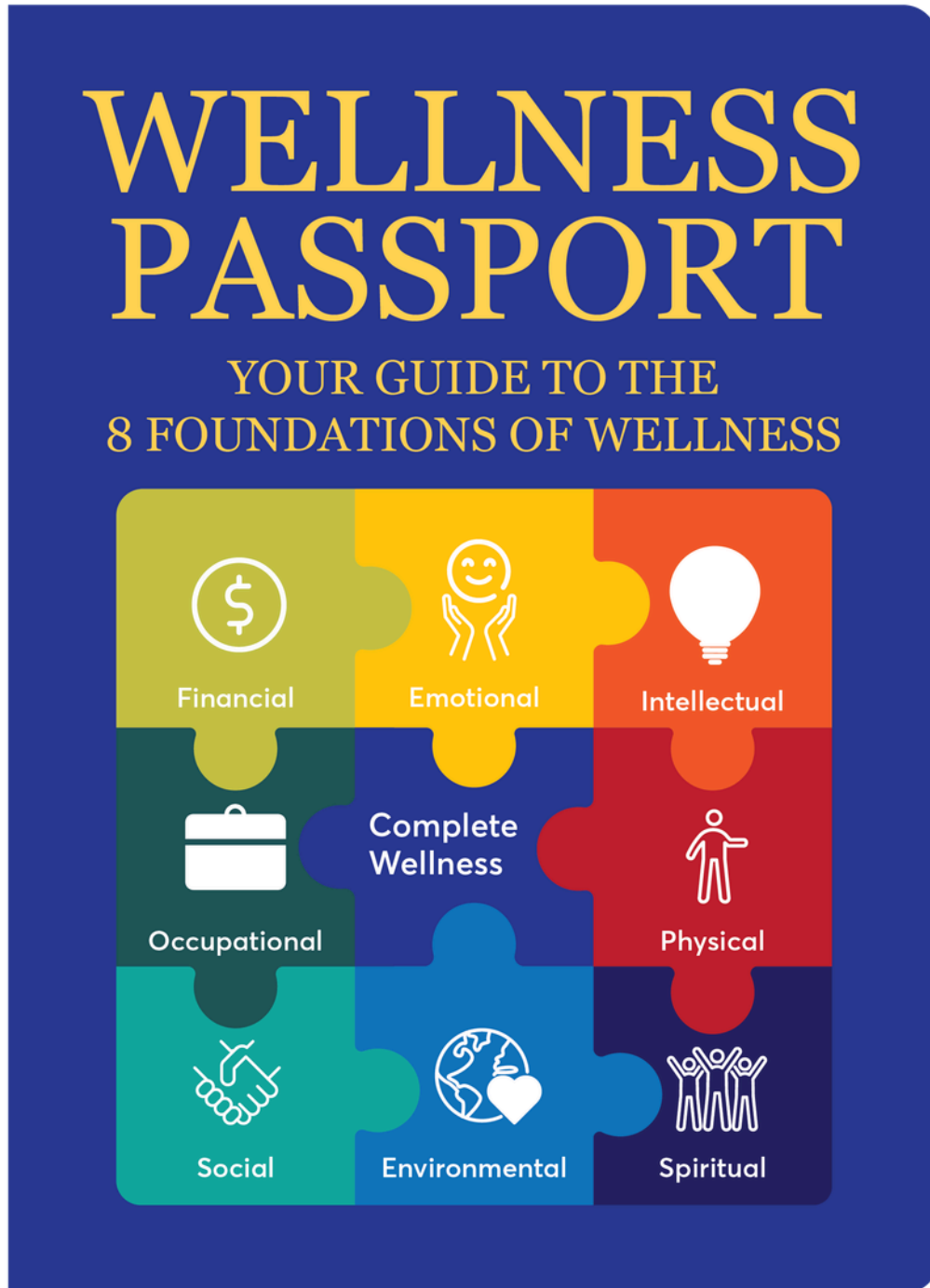


# WELLNESS GUIDE

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A student guide to wellness supported by the Office of Student Health and Wellness.

The Office of Student Health and Wellness is here to support you! We understand that college can be challenging, stressful, and sometimes overwhelming. Alongside the demands of your courses, you're balancing work, a social life, and other obligations. To help you stay at your best, it's important to focus on wellness.

