Personal Wellness

What is Wellness?

Personal wellness is finding a greater wellbeing through positively connecting the mind, body, and soul. In a simpler sense, achieving personal wellness comes from maintaining a healthy and balanced lifestyle.

In college, it can be difficult to create and uphold wellness habits while dealing with the challenges of being in school. Coping with stress, getting enough sleep, eating lots of fruits and veggies—these are all ways to achieve wellness!

You can take charge of your personal wellness in college just by making some small (or big) changes.

Information provided by RN Central, 2008.
Steps to Achieving Wellness

There is no fool-proof way to achieve personal wellness, but there are many steps you can take to improve your life and your college experience:

طفال Exercise! Walk to class, go for a hike, get moving, and make it fun. The American Heart Association recommends that adults exercise at least 30 minutes a day, 5 days a week. Exercise stimulates your mind and body and will help you get into a healthy routine.

طفال Eat well! Keep healthy snacks on hand, drink plenty of water, eat lots of fruits and veggies, and do not skip meals. Eating healthy and regularly stimulates your mind and body; boosting your memory and improving your mood.

طفال Get enough sleep! Take short naps, avoid all-nighters, and get a full night’s rest whenever you can. Sleep is not only important for your mood and body, but also for your memory and your ability to concentrate.

طفال Avoid stress! College can be a very stressful time but there are ways to avoid the negative effects of stress. Spend time with friends, complete assignments on time, and avoid procrastinating. High levels of stress can lead to symptoms of depression, anxiety, substance abuse, and suicide. If you are struggling with stress and are unable to cope please seek help. The Mental Health and Wellness Office is here to assist you.

Information provided by RN Central, 2008

Get Connected:

- Wellness Center- PH- (808) 845-9180
- Health Office- PH- (808) 845-9282
- Call your Primary Care Physician

Wellness Center

Kimberley Gallant, LCSW, Mental Health Counselor
PH- (808) 845-9180 | EMAIL- hccwell@hawaii.edu
www.honolulu.hawaii.edu/wellnesscenter

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