### WELL-BEING

Well-being is defined as an optimal and dynamic state that allows people to achieve their full potential, focusing on two interdependent types of well-being: individual and community.

- **Individual well-being** is defined within three broad and interrelated categories: perceiving one's life as being generally happy and satisfying, having one's human rights and needs met, and one's contribution to their community.

- **Community well-being** is defined by relationships and connectedness, perceived quality of life for all people in the community, and how well the community meets the needs of all members.

### DIMENSIONS OF WELLNESS

Wellness can impact our personal and academic lives. So, it is beneficial to attend to our wellness across all dimensions. As part of the University of Florida’s efforts to foster student well-being, the University uses a multi-dimension model of wellness. This model is simply known as the Dimensions of Wellness.

Students report that stress and anxiety are two of the most significant obstacles to their academic success. Imbalance in one or more of the dimensions of wellness may contribute to stress and anxiety among college students. By examining each dimension as individuals and within our community, it is possible to identify those neglected areas leading to imbalance and implement strategies to improve our overall well-being. This step may include activating personal skills as well as campus and community resources.

By focusing on the “whole” — the whole person, the whole educational experience, the whole institution, the whole community — well-being becomes a multifaceted goal and a shared responsibility for the entire institution.

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### Counseling & Wellness Center

**Relevant concerns**
- Counseling
- Mental Health Workshops
- Emotional Support
- Consultation
- Crisis Consultation

**Contact**
counseling.ufl.edu - (352) 392-1575

### RecSports

**Relevant concerns**
- Physical Activity
- Nutrition
- Sport Programs
- Aquatics
- Outdoor Recreation

**Contact**
recsports.ufl.edu - (352) 846-1081

### Student Health Care Center

**Relevant concerns**
- Primary Clinical Care
- Immunizations
- Prescriptions
- Physical Therapy
- Women’s Health
- LGBTQ+ Health

**Contact**
shcc.ufl.edu - (352) 392-1261

### Disability Resource Center

**Relevant concerns**
- Assistive Technology
- Classroom Accessibility
- Academic & Testing Accommodations

**Contact**
disability.ufl.edu - (352) 392-8565

### Gatorwell

**Relevant concerns**
- Sexual Health
- Sleep
- Alcohol & Drugs
- Interpersonal Violence
- Time Management
- Stress Management
- Mindfulness
- Studying & Test Taking Skills

**Contact**
gatorwell.ufl.edu - (352) 273-4450

### CARE Area

**Relevant concerns**
- Case Management
- Medical Petitions
- Food Security

**Contact**
care.dso.ufl.edu - (352) 392-1261

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**In need of more support?**
Find the “Orange Folder” at bit.ly/uforange
Exploring Stepped Care

With so many resources out there to choose from it can be difficult to know where to start when looking for support. In this model each step builds upon the last to create a strong foundation of resilience for our students.