

Today's is about sharing ideas to integrate wellness into your day.

1. What do you do to contribute to your individual wellness, as well as to the VIU community?
2. Where do your contributions fall on the SFU seven Dimensions of Wellness map?
3. What are the strengths and opportunities for wellness in your program or department?
4. What are your aspirations?
5. Share your three top suggestions for incorporating wellness.



<https://services.viu.ca/health-and-wellness/dimensions-wellness>



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<https://opentextbc.ca/studentssuccess/chapter/personal-wellness/>