

**Q: What is a dimension of Environmental Wellness?**

**A:** Achieving good health by occupying pleasant, stimulating environments that support well-being.

November 2018

**Q: What are some simple things that I can do to enhance my environmental wellness?**

**A:** Give these ideas some thought and then take action!

- ❖ Do you organize your work space from time to time and add things that make you happy?
- ❖ Have you visited a public park to either play a sport like tennis or basketball or just take a walk?
- ❖ Is your living space filled with styles and textures you enjoy?<sup>1</sup>

**Q: Is there a sense of environmental wellness?**

**A:** Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings.

- ❖ It involves understanding the dynamic relationship between the environment and people.
- ❖ It recognizes that we are responsible for the quality of the air, water, and earth that surrounds us; also the social, natural, and built environments affect our health and well-being.<sup>2</sup>

**Q: Is there a perspective about wellness that could be shared?**

**A:** Wellness is fueling your body, engaging your mind, and nurturing your spirit. How we think about wellness is affected by our culture and our life experiences.<sup>2</sup>

**Q: Are there any suggestions for activities around campus that may reflect the environmental dimension of wellness?**

**A: The Hammock Lounge**



Appreciate the relaxation and de-stressing outdoor environment of SNC while enjoying the view of the Fox River. <https://www.snc.edu/cc/>

**A: The Fox River Trail**

This trail is great for bicyclists, walkers, joggers and in-line skating.



**A: GREEN: Reimagine Environment**

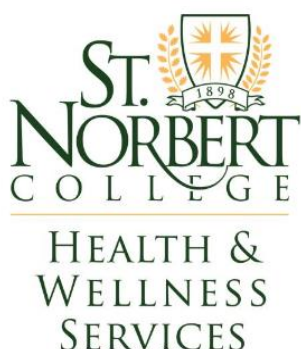
The Cassandra Voss Center presents November's feature speaker Heid E. Erdrich, Ph.D., poet, writer, and filmmaker. <https://www.snc.edu/cvc/programs/>



Video Poem

Sources:

1. Creating a Healthier Life, A Step-By-Step Guide to Wellness <https://store.samhsa.gov/shin/content/SMA16-4958/SMA16-4958.pdf>
2. Your Guide to Living Well, University of Maryland <https://umwellness.wordpress.com/8-dimensions-of-wellness/>



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**\*KEY =**  
 Keep  
 Educating  
 Yourself