

Personal wellness is about paying attention to the many different aspects of your life. Think of it like this: if one part of your life is out of whack, your sense of stability and feelings of wellbeing will be affected.

Be well. Be You.

INTELLECTUAL WELLNESS

Intellectual wellness involves engaging in creative stimulating activities that can develop and expand your knowledge and abilities.

Things you can do to achieve intellectual wellness:

- set short term and long term goals for your study/learning plan
- visit the library, check out a book that relates to your interests
- ask for help when you need it
- step out of your comfort zone by taking a workshop, trying a new hobby, or learning another language

Ways to work on your intellectual wellness @ UNB in October:
Student Success Series

Oct 2: [TedxUNB 2012](#): Innovation for Body & Mind

Oct 2 & 3: Mastering Test-Taking and Conquering Anxiety

Oct 9 & 10: Goal-Setting, Motivation and Procrastination

Oct 16 & 17: Find That Source: Library Layout

Oct 23 & 24: Improving your Reading Speed & Recall