This brochure will introduce you to the concept of wellness, provide tips to improve your well-being, and offer resources both on and off campus to support you throughout your college experience.

### **What is wellness?**

Wellness involves being mindful of and making decisions that contribute to a healthy and fulfilling life. It is essential because it significantly impacts our overall well-being. During significant life transitions, such as starting college, prioritizing wellness can help manage stress, maintain health, and foster positive relationships. By focusing on self-care, you can enhance your college experience, achieve academic success, and enjoy a more balanced and rewarding life.

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## STUDENT HEALTH AND WELLNESS OFFICE

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### Feeling Stressed or Overwhelmed? We're Here for You!

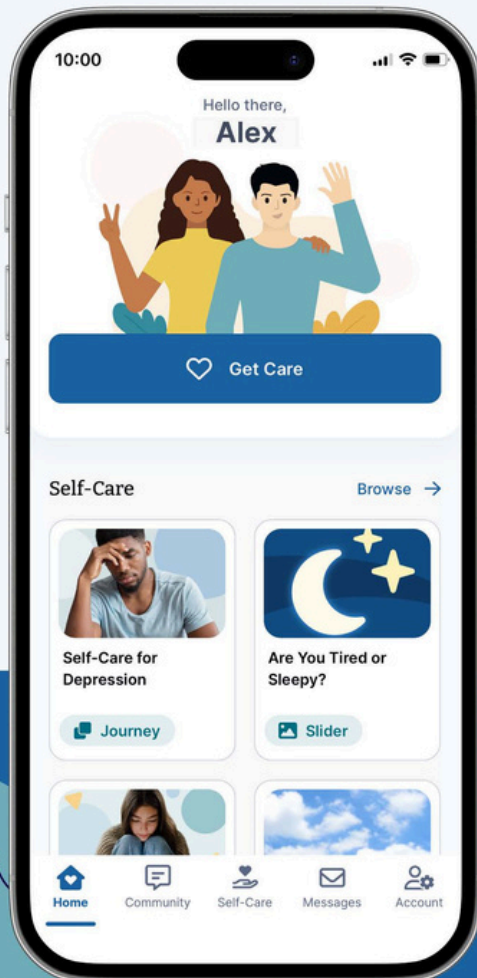
At St. Charles Community College, we understand that college life can be challenging. That's why we offer free access to licensed mental health counselors through TimelyCare virtual services. These counselors are here to help you achieve your personal, academic, and career goals.

Additionally, our Student Health and Wellness Manager is available to meet with you to assess your concerns and well-being. Together, we can develop action plans to empower you to address both current and ongoing needs.

We also provide assistance with food, clothing, and other essential resources. Don't hesitate to reach out; we're here to support you every step of the way.



# Fuel Your Success With Wellness



## ▶ Take Care of You

Prioritize your health and well-being! Get started with on-demand self-care content, like yoga and meditation.

## ▶ Engage With Others

Validate how you're feeling. Check out the peer community to share, connect with, and support other students nationwide.

**Discover all the health and well-being resources available 24/7 in TimelyCare!**


## Download the TimelyCare App Today!

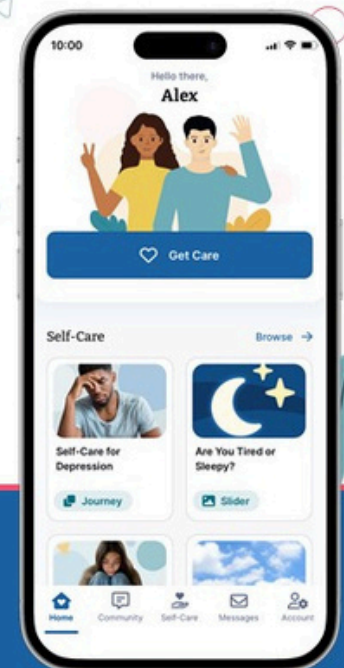


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# Your Virtual Health and Well-Being Resources

Available on the TimelyCare app or [timelycare.com/stchas](https://www.timelycare.com/stchas)

 <b>MedicalNow</b> On-demand support for common health issues.	 <b>TalkNow</b> 24/7, on-demand emotional support to talk about anything.	 <b>Scheduled Medical</b> Choose your preferred day, time, and medical provider.	 <b>Scheduled Counseling</b> Choose your preferred day, time, and mental health provider.
 <b>Health Coaching</b> Use this to help develop healthy lifestyle behaviors.	 <b>Self-Care Content</b> Visit the "Self-Care" page for guided self-care content.	 <b>Basic Needs</b> Access to free or reduced-cost community resources.	 <b>Peer Community</b> Share your experiences with a nationwide network of students.



