

# PLU'S WELLBEING ECOLOGY



At PLU, we understand wellbeing as an ecology.

- **Wellbeing for one is connected to wellbeing of all:** Ecologies are interdependent, complex relationships between individuals, their environment, and others with whom they share that environment; therefore, the wellbeing of one person is interconnected with the wellbeing of all.
- **Wellbeing is dynamic, not a fixed state of being.** We understand wellbeing as a continuum from “surviving” to “thriving,” through various seasons and supported (or challenged) by various experiences and conditions.
- **Our goal is multidimensional flourishing.** As the present is continually changing, shaped by events in the world and in our individual lives, our goal is to promote multidimensional wellbeing for all Lutes, in our immediate and extended communities including our environment, so that our ecology may flourish.

DIMENSION	DIMENSION DESCRIPTION	PRACTICES TO SUPPORT WELLBEING
<b>INTELLECTUAL</b> (Academic)	the ability to stay curious, critically think, expand understandings, morally reason, and engage in lifelong learning, furthering educational pursuits	<ul style="list-style-type: none"> <li>• regular learning: classes, reading, practicing skills</li> <li>• puzzles, games, and other brain exercises</li> <li>• nurturing curiosity, journaling, asking questions</li> </ul>
<b>PSYCHOLOGICAL</b> (Mental & Emotional)	mature and healthy thoughts/emotions management; the ability to recognize feelings in self and others, to express and manage feelings in healthy ways, to demonstrate vulnerability and seek help from others	<ul style="list-style-type: none"> <li>• mindfulness: grounding, gratitude, meditation</li> <li>• curiosity about thoughts/emotions: reframing</li> <li>• seeking support when needed (e.g., counseling)</li> <li>• practice diverse <u>coping skills</u> for stress/hard times</li> </ul>
<b>CREATIVE</b>	embracing everyday creativity (or “little c” creative activities and problem solving) as an opportunity for individual and community engagement & wellbeing	<ul style="list-style-type: none"> <li>• make time for play/expression (e.g., dancing, music, writing)</li> <li>• setting intentions: inspiration boards / journaling</li> <li>• embracing mistakes as part of the process</li> </ul>
<b>SPIRITUAL</b>	the ability to explore purpose and meaning and to nurture connection to something, someone, or someplace greater-than-self	<ul style="list-style-type: none"> <li>• meditation, prayer, mindfulness, reflection</li> <li>• connection to nature &amp;/or others (e.g., service)</li> </ul>
<b>(Social) IDENTITY</b>	developing a sense of personal identity and worth; examining one's social identities and understanding these in relationship with systems of power	<ul style="list-style-type: none"> <li>• values-reflections &amp; goal-setting</li> <li>• critical-consciousness development (awareness)</li> <li>• action in support of social justice movements</li> </ul>
<b>SOCIAL</b> (& Community)	ability to cultivate a social network of folks that is rooted in mutual trust, respect, and accountability, developed sensitivity and awareness towards others' feelings, and a recognition that good intentions do not always have positive impacts	<ul style="list-style-type: none"> <li>• connecting with others through shared interests, values, and/or community (e.g., join a group/club)</li> <li>• nurturing relationships: active listening, expressing gratitude, open communication, boundaries</li> </ul>
<b>ENVIRONMENTAL</b>	attending to the holistic ecology in which one is situated, including one's own environment (e.g., living, working, studying) and promoting environmental justice	<ul style="list-style-type: none"> <li>• reflect on your spaces (e.g., are they energizing? depleting?); change what you can to make spaces nurturing</li> <li>• environment: waste reduction, energy conservation, eco-friendly/ sustainable choices</li> </ul>
<b>PHYSICAL</b>	attending to one's body as interconnected with mind and spirit, including eating balanced and nutritious food, engaging in regular movement/physical activity, getting enough sleep, practicing safe(r)/healthy sexual relations, and feeling body positive/neutral	<ul style="list-style-type: none"> <li>• movement: ~20 min/day supports health/learning</li> <li>• nutrition-rich foods &amp; plenty of water intake</li> <li>• sleep hygiene: consistent routines</li> <li>• preventative care: vaccines, check-ups, screening</li> <li>• substance management: mindful consumption</li> <li>• stress management: breathing, prof. care</li> </ul>
<b>FINANCIAL</b>	navigating financial systems to achieve goals; the ability to manage finances for desired lifestyle and achieve realistic budgetary goals within one's means	<ul style="list-style-type: none"> <li>• creating a budget within one's means</li> <li>• mindful spending: resources/finances awareness</li> <li>• build savings/reserves when possible</li> <li>• build financial literacy and skills</li> <li>• mindful credit usage and monitoring</li> </ul>
<b>VOCATIONAL</b>	being called with others to promote human and ecological flourishing ( <a href="#">PLU's Wild Hope Center</a> ); may include paid (job/career) & unpaid (volunteer, community-based action) work	<ul style="list-style-type: none"> <li>• align values with meaningful works to serve communities</li> <li>• recognize and celebrate accomplishments</li> <li>• strategic opportunities: use networks/mentors</li> </ul>