- Classes:
  - Yoga: Tuesday/Thursday 7:00-8:00PM
  - Boxing: Wednesdays 7:00-8:00

## Intramurals

- Sign up for intramurals by visiting [IMLeagues](#)
  - Log into LET ME IN using your school email and complete the instructions for the event you wish to participate in.
  - Team captains will create the team.
  - Once a team is created, participants can join the team, once the team is approved.

# Self-Assessment

Congratulations! You made it through the 8-week wellness rest. In the beginning, you completed a self-assessment of your personal wellness wheel and identified goals for this rest.

Now's the time to see how your wellness wheel has changed! Remember, it's okay if your wheel has changed a lot, a little, or not at all. Your journey is just beginning!



# Self-Assessment

- 1 - I am extremely dissatisfied and need to make improvements in this area
- 2 - I am very dissatisfied and need to prioritize this area
- 3 - I feel satisfied and could make some improvements
- 4 - I am very satisfied and can do a bit more
- 5 - I am extremely satisfied

## Emotional Wellness

I recognize when I'm feeling stressed or anxious and take steps to manage my stress



I generally feel good about who I am.



I have a sense of control in my life and am resilient and can bounce back after a disappointment or situation.



I can ask for help when needed.



I can say "no" when needed and not feel guilty.



# Self-Assessment

## Spiritual Wellness

I have a sense of meaning and purpose in my life.



I take time for reflective growth, prayer and/or meditation.



I have a clear sense of right and wrong, and act accordingly.



I participate in acts of goodwill without expecting anything in return.



I practice forgiveness and compassion in life.



## Environmental Wellness

I enjoy spending time outside in natural settings.



I maintain a clean and organized home/room and free of clutter.



I find ways to make my environment safer and healthier.



My living space and work environment are supportive and nurturing.



I feel comfortable and safe in my space.



# Self-Assessment

## Financial Wellness

I have financial plans that are in line with my personal goals.



I use my money wisely and live within my means.



I can balance saving for the future and spending in the present.



I have a spending plan (budget), pay bills on time and manage credit.



My behavior reflects my beliefs/values about money.



## Intellectual Wellness

I am curious and enjoy learning new things.



I expose myself to new ideas, people and beliefs that are different from my own.



I am a critical thinker and can provide constructive feedback.



I engage in mentally stimulating activities and hobbies.



I challenge myself to see all sides of an issue.



# Self-Assessment

## Physical Wellness

I stay hydrated throughout the day and eat a well-balanced and nutritional diet



I go to recommended check-ups.



I regularly get 6 to 8 hours of sleep each night.



I consistently engage in regular physical activity or movement.



If at all, I use alcohol or prescribed drugs responsibly and moderately.



## Occupational Wellness

I find my work/volunteering motivating and interesting.



I have goals and purpose in what I am doing that inspires or challenges me.



I can use my knowledge, skills and talents to contribute and collaborate with others.



I take opportunities for new experiences and professional development.



I have a healthy balance between work and other areas of my life.



# Self-Assessment

## Social Wellness

I can resolve conflicts in all areas of my life.

1 2 3 4 5

I have a sense of belonging by enjoying social activities and engaging with other people in my community.

1 2 3 4 5

I can set and stick to my personal boundaries as well as respect others' boundaries.

1 2 3 4 5

I feel supported in my close relationships with family and friends.

1 2 3 4 5

I value diversity and treat others with respect.

1 2 3 4 5

## Add your totals for each section

Emotional \_\_\_\_\_

Intellectual \_\_\_\_\_

Spiritual \_\_\_\_\_

Physical \_\_\_\_\_

Environmental \_\_\_\_\_

Occupational \_\_\_\_\_

Financial \_\_\_\_\_

Social \_\_\_\_\_

# Self-Assessment

Next, divide each number by 5. This is your average.

