



THE OHIO STATE
UNIVERSITY

ALUMNI ASSOCIATION

New Category 1 Event: Health and Wellness

Reimbursement: up to \$500 for first event (\$250 for event 2 and 3)

Description: An event that focuses on learning about and making choices toward a healthy and fulfilling life. The event should focus on one of the dimensions of health and wellness which include “Emotional, Career, Environmental, Financial, Intellectual, Creative, Physical, Social, and Spiritual.”



Emotional Wellness: The emotionally well person can identify, express and manage the entire range of feelings and would consider seeking assistance to address areas of concern.



Occupational Wellness: The professionally well person engages in work to gain personal satisfaction and enrichment, consistent with values, goals and lifestyle.



Environmental Wellness: The environmentally well person recognizes the responsibility to preserve, protect and improve the environment and appreciates the interconnectedness of nature and the individual.



Financial Wellness: The financially well person is fully aware of financial state and budgets, saves and manages finances in order to achieve realistic goals.



Intellectual Wellness: The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews and engage in education for the pursuit of knowledge.



Creative Wellness: The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.



Physical Wellness: The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, engages in exercise for 150 minutes per week, attends regular medical check-ups and practices safe and healthy sexual relations.



Social Wellness: The socially well person has a network of support based on interdependence, mutual trust, respect and has developed a sensitivity and awareness towards the feelings of others.



Spiritual Well-being: The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning and connection through dialogue and self-reflection.

Examples: Start a Walking/ Jogging club, Host a yoga event like “Yoga at Mapfre Stadium”, Host a Buckeye Smart speaker, start a book club focused on Health and Wellness.

❖ If you have questions or need clarification, please contact your Regional Engagement Officer