

Social, emotional, spiritual, mental, and physical health are integrated factors or aspects of wellbeing that influence and affect each other. Trying to achieve a balance of these factors is the best way of obtaining optimal wellbeing.

Taking care of your wellbeing will help you to better cope with everyday stressors and challenges, and enable you to be more resilient to those things that come along unexpectedly and are out of your control. Complete wellness is not realistic, no one is ever completely well or unwell – it's about achieving a good balance across all aspects of your health.

Tips for optimal wellbeing

Connect and engage with others

How well are you connected to the people around you? Do you have positive relationships with family, friends, other students, and University staff? Are you taking time regularly to engage with others?

- Smile, and aim to be positive about what the day will bring
- Expect the best of yourself and others, and see the best in people
- Spend time with people with positive attitudes
- Get involved with university and community activities and events
- Find people to spend time with who share similar interests
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