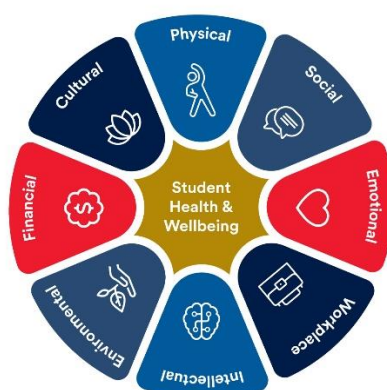


STUDENT HEALTH AND WELLBEING WHEEL

Many things influence our sense of wellbeing. The Wellbeing Wheel is a tool that displays eight dimensions of wellbeing, all of which help us to thrive. Several of the areas overlap with each other. The descriptions below are provided as a starting point for you to understand where your initiative may best align.



Cultural Wellbeing: Relates to a person's beliefs, values, ethnicity, spiritual practices, and heritage. Cultural identity can influence a person's sense of belonging, who they spend time with, what they eat and what they do for fun. Feeling culturally accepted is important for everyone, as we strive to create a university that recognises and celebrates diverse cultures. Examples of initiatives may include cultural celebrations, cultural education and activities that bring visibility to culture in a safe way.

Financial Wellbeing: Financial freedom allows you to make choices about your life. Sometimes, things out of our control, like unexpected expenses or rising cost of living can impact our financial stability. Increasing financial literacy, learning to manage resources responsibly and accessing tools to help us budget can all support our financial wellbeing.

Physical Wellbeing: The ability to maintain a healthy quality of life and get the most out of our daily activities without undue fatigue or physical stress. Physical wellbeing includes taking care of our bodies and recognising that daily habits and behaviours have a significant impact on our overall health and happiness. Movement, eating well, good sleep hygiene, and health checks are just a few factors related to our financial wellbeing.

Social Wellbeing: Building and maintaining healthy relationships and having meaningful interactions with others is important. Relationships can offer support during difficult times yet can be a source of distress when they break down. Social wellness involves being connected to your community and a sense of belonging.

Emotional Wellbeing: Is a broad term which encompasses positive mental health, quality of life and subjective wellbeing. Strong emotional wellbeing means that you can cope with the challenges of life. Examples of initiatives in this space might look at building resilience, exploring creativity and relaxation through mindful activity and goal setting workshops.

Workplace Wellbeing: Includes physical safety, workload, clear expectations, and support from leaders/peers in the workplace. While studying it's likely you are juggling work, study, family and more at once. Deriving a sense of purpose and value from your work will contribute to your sense of workplace wellbeing. Initiatives related to this area might look at placement poverty, time management activities, careers workshops and raising awareness of services available to students.

Intellectual Wellbeing: Relates to being open to new ideas and experiences, feeling engaged, challenged, and connected. It can also relate to how you balance work, study, and pleasure as well as creative expression. Critical thinking, creativity, and curiosity can be signs of intellectual wellbeing. Initiatives in this space might explore using Artificial Intelligence, study skills or sessions that inspire critical and creative thinking.

Environmental Wellbeing: Valuing the relationship between ourselves, the spaces we exist in, and the planet is crucial. Our surroundings can impact our thoughts and feelings, and our actions have long term consequences for the environment. Initiatives might explore explore climate anxiety, gardening, nature walks or education on sustainable practices.