Be Well to Do Well is about the many facets of students’ wellbeing, and acknowledging the interconnectedness across these dimensions. Through self-care and attention to physical, emotional, and social wellness, students can better achieve their personal and academic goals.

@DUWellness

Physical Wellness
The physical dimension of wellness entails taking responsibility and care for illness, and taking care of self to prevent illness — eating well, exercising, limiting use of alcohol and other drugs.

Emotional Wellness
Emotional wellness includes the capacity to manage one’s feelings and related behaviors, and the ability to cope effectively with stress.

Social Wellness
Social wellness is about positive connections and positive with others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the community.

Spiritual Wellness
The spiritual dimension of wellness involves seeking meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life.