|  |  |  |
| --- | --- | --- |
| 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-being  Ergo and you | Musical  Upcycle crafting  Bird watching  Feng shui  Silence practice  Tree/plant tour  Decluttering  Gardening |

|  |  |  |
| --- | --- | --- |
| **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 Intelligence  Creating safer spaces on campus for staff, students, and faculty  Personality colors – the people code  Courageous conversations  Happy Brain Science  Counseling  Work-Life Balance  Coping with grief and loss – an organizational perspective  Addressing workplace concerns  Workplace Stress | Vision boarding  Breathing as a stress reducer  Responding to criticism  Concentration  Stress relief  Self-Care  Mindfulness  Smoking cessation  Emotional Health  Healthy sleep habits  Balancing work-life for single parents  Relaxation strategies  Coping with stress  Emotional eating  Family and Relationships |

|  |  |  |
| --- | --- | --- |
| **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-learning  Self-Leadership  Achieving goals through professional development  Equity and Inclusion  Guided Pathways and social change  Change management  Micrsoft office: learn and utilize your tools (Excel 101; Outlook; OneDrive; etc.)  Creating accessible documents  Cyber security & privacy  Substance abuse in the workplace  Defining a shared vision of a thriving workforce culture at Clark  Courageous 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) |

|  |  |  |
| --- | --- | --- |
| **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 quad  Health and food/nutrition  Chiropractic massage/physical Therapy  Hula  Yoga  Chair massage  Cross fit  Bodpod machines  Puppies to pet and hold  Acupressure |

|  |  |  |
| --- | --- | --- |
| **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 |

|  |  |  |
| --- | --- | --- |
| **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 |