Emotional Wellbeing – the capacity to recognize emotions and to cultivate skills to self-soothe.

Physical Wellbeing – the capacity to choose activities and nourishment that energize the physical body.

Financial Wellbeing – the capacity to manage resources to feel financially secure.

Environmental Wellbeing – the capacity to live, work, and have fun in safe and healthy environments.

Intellectual Wellbeing – the capacity to engage with the world in creative ways.

Occupational Wellbeing – the capacity to feel personally fulfilled and energized by your work and/or studies.

Social Wellbeing – the capacity to establish and sustain close and meaningful relationships.

Spiritual Wellbeing – the capacity to engage in life events that have meaning to you.

Mental Wellbeing – the capacity to have relaxed, focused, and clear attention where you intend to direct your focus.

You are invited to participate in UICOMP’s Wellness Wednesday Series 2023 - 2025! Each session will focus on one of nine dimensions to create an Individualized Toolkit* for Wellbeing.

Virtual Zoom Meeting
https://uic.zoom.us/j/86751484424?pwd=dem5akvjunvaau5vs1o0nhhin2vcut09

Series Schedule:

May 17, 2023 - noon Emotional Wellbeing – the capacity to recognize emotions and to cultivate skills to self-soothe.

August 16, 2023 - noon Physical Wellbeing – the capacity to choose activities and nourishment that energize the physical body.

November 15, 2023 - noon Financial Wellbeing – the capacity to manage resources to feel financially secure.

February 21, 2024 - noon Environmental Wellbeing – the capacity to live, work, and have fun in safe and healthy environments.

May 15, 2024 - noon Intellectual Wellbeing – the capacity to engage with the world in creative ways.

August 21, 2024 - noon Occupational Wellbeing – the capacity to feel personally fulfilled and energized by your work and/or studies.

November 20, 2024 - noon Social Wellbeing – the capacity to establish and sustain close and meaningful relationships.

February 19, 2025 - noon Spiritual Wellbeing – the capacity to engage in life events that have meaning to you.

May 21, 2025 - noon Mental Wellbeing – the capacity to have relaxed, focused, and clear attention where you intend to direct your focus.

*This toolkit is adapted from the University of Colorado Anschutz Medical Campus School of Medicine. (https://www.bhwellness.org/resources/toolkits/BHWP-Physician-WWB-Toolkit.pdf).

Wellness Wednesday Sessions are offered to faculty, staff, residents, fellows and students of UICOMP. For more information, please email Deb Disney at ddisney@uic.edu