Eight Dimensions of Well-Being

The well-being of our graduate students, postdoctoral trainees, and larger community is an ever-present focus of The Graduate School (TGS). It is also a strategic priority for the 2019–20 academic year as part of our Vision 2025 strategic plan. The term “well-being” encompasses overall health, happiness, and prosperity. It is affected by many aspects of one’s life. To reflect this multi-faceted nature, TGS will highlight one of Eight Dimensions of Well-Being each month as outlined below.

Throughout each month, we will share resources and programs with our community that foster a sense of well-being as related to the specific dimensions highlighted. Our hope is for graduate students and postdoctoral trainees to feel better equipped when attending to all aspects of their well-being during their time at Northwestern and beyond.

### Year of Well-Being Communication Schedule

#### Eight Dimensions of Well-Being

- **September: Introduction**
- **October: Intellectual**
  - Highlighting resources that enable the recognition of one’s creative abilities, and finding ways to expand knowledge and skills.
- **November: Social**
  - Highlighting resources that help graduate students and postdoctoral trainees develop a sense of connection, belonging, and a well-developed support system.
- **December: Physical**
  - Highlighting resources that address the need for physical activity, healthy foods, and sleep, as well as preventing illness and injury and/or managing chronic health conditions.
- **January: Emotional**
  - Highlighting resources that enable graduate students and postdoctoral trainees to cope effectively with life and create satisfying personal and professional relationships.
- **February: Financial**
  - Highlighting resources that inform current and future financial situations.
- **March: Spiritual**
  - Highlighting resources that help with expanding an overall sense of purpose and meaning.
- **April: Environmental**
  - Highlighting resources that attend to “space and place” and provide stimulating environments that support well-being.
- **May: Vocational**
  - Highlighting resources that help graduate students and postdoctoral trainees gain personal satisfaction and enrichment from their academic work and career outcomes.
- **June: Conclusion**