



Scan the QR code to download a digital copy of the booklet, self-report your progress and earn badges on Hog-Sync.

# WELLNESS 8 FOR 8



[urec.uark.edu/wellness](http://urec.uark.edu/wellness)

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## INTRODUCTION

- The 8 for 8 is a fun way to learn about the 8 dimensions of wellness through any 8 weeks of your semester.
- You don't have to be perfect in each dimension, but being intentional and practicing healthy activities from a few dimensions each day can lead to a balanced life.
- Creating healthy habits and adopting a personal wellness philosophy will help improve your behaviors, emotions, and relationships. Unlock your full potential with the 8 for 8!

# SOCIAL

"Squad Goals!"

- Join the student section at a Razorback sporting event
- Attend a First Friday event at the Multicultural Center
- Join a group fitness class or put together an intramural sports team
- Volunteer for service opportunities at [uark.givepulse.com](http://uark.givepulse.com)
- Create a study group with your friends or classmates



# WELLNESS CHECK-IN

**SOCIAL**

**CHALLENGE:**

**SIT NEXT TO A NEW  
PERSON IN YOUR NEXT  
CLASS.**

**WHO DID YOU SEE THAT MADE  
YOU FEEL GOOD THIS WEEK?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# ENVIRONMENTAL

*"Take care of the Earth,  
and she will take care of you"*

- Have a picnic on the Old Main lawn
- Explore Fayetteville via the Razorback Greenway
- Venture out to Mount Sequoyah or Devil's Den for a hike
- Sign up for a trip with UREC outdoors
- Have a conversation with your roommate and agree on a cleaning schedule

**We're in the natural state, take  
advantage of it!**



# WELLNESS CHECK-IN

## ENVIRONMENTAL

**WHAT WAS THE COOLEST  
PLACE YOU VISITED THIS WEEK  
AND WHY?**

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**WHAT DID YOU DO TO CUT  
BACK ON WASTE THIS WEEK?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# WELLNESS CHECK-IN

## FINANCIAL

## FINANCIAL

"Money, Money, Money" - ABBA

- Download a budget app and create a budget for the next month
- Explore how to start building good credit
- Apply to an on campus job at [jobs.uark.edu](http://jobs.uark.edu)
- Set up a savings or retirement account
- Donate to a cause you're passionate about in Fayetteville

## CHALLENGE:

Keep track of all the purchases you make this week.

WHAT ARE THREE AREAS THAT YOU CAN SAVE MONEY IN?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# SPIRITUAL

*"Keep your internal fire alive"*

- Download a meditation app (headspace, insight timer, balance, etc.)
- Attend a UREC yoga class
- Get outside and appreciate nature on a hike or walk
- Explore your wellness needs by completing a wellness inventory at [sorts.balancedcardsorts.com](https://sorts.balancedcardsorts.com)  
Student Code: UARKwell2324
- Reflect on your week and what experiences stood out to you
- Write down a positive affirmation and say it out loud to yourself

# WELLNESS CHECK-IN

## SPIRITUAL

**I REALLY WISH OTHERS  
KNEW THIS ABOUT ME...**

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**WRITE DOWN 3 THINGS THAT  
INSPIRE YOU.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# OCCUPATIONAL

“Find out what you like doing best, and get someone to pay you for doing it.”

– Katharine Whitehorn

- Talk to students who are about to graduate from your major
- Visit the **CORD** and check out all the student success resources available to you at [success.uark.edu](http://success.uark.edu)
- Explore what your major or field of interest looks like around the world
- Take the Career Readiness Assessment and learn how to develop your career competencies at [career.uark.edu](http://career.uark.edu)



# WELLNESS CHECK-IN

## OCCUPATIONAL

### CHALLENGE:

VISIT A PROFESSORS OFFICE HOURS AND ASK THEM WHAT STILL EXCITES THEM ABOUT THEIR FIELD OR CAREER.

LIST YOUR 3 BIGGEST STRENGTHS THAT PLAY INTO YOUR MAJOR OR FUTURE CAREER.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# INTELLECTUAL

“Life is about taking chances, trying new things, having fun, making mistakes and learning from it.”

- Read a new book (for fun!)
- Join a Registered Student Organization you're interested in at [hogsync.uark.edu](http://hogsync.uark.edu)
- Attend a play at TheatreSquared, Walton Arts Center, or UARK Department of Theatre
- Engage in conversations in class
- Explore what learning style (visual, auditory, kinesthetic, reading/writing) works best for you!



# WELLNESS CHECK-IN

## INTELLECTUAL

## CHALLENGE:

SEEK OUT AN ACTIVITY,  
PERSON, OR PLACE YOU ARE  
UNFAMILIAR WITH THIS WEEK.

WHAT ARE 3 THINGS THAT YOU  
WANT TO LEARN ABOUT THIS  
WEEK?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# EMOTIONAL

*“We’re healing and falling in love with ourselves again.”*

- Gauge how you feel by journaling daily
- Think about what you’re grateful for each day
- Learn more about Let’s Talk outreach through CAPS at [health.uark.edu](http://health.uark.edu)
- Check in with your friends to make sure they are doing ok
- It’s okay to say no if you need to have some alone time to recharge
- Acknowledge your emotions!

# WELLNESS CHECK-IN

## EMOTIONAL

### CHALLENGE:

Do a guided meditation for at least 5 minutes everyday this week.

WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# PHYSICAL

“Take care of your body. It’s the only place you have to live.” — Jim Rohn

- Give mountain biking a try at the Tsa La Gi bike park
- Put the phone down and go to bed early to make sure you get 8 hours of sleep
- Head out to Lake Fayetteville and walk or jog around the lake
- Get your pump on at the HPER or UREC Fitness Center (AR Union)
- Take the stairs this week instead of the elevator
- Take a break and get up from your computer!

# WELLNESS CHECK-IN

## PHYSICAL

### CHALLENGE:

Check out one of the UREC facilities this week.

(HPER, UREC Fitness Center, Sports Complex, Tennis Center)

LIST HEALTHY HABITS THAT YOU WANT TO BUILD.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# NOTES

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# Contact UARK Wellness



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