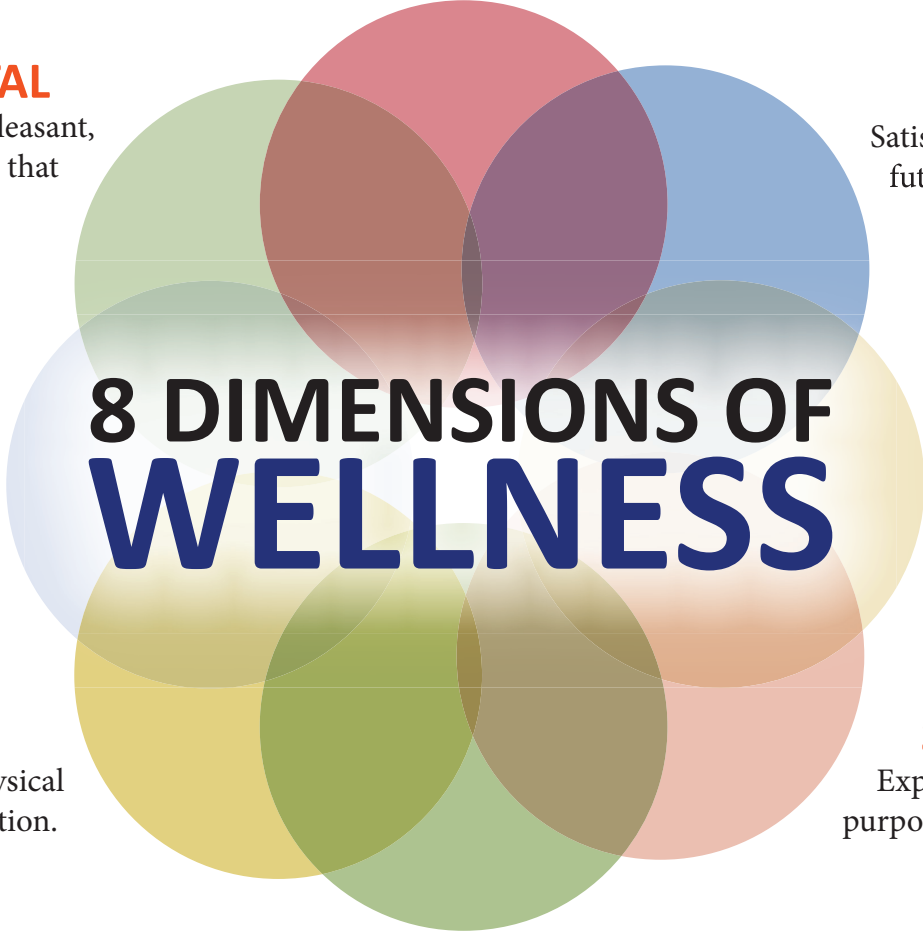


# Intellectual Wellness

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# 8 DIMENSIONS OF WELLNESS

## EMOTIONAL

Coping effectively with life and creating satisfying relationships.

## FINANCIAL

Satisfaction with current and future financial situations.

## SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

## SPIRITUAL

Expanding our sense of purpose and meaning in life.

## OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

## PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition.

## INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

## ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.



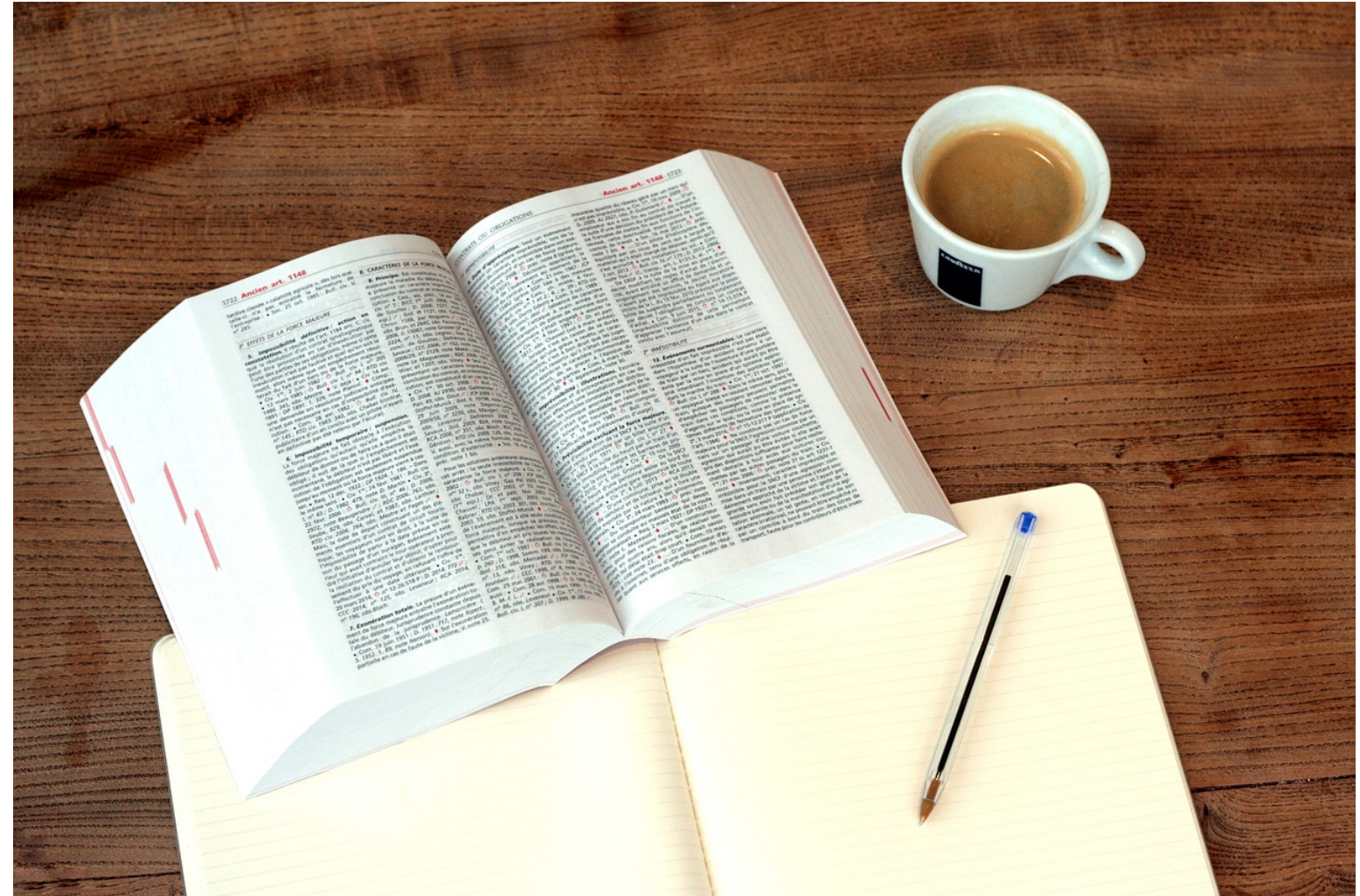
Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4) 311-3314.  
Also SAMHSA's 10x10 Wellness Campaign.





# Questions to Ask Yourself...

- ❖ Do I pursue mentally stimulating interests or hobbies?
- ❖ Do I commit time and energy to personal and professional development?
- ❖ Do I have goals of learning a new skill?



# Intellectual Wellness Assessment

## Intellectual Wellness Assessment

The intellectual dimension of wellness involves embracing creativity and mental stimulation. Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points    Sometimes/occasionally = 1 point    Very seldom = 0 points**

- \_\_\_\_\_ 1. I am interested in learning new things.
- \_\_\_\_\_ 2. I try to keep abreast of current affairs – locally, nationally, and internationally.
- \_\_\_\_\_ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- \_\_\_\_\_ 4. I carefully select movies and television programs.
- \_\_\_\_\_ 5. I enjoy creative and stimulating mental activities/games.
- \_\_\_\_\_ 6. I am happy with the amount and variety that I read.
- \_\_\_\_\_ 7. I make an effort to improve my verbal and written skills.
- \_\_\_\_\_ 8. A continuing education program is/will be important to me in my career.
- \_\_\_\_\_ 9. I am able to analyze, synthesize, and see more than one side of an issue.
- \_\_\_\_\_ 10. I enjoy engaging in intellectual discussions.

