NAVIGATE YOUR RESOURCES & SUPPORT

Your guide: Elisa Salazar, LMSW
The Wellness Wheel: Your Navigation Tool

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STUDENTS CARE ABOUT YOUR WELLBEING

82% *From the 2018 Wellness Task Force Survey
YOU HAVE QUESTIONS...

What virtual and online resources are available for my emotional wellness?

EMOTIONAL RESOURCES

YOU HAVE QUESTIONS...

What virtual and online resources are available for my emotional wellness?

WE HAVE ANSWERS!

ENCOMPASS can help.

*Click the Wellness Wheel or any of the linked images to learn more about your resources.
WE HAVE ANSWERS!
Excel in your career by utilizing career resources.

OCCUPATIONAL RESOURCES

YOU HAVE QUESTIONS...
How do I excel in my career?
PHYSICAL RESOURCES

YOU HAVE QUESTIONS...

What are virtual resources available for my physical wellbeing?

WE HAVE ANSWERS!

*Click the Wellness Wheel or any of the linked images to learn more about your resources.

Priority Health®

*Click the picture for additional resources.
WE HAVE ANSWERS!
Meet with a representative or attend a seminar or webinar.

FINANCIAL RESOURCES

YOU HAVE QUESTIONS...
How do I increase my knowledge and skills about financial wellness? How do I plan for retirement?

*Click the Wellness Wheel or any of the linked images to learn more about your resources.
INTELLECTUAL RESOURCES

YOU HAVE QUESTIONS...

What professional development opportunities and tools are available to me?

WE HAVE ANSWERS!

There are on-line and in-person professional development opportunities available.

*Click the Wellness Wheel or any of the linked images to learn more about your resources.

*Click the picture for additional resources.
SOCIAL RESOURCES

YOU HAVE QUESTIONS...

How do I network with others around campus casually and professionally?

WE HAVE ANSWERS!

Join a Network Community.

*Click the Wellness Wheel or any of the linked images to learn more about your resources.

*Click the picture for additional resources.
WE HAVE ANSWERS!
There are many ways to learn and practice mindfulness.

SPIRITUAL RESOURCES

YOU HAVE QUESTIONS...
Where can I learn more about mindfulness and meditation?

*Click the Wellness Wheel or any of the linked images to learn more about your resources.

*Click the picture for additional resources.
WE HAVE ANSWERS!
GVSU Charter Schools Office has family resources for learning at home.

ENVIRONMENTAL RESOURCES

YOU HAVE QUESTIONS...
What are some resources for remote work? What are resources for working parents and remote learning for children?

*Click the Wellness Wheel or any of the linked images to learn more about your resources.

*Click the picture for additional resources.
RESOURCES FOR WORK AND LIFE

WELLNESS PLANNING

be well

#YOU MATTER
Navigate Series: Sessions & Topics

EMOTIONAL RESOURCES – APRIL 14, 9AM
Learn about Encompass’ platform and the resources available for your emotional wellbeing.

OCCUPATIONAL RESOURCES – APRIL 15, 10:30AM
Human Resources offers career coaching for faculty and staff. Learn how to excel in your career and utilize HR Career Services.

PHYSICAL RESOURCES – APRIL 16, 11:30AM
Explore virtual resources available for your physical wellbeing, how to sign up for a health coach and how they can help you.

FINANCIAL RESOURCES – APRIL 21, 10:30AM
Increase your knowledge and skills about financial wellness, how to plan for retirement, and where to go for information and resources.

INTELLECTUAL RESOURCES – APRIL 22, 3PM
Find out where to locate professional development opportunities and tools that are available.

SOCIAL RESOURCES – APRIL 23, 1PM
Learn how you can network with others around campus casually and professionally and Network Communities; what they are and how to join.

SPIRITUAL RESOURCES – APRIL 28, 1PM
Gain insight about mindfulness and meditation, resources available, as well as two mindfulness practices you can use to start your day.

ENVIRONMENTAL RESOURCES – APRIL 29, 10AM
Obtain resources for remote school and learning for working parents, along with online and virtual tools available for children.
Let's Stay Connected
Follow us on social media
We are here to answer your questions, BIG or small. We are here to help. We are your resource.