



Intellectual Wellness

Weekly Wellness Newsletter (Volume 2, Issue 2)

Week 4 of the Weekly Wellness Newsletter: Spring Break Edition!

Dear Students, Staff, and Faculty,

I pray that everyone is having a blessed week. I am excited and honored to introduce our fourth wellness newsletter of the spring semester. This week, we will be focusing on Intellectual Wellness and how we can implement mindfulness and cognitive building activities you can do with others during Spring Break. This newsletter will also focus on things that we should be mindful of while going through the week to reduce stress, anxiety, and tiredness.



I hope everyone embarks a new journey of Intellectual Wellness after reading all the information and suggestions. Have a relaxing and fun Spring Break!

Marcus Gibson
Student Wellness Ambassador
WellU RAM Wellness Program
Class of 2026

What is Intellectual Wellness?

Intellectual wellness is often one of the most misunderstood components of wellness. It recognizes creative abilities and encourages us to find ways to expand our knowledge and skills. Intellectual wellness is about engaging in stimulating mental activities to expand our knowledge, diversify our skills and move forward. This dimension of wellness fosters curiosity and exploration—curiosity motivates us to try new things, while through exploration is how we cultivate new ideas and perspectives.

What is Intellectual Health?

By Project School Wellness



Why Is Intellectual Wellness Important

The importance of intellectual wellness is to encourage individuals to learn and enjoy the freedom to be as creative as possible. When someone has the ability to concentrate at any time, they will be able to think clearly and enjoy a clearer well-rounded mind and perspective on life. Intellectual wellness gives many individuals to have the confidence to practice critical thinking and attend new experiences that can turn into hobbies. All dimensions of wellness overlap; intellectual wellness influences social and emotional wellness; thus, exercising our mind is vital for overall wellbeing.



Benefits of Intellectual Wellness

1. Encourages you to learn more and become more active around others in any given environment.
2. Improves problem solving skills, critical thinking, and enables individuals to become more equipped and productive in the midst of challenging moments of life.
3. Concentration and memory improve your cognitive ability.
4. Challenges your brain through knowledge and discovery which encourages you to have the urge to explore new experiences.



Personal Goals to Improve Your Intellectual Wellness

1. Set small goals that challenge you to become more social and connect with other individuals.
2. Every day, recognize at least 2 or more activities that can relate to Intellectual Wellness.

3. Find out what are some of your favorite things to do and then try to find other people that you don't know to create a new connection.
4. Aim to eat healthier meals and snacks to gain a healthier brain to increase the ability to learn and fully focus during the whole day.
5. Examine and look at other activities that other individuals may do in order to possibly do the same activity someday with other individuals to gain connections and friendships.



Activities to Improve Intellectual Wellness



Playing Games

Card games, Video games, Chess, Crossword puzzles, and many other games that challenge your mind and creative abilities are great for Intellectual Health. If you can play with more than two people or more, you can share your cognitive abilities with others.



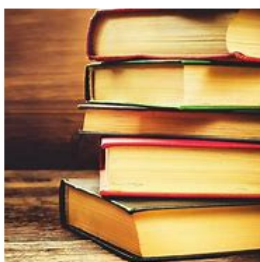
Exercise

Exercise can help boost your mental ability in terms of memory and thinking skills. There are many studies that show that people who exercise are able to control their thinking and memory easier than those who do not exercise. This is also a great way to improve yourself while still relieving stress and tension.



Meditation

Mediation has the ability to help focus your attention to your mind in a calm and peaceful way. many people that meditate may benefit the brain by slowing down the aging of your brain and increasing the opportunity to let your brain gain more information.



Reading

Any books that can expand your mindset, knowledge and views on life. Anything like a magazine, newspaper, or non-fiction book is beneficial. As long as it stimulates your mind, Reading can improve Intellectual Wellness.



Swimming

This activity has the same effect as exercise, but this a fun way of exercising while still stimulating your cognitive mind. Many other activities have the same effect such as running, sports, and Yoga.



Cooking

Learning new ways to cook or dishes that you have never tasted before can help with your creative mind and also increase the feeling of accomplishment after you finish cooking the meal. Cooking with friends and family also creates a social barrier that allows you to connect with others and express yourself freely.

Everyday is an Opportunity to Boost Your Intellectual Wellness!

Everyday Opportunities to Increase and Maintain Intellectual Wellness:

- Reading a book.
- Taking a class or learning new things.
- Proper sleep.
- Physical activity (e.g., exercise, sports)
- Solving puzzles, playing card games.
- Good nutrition.

Enhance Your Intellectual Wellness through the WellURAM Program!

You can boost your intellectual wellness by engaging in our physical activity sessions. The Wellness Program offers:

Cardo Exercise, FlexCore Fusion and Strength Training. Exercise is a great way to improve your body and stimulate your mind. A combination of flexibility and core strength! It's a day to lengthen, strengthen, and rejuvenate your body. Our instructor will be Bill Rogers and it is offered every week on Monday, Wednesday and Friday starting at **5:45PM in Mary Branch Gymnasium.**

Line Dance and Latin Dance. Our Line Dancing and Latin Dancing nights are an amazing way to have fun with others and learn new dances through culture and exercise! Our Line dancing Instructor Booker Wynn will be located in the **Student Union at 6:30PM.** Latin dance is an exciting way to learn dance through another culture that encourages creativity. Our Latin dance instructors Liliana Beverido and Jason Lozada will have lessons held in the **Student Union at 7:00PM.**

Join the WellU Wellness Program

Register Now



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Carlos Cervantes

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