\_\_\_\_\_ Total for Intellectual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. Consider changes can you make to improve your score.

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here.

Remember: The goal is balanced wellness!

# Continued...

In completing this assessment on intellectual wellness,

- ❖ I was surprised to learn that I...
- ❖ I was disappointed that...
- ❖ Things I am currently doing to help improve my intellectual wellness are...
- ❖ Things I will do differently or change to make my intellectual wellness a priority are...

# Simple Steps to Improve Your Intellectual Wellness

- ❖ Read for fun!
- ❖ Improve your skills for studying and learning.
- ❖ Learn a foreign language.
- ❖ Play a game or do crossword and puzzles.
- ❖ Enjoy the arts – poetry readings, dancing, musicals, art exhibits.
- ❖ Write down your thoughts or journal on a regular basis.
- ❖ Engage in stimulating conversations or healthy debates.
- ❖ Learn basic nutrition and exercise regularly to maximize brain functioning.

# Further Supporting Your Intellectual Wellness

Area	Think About...	Resources
Personal Interests	<ul style="list-style-type: none"><li>• Have you considered teaching a class or workshop based on your skills, knowledge, experience?</li><li>• What would you like to learn?</li><li>• Have you considered attending a concert, musical, or lecture?</li></ul>	<ul style="list-style-type: none"><li>• Find a group or organization where you could present or lead a discussion.</li><li>• Seek places that will help you learn something new.</li><li>• Explore events on campus or in/around Norman and OKC.</li></ul>
Education	<ul style="list-style-type: none"><li>• Are you interested in furthering your education?</li><li>• Would you like to learn a new language?</li></ul>	<ul style="list-style-type: none"><li>• Explore educational opportunities at OU, other institutions, vo-tech, online, local library, etc.</li></ul>
Brain Exercise	<ul style="list-style-type: none"><li>• How are you keeping your mind sharp?</li><li>• Do you keep up with current affairs?</li><li>• Have you considered dancing?</li></ul>	<ul style="list-style-type: none"><li>• Play crossword puzzles and other games, like Soduku.</li><li>• Subscribe to the newspaper or online news sources.</li><li>• Explore local dance studios for lessons and/or socials.</li></ul>
Conversation	<ul style="list-style-type: none"><li>• Do you enjoy taking part in discussions, intellectual conversations, healthy debates, or other ways of enhancing understanding of issues?</li></ul>	<ul style="list-style-type: none"><li>• Engage with people that stimulate your mind and enjoy discussing topics of mutual interest.</li></ul>



# Intellectual Wellness Activities

**Thumb and Pinkie** – It's difficult for the brain to do two things at once. This exercise challenges the brain using competing hand movements.

- ❖ Make your hands into fists and extend your arms out in front of your chest. Look at your fingers.
- ❖ Point your left thumb and right pinkie to the left. Now bring them back in and point your right thumb and left pinkie to the right.
- ❖ Keep switching left and right. See how fast you can switch back and forth. You may need to move one finger at a time at first, but work up to switching the fingers on both hands simultaneously.