Emotional \_\_\_\_\_

Intellectual \_\_\_\_\_

Spiritual \_\_\_\_\_

Physical \_\_\_\_\_

Environmental \_\_\_\_\_

Occupational \_\_\_\_\_

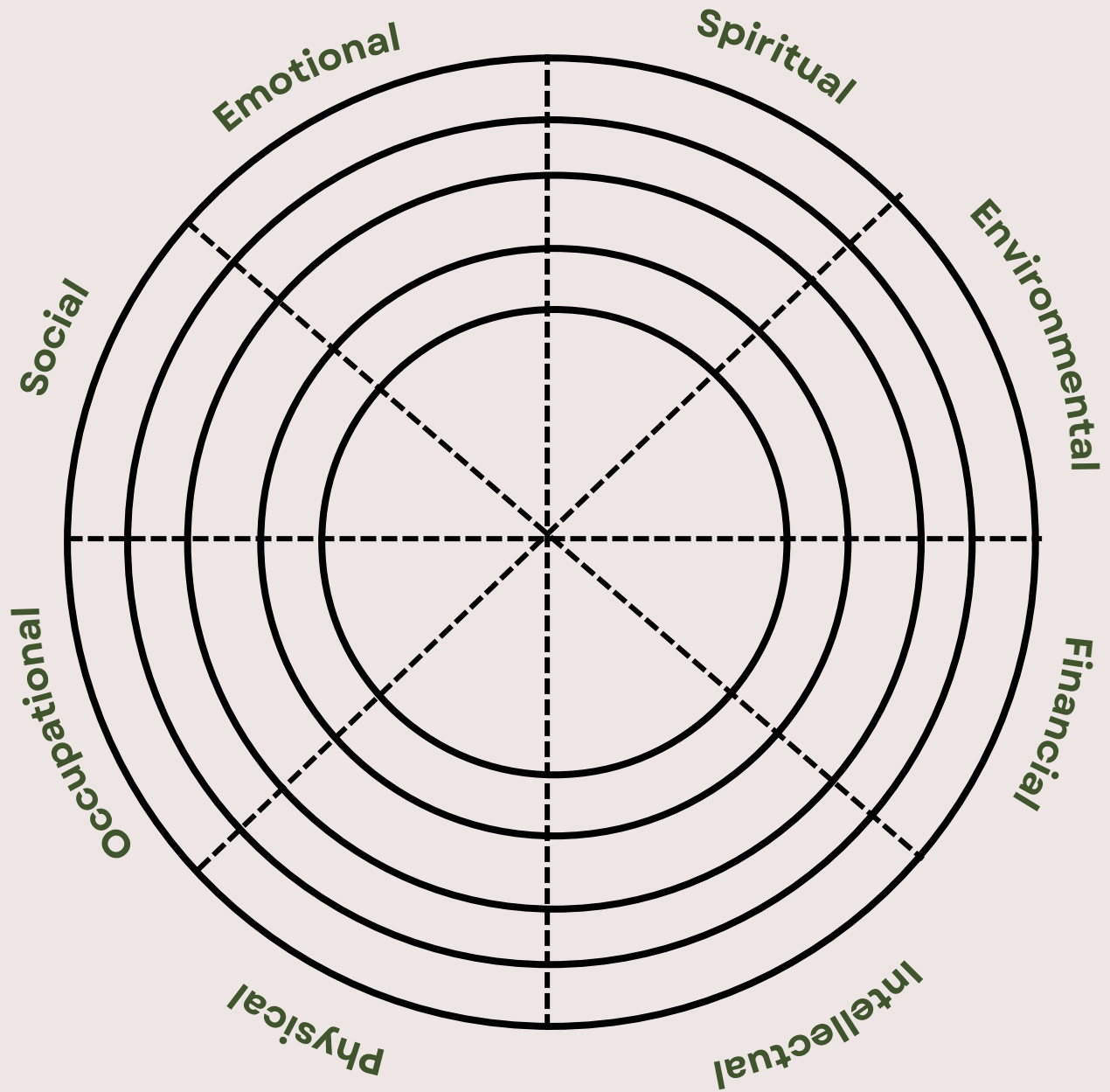
Financial \_\_\_\_\_

Social \_\_\_\_\_

On the following page, create a visual representation of your wellness scores by coloring in each section based on your scores. Your final wheel will look something like this but will vary based on your personal scores.



# Self-Assessment







# Goals

Which areas do you want to build upon in the next 2 months?

When you imagine fulfillment in these areas, what do you picture?

# Goals

What types of activities would help you feel more fulfilled?

What actions can you take in the next 2 months to build these areas?