Download on the  
App Store

GET IT ON  
Google Play

Scan the QR Code  
to access care.

  
**timelycare**

@timelycare

@timely\_care



# EMOTIONAL WELLNESS

## What is emotional wellness?

Emotional wellness involves developing an awareness of your feelings and your responses to everyday interactions. This awareness helps you understand why you feel a certain way and allows you to actively respond to your emotions.

## How to improve emotional wellness?

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- Taking time for yourself to quiet your mind and reflect.
- Aim for at least eight hours of sleep regularly.
- Build and strengthen your social relationships.
- Accepting mistakes and learning from them for next time.
- Sharing your thoughts and feelings with someone you trust. Remember to listen to others' emotions too.
- Seeking or accepting help and support from others when needed.
- Journaling or meditation.
- Practicing gratitude.

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
- Timely Care
  - [timelycare.com/stchas](http://timelycare.com/stchas)
- Student Activities Office
  - [www.stchas.edu/studentactivities](http://www.stchas.edu/studentactivities)
- Student Disability Support Services
  - [www.stchas.edu/DSS](http://www.stchas.edu/DSS)



# PHYSICAL WELLNESS

## What is physical wellness?

Physical wellness is about taking care of your body to keep it healthy and functioning well. This includes regular exercise, eating nutritious foods, getting enough sleep, and having regular health check-ups. Physical wellness is unique to each person, as everyone's body and needs are different. By focusing on physical wellness, you can manage stress better, reduce the risk of illness, and have the energy to enjoy daily activities.

## How to improve physical wellness?

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- Aim for at least eight hours of sleep regularly.
- Commit to regular exercise that's best for you and with clearance from your medical doctors' recommendations.
- Learning to recognize warning signs when your body begins feeling ill.
- Eating a balanced diet.
- Staying hydrated.
- Make annual checkup appointments with your Primary Care Provider
- Download wellness Apps for resources (Timely Care, Fitness Pal, Apple Health)

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
- Timely Care
  - [timelycare.com/stchas](http://timelycare.com/stchas)
- SCC 7-RC Rec Center
  - [www.stchas.edu/studentactivities](http://www.stchas.edu/studentactivities)
- Athletics Department
  - [www.sccathletics.com](http://www.sccathletics.com)



# SOCIAL WELLNESS

## What is social wellness?

Social wellness means building healthy, supportive, and lasting relationships within your social circle and community. When you develop strong connections with others, it boosts your emotional well-being and helps you feel more engaged and involved on campus.

## How to improve Social Wellness?

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- Reflecting on yourself and your social needs.
- Making an effort to keep in touch with supportive friends, family and mentors.
- Participating in group discussions and practicing active listening.
- Joining a club or organization
- Volunteering in the community

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
- Timely Care
  - [timelycare.com/stchas](http://timelycare.com/stchas) (Self-Care and Peer Community via App)
- Student Activities Office
  - [www.stchas.edu/studentactivities](http://www.stchas.edu/studentactivities)
- Disability Support Services
  - [www.stchas.edu/DSS](http://www.stchas.edu/DSS)
- The EXCEerator (Library)
  - [www.stchas.edu/excelerator](http://www.stchas.edu/excelerator)



# OCCUPATIONAL WELLNESS

## What is occupational wellness?

Occupational wellness is about finding security and a sense of purpose in your job, while also being able to balance work and leisure in a healthy way. Without this balance, both personal health and the ability to achieve work and career goals can suffer.

## How to improve Occupational wellness?

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- Take advantage of career service resources
- Exploring different career and/or volunteer opportunities that arise.
- Write out goals, create a plan
- Practice positivity and growth mindset.
- Create connections with co-workers and peers.
- Increase your knowledge and skills to accomplish your goals.

