



Q: *What is Intellectual Wellness?*

A: Intellectual wellness is recognizing creative abilities and finding ways to expand knowledge and skills.

Q: *What is Occupational Wellness?*

A: Occupational wellness is personal satisfaction and enrichment from one's work.

*KEY = Keep Educating Yourself

March 2019

Q: *Are there any examples of how to strive toward intellectual wellness?*

A: Absolutely! Make it a goal to become a life-long learner by:

- * Exploring creative expression
- * Being open to new ideas and insights
- * Learning new skills
- * Pursuing topics of personal interest, hobbies and cultural activities
- * Connecting with current events
- * Seek new experiences¹

Q: *How can occupational wellness be achieved?*

A: Be Inspired!

- * Explore various career options
- * Find a path where you can contribute your unique gifts, skills and talents
- * The career should be personally meaningful and rewarding
 - This will deepen your sense of purpose
- * Create a balance between work and free time²

Q: *Are there any illustrations that point towards the attainment of intellectual and occupational wellness?*

A: Certainly! The following examples are available!

- * *Washington Semester Program - American University*

Information session March 6th, 2:30 p.m., at the Mulva Library, room 101

Learn about the American University experience through Instagram!



- * *A Body of Work –*

View SNC students in this Art Foundation class while they experience a broad variety of media and in some cases different ways of thinking.



- * *SNC Spring Career & Internship Fair*

Networking, internship and job information: March 4th, 4-6:30 p.m., at the Michels Commons Ballroom.



Sources:

1. Aquinas College
<https://www.aquinas.edu/health-wellness/intellectual-wellness>
2. Iowa State University
<https://www.studentwellness.iastate.edu/ocupational-wellness/>



To Learn More about Wellness By Design

Speak with

Health & Wellness Services @ 920.403.3266

Counseling & Psychological Services @ 920.403.3045

Office Hours:

Monday – Friday 8:00 AM to 4:30 PM

Located on the 2nd floor of the

Mulva Family Fitness & Sports Center

<https://www.snc.edu/wellnessbydesign/>

