



Training your Intellectual Wellness

Intellectual wellness is one of the 7 dimensions of wellness. Committing to train your mind is just as important as training your body; it can help you make wiser decisions, improve your focus, and help you to become resilient to stress.

Intellectual wellness also encourages learning. It is important to explore new ideas and understandings in order to become more mindful and better-rounded. Having an optimal level of intellectual wellness inspires exploration. Intellectual wellness also stimulates curiosity. Curiosity is important because it motivates you to try new things and develop an understanding of how you see the relationship between yourself, others and the environment. (UCD20)

Training your mind is fun, the more you mix things up the better:

- learn a new instrument
- read a thought-provoking book
- try a variety of brain teaser games
- listen to a podcast instead of watching TV
- solve fun mathematical problems

Try creating a schedule that includes training time for your mental, and physical wellbeing.

Works Cited

UC Davis Student Health and Counseling Services . [Online] [Cited: May 8, 2020.]
<https://shcs.ucdavis.edu/wellness/intellectual>.