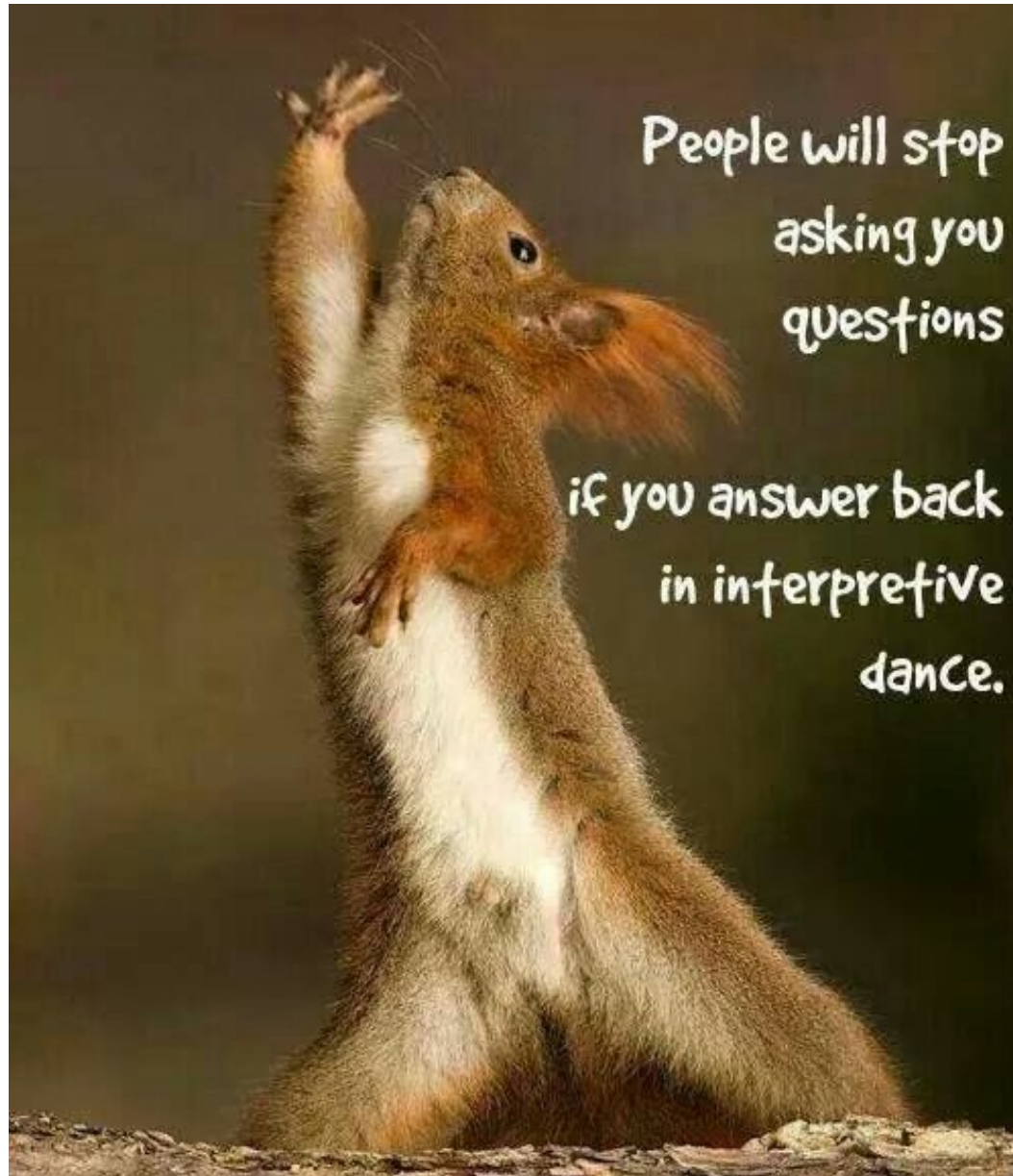
**The Grocery List** – Test your ability to recall and properly order lists.

- ❖ This group game involves forming a circle, with the first person starting the game with, "I went to the store and bought..."
- ❖ Each subsequent person adds an item to the end of the sentence, and the object of the game is to remember all items in correct order.
- ❖ The first person that messes up the order or cannot remember the items is out.



- ❖ Balancing Work and Life – Norman area: <https://hr.ou.edu/Employees/Balancing-Work-Life/Norman-Area>
- ❖ Games for the Brain – <http://www.gamesforthebrain.com>
- ❖ Explore Games – <https://stayingsharp.aarp.org/games?intcmp=RDRCT-HEA-BH-BG-SS-070116>
- ❖ Online Wellness Presentations – <http://www.ou.edu/wellness/resources/wellness-presentations>

Questions?



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