



Southeastern Oklahoma
State University
Office of Student Life

REAL TALK

THINGS TO KNOW
ABOUT WELLNESS

Check out
<https://www.se.edu/student-wellness/>

for more information on
how you can improve
your wellness going into
college!



1. EMOTIONAL:

Give your mind a rest and get some rest!

2. INTELLECTUAL:

Plan ahead and organize your schedule!

3. PHYSICAL:

Keep your body moving working for you and not against you. exercise and eat healthier meals when possible!



4. SOCIAL:

Make healthy friendships and find the balance to say "no thank you, I appreciate the offer," when needed.

5. ENVIRONMENTAL:

Keep a tidy room and spend time in healthy spaces to ensure your health is a priority!



6. FINANCIAL:

Make a budget for yourself to relieve some stress. Check out cashcourse.org to help with your financial success!

7. SPIRITUAL:

Find what makes your soul feel at peace. Finding the time to rest your soul helps identify your purpose.

