

THE NINE PILLARS OF WELLNESS

The Department of Campus Recreation at Youngstown State University is devoted to offering programs and services to keep students, faculty & staff engaged in holistic wellness. In order to do so, we are implementing “The Nine Pillars of Wellness”. The Nine Pillars of Wellness will guide your choices to help you to improve your physical, emotional, spiritual, social, career, financial, intellectual, aesthetic and environmental wellness.



EMOTIONAL WELLNESS

Becoming aware, understanding, and accepting of our feelings while appropriately expressing and managing emotions

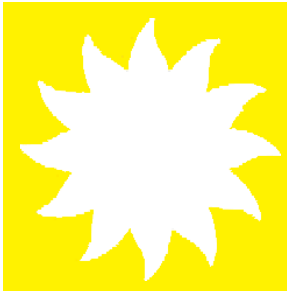
To help achieve emotional wellness, YSU Campus Rec offers services & programs such as a Registered Dietician, Depression Screening information, & YSU for Recovery.



CAREER WELLNESS

Becoming personally satisfied with our occupations while maintaining a healthy balance in our individual lives

To help achieve career wellness, YSU Campus Rec offers services & programs Such as in-services and internships for students to gain career experiences



SPIRITUAL WELLNESS

Developing a sense of purpose and meaning in life as well as enhancing body, mind, & spirit connection

To achieve spiritual wellness, YSU Campus Rec offers services & programs such as yoga classes and the meditation studio.



PHYSICAL WELLNESS

Maintaining a healthy body through proper nutrition, regular physical activity and exercise, & general care

To achieve physical wellness, YSU Campus Rec offers services & programs such as Group X classes, Intramural sports, personal training, nutrition counseling, Health Fairs, and incentive programs.



FINANCIAL WELLNESS

Becoming financially responsible and learning to correctly and efficiently manage budgets & money, as well as understanding your current finances and preparing for any future financial changes

To achieve financial wellness, YSU Campus Rec offers services & programs such as college student budgeting and credit card information



AESTHETIC WELLNESS

Being able to appreciate the nature of beauty, art, and good taste

To achieve aesthetic wellness, YSU Campus Rec offers services & programs such as FORE, Adventure Recreation and have facilities such as the Meditation Studio



ENVIRONMENTAL WELLNESS

Becoming aware of your daily habits and how they affect and impact the Earth and our environment, as well as understanding the limits of Earth's natural resources

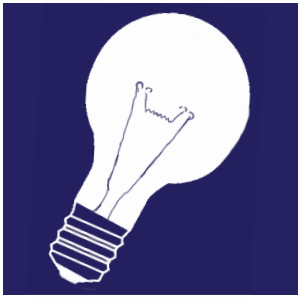
To achieve environmental wellness, YSU Campus Rec offers services & programs such as working to recycle more and involving Adventure Recreation and the FORE program



SOCIAL WELLNESS

Being able to form new interactions, positively interacting with others, and maintaining healthy interdependent relationships

To achieve social wellness, YSU Campus Rec offers services & programs such as Group X classes, "No Glove, No Love" safer sex programming, and smoking cessation programs.



INTELLECTUAL WELLNESS

Being able to utilize resources to expand knowledge & improve cognitively while creating and stimulating your mind

To achieve intellectual wellness, YSU Campus Rec offers services & programs such as finals relaxation programs, Project Purple Table, & Diabetes Education Week.