



The Impact of Wellbeing on Academic Success Tip Sheet

What is Wellbeing?

Wellbeing is a word that can be frequently tossed around and is still little understood, especially in academics. Wellbeing involves taking time to focus on and care for different areas of our lives to maintain our comfort and happiness. Looking after our holistic wellbeing can directly impact our academic performance. Supporting ourselves through understanding and practicing wellbeing means we are better able to achieve our academic goals. Practicing wellbeing gives us resources to draw upon when school and life pressures run high. This tip sheet will look at wellbeing through a Wellness Wheel lens.



Wellness Wheel (Illustration: Anna Gullacher)

Wellness Wheel

The wellness wheel is a concept that views individuals holistically. Holistic frameworks view individual wellness as interconnection and balance between aspects of oneself. These aspects may sound abstract, but when put together they create a whole. Five dimensions of the wellness wheel are outlined below with resources for how to support each individual area. Keep in mind that wellbeing is a whole picture. If you feel overwhelmed with the individual sections presented below, try to connect each back to the whole.

Emotional Wellbeing

Emotional wellbeing is taking space to feel your emotions, reduce stress and take care of yourself. Some ways we can do this include:

- Using gratitude to reflect on the good things, big and small, we have in our lives. These can be as simple as making a note before studying saying “today, I am grateful for...” and then filling in the blank.
- Doing things that bring you peace. This could look like going for a walk in nature or finding a quiet space for some downtime between study sessions.
- Learning more about your wellbeing and understanding your thought and emotions. You can do this through webinars or simply reflecting. A resource for supporting [emotional wellbeing through webinars](#) can be found on the mental health webpage.

Mental Wellbeing

Mental wellbeing is checking in on our mental needs and being in tune with what is typical or non-typical for our mental state. Some ways we can do this include:

- Creating boundaries in your academic schedule by setting designated times of rest. This rest could be doing a hobby or activity you enjoy, taking a quiet nature walk, or any activity that helps you feel recharged.
- Talking to someone if you are struggling. Sometimes we run out of resources, and we need another perspective and that is okay. This could be a trusted friend, mentor, academic advisor, or mental health professional.
- Connecting with resources on campus like the Wellness Center’s [mental health services](#). Additionally, peer mentors, such as the [first-in-family mentors](#), can be a great resource.

Physical Wellbeing

Physical wellbeing involves taking care of your body’s needs. Some ways we can do this include:

- Avoid pulling all-nighters. A good night’s sleep is not only important for learning, but can change how we tackle the day. Getting between 7 and 9 hours of sleep will be better for your exam than studying all night.
- Moving your body. This can look like going to the gym, going for a walk, or doing a sport you find fun. It does not have to be a specific type of exercise to count, just get moving

and aim for 30 minutes of movement or more. Check out the [active living programs website](#) for some on-campus activities you can fit in between classes.

- Eating some healthy food. This can look like taking some time to cook a fun, healthy meal. Finding simple ways to incorporate healthy food into your diet, like snacking on veggies.

Spiritual Wellbeing

Spiritual wellbeing includes investing in spiritual aspects of your life. Some ways we can do this include:

- Building and understanding your values.
- Exploring or practicing your beliefs.
- Expressing gratitude and practicing compassion towards yourself and/or others.
- Connecting with others on campus through the [Faith and Spirituality website](#) which outlines some programs offered right here at the university.

Social Wellbeing

Social wellbeing is looking after the social aspects of your life. Some ways we can do this include:

- Building supportive, healthy relationships and spending time with people you love.
- Connecting with classmates through things like setting up a study session or helping each other with notes and study tips.
- Cultivating new relationships through [joining a club](#) or going to school events. If joining a club sounds overwhelming, try one offered through your departments first.
- Checking out group activities through resources such as the [Faith and Spirituality](#) or [Active Living](#) websites. These can be a good way to look after your social wellbeing while engaging other aspects of wellbeing at the same time.

Though the above sections are discussed separately, areas of wellbeing connect and support each other. Often, we can support multiple areas of wellbeing at a time. For example, getting a good sleep will support both your mental and physical wellbeing. It is worth working small habits of wellbeing into our academic schedule as they keep us at our best when it comes to tackling the challenges of university life.

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