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
- Career and Success Coach Services
  - [www.stchas.edu/careerservices](http://www.stchas.edu/careerservices)
  - Review Handshake database
- The EXCEerator (Academic and Success Coach Services)
  - [www.stchas.edu/excelerator](http://www.stchas.edu/excelerator)
- Academic Advising
  - [www.stchas.edu/advising](http://www.stchas.edu/advising)



# FINANCIAL WELLNESS

## What is financial wellness?

Financial wellness involves the process of learning how to successfully manage financial expenses. The maintenance of expenses decreases stress and effects of future cost or emergencies. Money plays a critical role in our lives, and it can impact your health as well as your academic performance.

## How to improve financial wellness?

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- Understanding where your money goes by keeping track of savings and spending
- Create a budget
- Apply for scholarships by checking out the Financial Aid Department
- Understanding your student loans
- Visit a financial Advisor
- Download Financial Apps for tracking and accountability

## Resources on Campus

- Financial Aid
  - [www.stchas.edu/financialaid](http://www.stchas.edu/financialaid)
- Student Accounts
  - [www.stchas.edu/get-started/pay-for-college/student-accounts](http://www.stchas.edu/get-started/pay-for-college/student-accounts)
- Cashiers Office
  - [www.stchas.edu/cashiers](http://www.stchas.edu/cashiers)



# INTELLECTUAL WELLNESS

## What is intellectual wellness?

Intellectual wellness is the ability to actively participate in academic and community activities stimulating the mind and encouraging creativity and curiosity. Intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies that expand your knowledge and skills while allowing you to share your knowledge and skills with others.

## How to improve intellectual wellness?

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- Engaging in academic events.
- Listening to educational podcasts or other events outside of class.
- Participating and attending class regularly.
- Picking up a hobby
- Studying abroad or traveling.
- Reading for pleasure.
- Checking out a seminar or conference on something new.
- Read and play intellect-based games, solve puzzles and discuss and debate topics with others.

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
- Timely Care
  - [Timelycare.com/stchas](http://Timelycare.com/stchas) (Self-Care and Peer Community via App)
- Student Activities Office
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- Student Disability Support Services
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- The EXCEerator
  - [www.stchas.edu/excelerator](http://www.stchas.edu/excelerator)
- Schnare Library
  - [www.stchas.edu/library](http://www.stchas.edu/library)



# SPIRITUAL WELLNESS

## What is spiritual wellness?

Spiritual wellness is about finding meaning, purpose, and connection in life. For college students, this can involve exploring personal values, beliefs, and practices that help guide decision-making and provide inner peace. It doesn't have to be religious—it can include mindfulness, nature, meditation, or simply reflecting on what matters most to you. Nurturing spiritual wellness can help reduce stress, improve focus, and support emotional resilience during your college journey.

## How to improve spiritual wellness?

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- Practicing mindfulness or meditation
- Reflecting on your values and beliefs
- Spending time in nature
- Keeping a journal
- Engaging in meaningful conversations
- Participating in spiritual or religious practices
- Listening to music, podcasts, or readings
- Seeking guidance or mentorship
- Practicing gratitude
- Expressing yourself creatively

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
  - Relaxation Room
- Timely Care
  - [Timelycare.com/stchas](http://Timelycare.com/stchas) (Self-Care and Peer Community via App)



# ENVIRONMENTAL WELLNESS

## What is environmental wellness?

Environmental wellness means creating a safe, clean, and sustainable space that supports your well-being. This includes your room, study areas, and the larger campus. Simple actions like reducing waste, spending time in nature, and being mindful of your impact help you stay balanced and focused.

## How to improve spiritual wellness?

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- Keeping your space clean and organized
- Reducing waste
- Using Eco-Friendly Products
- Spending time outdoors
- Conserving energy
- Being mindful of your impact
- Listening to music, podcasts, or readings
- Seeking guidance or mentorship
- Practicing gratitude
- Expressing yourself creatively

## Resources on Campus

- Student Health and Wellness Office
  - [www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)
  - Relaxation Room
- Timely Care
  - [Timelycare.com/stchas](http://Timelycare.com/stchas) (Self-Care and Peer Community via App)

# ST. CHARLES COMMUNITY COLLEGE



*Thank you!*

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[www.stchas.edu/mentalhealth](http://www.stchas.edu/mentalhealth)