

Core 101

## WELLNESS DEFINITION **AND DESCRIPTION**



### Overview

Wellness is a dynamic, lifelong journey of pursuing your God-given potential in ways that support your overall health and well-being. Guided by faith and Biblical principles, it involves growing in your relationship with God, caring for your body and mind, and cultivating meaningful relationships (Mark 12:28–31).

CORE 101's Wellness Model encompasses eight dimensions – spiritual, emotional, social, physical, academic, vocational, financial, and digital – and integrates them into a life of abundance and purpose.

## The Eight Dimensions of Wellness

### Dimension 1: Spiritual

Nurturing your relationship with God through worship, prayer, and Scripture reading; exploring and growing your faith in community; and living out your beliefs in daily life. This cornerstone dimension reflects the biblical call to seek first God's kingdom and righteousness, guiding you toward a life of meaning and purpose (Matthew 6:33).

### Dimension 2: Emotional

Developing self-awareness, managing stress effectively, and cultivating emotional resilience through gratitude and self-compassion. This dimension reflects the biblical call to rejoice in the Lord always and rely on God's peace to guard your heart and mind (Philippians 4:4–7, John 14:27).

## Dimension 3: Social

Building and maintaining meaningful relationships; contributing to your community; fostering a sense of belonging; and engaging in healthy and supportive communication. This dimension reflects God's design for you to live in loving fellowship with others and serve as the body of Christ (Hebrews 10:24–25, Romans 12:10).

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## Dimension 4: Physical

Caring for your body through regular physical activity, healthy nutrition, adequate sleep, and preventive health care. This dimension reflects the biblical principle of honoring your body as a temple of the Holy Spirit (1 Corinthians 6:19–20, 1 Corinthians 10:31).

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## Dimension 5: Academic

Engaging in lifelong learning, critical thinking, creative pursuits, and effective study habits to achieve your academic goals and foster a love for learning. This dimension reflects the biblical call to renew your mind (Romans 12:2) and pursue wisdom in your academic studies and daily life (James 3:13).

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## Dimension 6: Vocational

Finding meaning, purpose, and satisfaction in your academic studies and future career. This dimension involves developing your God-given talents and skills; aligning your work with your values; and contributing meaningfully to the world and God's kingdom (Colossians 3:23–24, Ephesians 2:10).

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## Dimension 7: Financial

Practicing faithful stewardship of your personal and shared financial resources. This dimension involves developing financial literacy; creating and maintaining a budget; saving and planning for the future; and managing financial resources in ways that align with your faith, values, and life goals (1 Timothy 6:17–19, Hebrews 13:5).

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## Dimension 8: Digital

Using digital technology in ways that support personal growth, holistic well-being, and meaningful relationships. This dimension involves being mindful of screen time, setting healthy boundaries, and using technology to gain knowledge and foster relationships with God and others (Colossians 3:2, Philippians 4:8).

# The Wellness Wheel



# Conclusion

Wellness is not a static state but an evolving process of growth that empowers you to pursue and achieve your God-given potential in the places where you live, learn, work, worship, and serve (Ephesians 2:10). The eight dimensions of wellness are interwoven and influence each other, working together to promote balance, resilience, good health, and a life that glorifies God (Psalm 139:13-16). Throughout your academic journey and beyond, some dimensions will require more attention than others, but learning to care for and maintain each dimension is crucial for your overall health and well-being (3 John 1:2).

Your wellness journey is about cultivating a life that reflects the abundant life Christ desires for you (John 10:10) and navigating life's challenges with faith, hope, resilience, and love. It is a journey that is unique to you, shaped by your individual experiences, beliefs, and life circumstances. As you grow in your understanding and practice of wellness, you'll be better equipped to steward your body, mind, spirit, and relationships in ways that honor God and allow you to fulfill His purposes for you throughout your life.

Let's take this journey together! (John 5:6)