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| DIMENSION | ORGANIZATIONAL  | PERSONAL |
| The **environmental** dimension encompasses a healthy relationship with the earth and its resources, and a healthy relationship with your personal surroundings.  It means being intentional about: * Protecting yourself from environmental hazards, such as noise, chemicals, pollution and ultraviolet radiation.
* Caring for and organizing your personal and professional spaces so you are productive and free of unnecessary stress.
* Conserving resources and leading a lifestyle that is respectful of your immediate surroundings, the community in which you live, and the planet.
 | Scavenger hunt Campus exploration  Environmental integrity & learning  Environmental Health and Safety Personal workspace Recycling Campus historical walk with plant identification Environment & personal well-beingErgo and you | Musical  Upcycle crafting  Bird watching  Feng shui  Silence practice  Tree/plant tour  Decluttering  Gardening |

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| **DIMENSION** | **ORGANIZATIONAL**  | **PERSONAL** |
| The **emotional** dimension requires ongoing self-examination and includes the ability to: Express and accept a wide range of feelings in yourself and others. Engage in satisfying relationships based on mutual trust and respect. Understand your limitations and be confident in your unique abilities. Cope effectively with stress. Take responsibility for your actions. Develop an enthusiastic and optimistic approach to life. | Emotional IntelligenceCreating safer spaces on campus for staff, students, and facultyPersonality colors – the people code Courageous conversations Happy Brain ScienceCounselingWork-Life BalanceCoping with grief and loss – an organizational perspectiveAddressing workplace concernsWorkplace Stress | Vision boarding Breathing as a stress reducerResponding to criticism  ConcentrationStress relief   Self-Care Mindfulness Smoking cessationEmotional Health  Healthy sleep habits  Balancing work-life for single parents Relaxation strategies Coping with stress Emotional eatingFamily and Relationships |

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| **DIMENSION** | **ORGANIZATIONAL**  | **PERSONAL** |
| The **intellectual** dimension is about expanding your knowledge, skills and abilities through ongoing personal growth and development, and includes the ability to: * Maintain an active, open mind.
* Seek out opportunities that stretch and challenge your mind with stimulating creative and problem-solving endeavors.
* Maintain the capacity to question and think critically.

  | Micro-learningSelf-LeadershipAchieving goals through professional development   Equity and Inclusion Guided Pathways and social change  Change managementMicrsoft office: learn and utilize your tools (Excel 101; Outlook; OneDrive; etc.) Creating accessible documents Cyber security & privacy  Substance abuse in the workplaceDefining a shared vision of a thriving workforce culture at ClarkCourageous Leadership (all employees) | Financial fitness Happy brain science  Brain teasers Taking classes at Clark – the why and how Asking for what you need  Writing group exercise  How to publish  Book group/club (pre-read prior to conference, then share in a conference session)  |

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| **DIMENSION** | **ORGANIZATIONAL**  | **PERSONAL** |
| The **physical** dimension requires eating well, exercising regularly, avoiding harmful habits and making responsible decisions about your lifestyle. By being proactive in your health, your positive daily choices will give you more energy and endurance and enhance your self-esteem.  | Desk workout  Penguin walk  Cubicle aesthetics  Being proactive in helping create a positive environment  Physical space and productivity  Baseball or kickball staff game  Universal design and physical space Ergonomics assessments    | Coaching/training/balance Worklife Balance Meal planning Self-esteem Self-defense  Tai chi Ballroom dancing in quadHealth and food/nutrition  Chiropractic massage/physical Therapy Hula Yoga Chair massage Cross fit Bodpod machines Puppies to pet and hold Acupressure |

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| **DIMENSION** | **ORGANIZATIONAL**  | **PERSONAL** |
| The **social** dimension encourages connecting with others and contributing to one’s community, with the understanding that satisfying relationships are basic to physical and emotional health. Social wellness involves developing positive interpersonal skills and cultivating a strong support network in which you give and receive. | Rock painting LinkedIn as tool for prof. dev.  Clark college values and you  Networking activities Staff success stories (mirroring student luncheons) Painting space/collective mural/post-it note wall  Dunk tank for EC  Relationships/co-workers, boss, colleagues Human Bingo Speed Networking Personality Profiles (MBTI)Manager’s role in wellness Classified conversations Admin/Exempt conversations  | Book club Cooking with Earl/Culinary Class Conversation groups Boundaries  How to present/public speaking  Blood mobile/blood donation  Social media platforms Engagement Creating your brand  Dependable strengths  |

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| **DIMENSION** | **ORGANIZATIONAL**  | **PERSONAL** |
| The **spiritual** dimension involves exploring the key principles, beliefs and values that give meaning and purpose to your life.  It’s about living in a way that is consistent with your “world view,” while also being tolerant of others who hold different beliefs and values.  | Meditation room  Finding balance  Creating a spiritual place on campus   | Mindfulness Relaxation Techniques Drum Circle  Meditation  Jam session The value of doodling Ba’hai wellness Tai Chi   |