Welcome from the CALS Wellness Committee

Welcome to CALS!

Since 2015, the college has had a CALS Wellness Committee. It is our goal to support members of the CALS community—including you—in the pursuit of their overall health and well-being goals. Here is our mission statement and vision:

Mission statement: To provide education and opportunities to support and promote the health and well-being of the CALS community.
Vision: We envision a culture and environment of wellness in CALS.

We will strive to communicate information, resources, ideas, and events through the weekly eCALS e-newsletter that you receive in your email inbox. Information is also available on our website: https://cals.wisc.edu/wellness-initiative/.

Current volunteer committee members for the 2019-2020 academic year are:
Kristin Carroll, Human Resources, Committee Chair
Devika Suri, Nutritional Sciences
Phil Dunigan, Agricultural Research Stations
Kelly Tomko-Ewing, Arlington Agricultural Research Station
Krista DeJoode, Dairy Science
Breanna Sinotte, Biochemistry
Becky Eddy, Rhinelander Agricultural Research Station
Theresa Pillar, Food Science

We are always interested in more committee members. Time commitment is minimal, with meetings once per month. If you are interested in joining the committee, have an idea to share, or would like to be a departmental contact/liaison to the committee, please reach out to Kristin Carroll at kristin.carroll@wisc.edu or 262-1874.

Please see the sheet below for information about the seven dimensions of wellness we strive to support through our efforts.

Again, welcome to CALS! We look forward to supporting you in your health and wellbeing.

Sincerely,

CALS Wellness Committee members

Seven Dimensions of Wellness

UWell
Living well. Being well.

Spiritual

Taking Care of Your Values and Beliefs

- Understanding your own values, ethics and beliefs and respecting others'.
- Understanding that spirituality is a personal experience
- Connecting to a spiritual community when desired

Career/Academic

Taking Care of Your Future Goals

- Setting and meeting academic and career goals in a healthy way
- Challenging yourself to new life experiences
- Having supportive peers who share similar goals

Emotional

Taking Care of Your Mind

- Accepting yourself for who you are
- Valuing self-exploration
- Having a generally positive outlook
- Managing stress effectively

Social/Cultural

Taking Care of Your Relationships and Society

- Developing and maintaining healthy relationships
- Budgeting time to spend with loved ones
- Managing unhealthy relationships effectively
- Respecting identities of all individuals

Financial

Taking Care of Your Finances

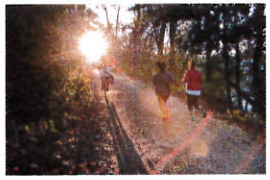
- Developing long-term and short-term financial goals
- Budgeting effectively
- Living within your current means

Environmental

Taking Care of What's Around You

- Being aware of the impact you have on the environment
- Living in clean, safe, and adequate housing
- Developing safe habits to avoid accidents and injury
- Enjoying time in nature

Physical

Taking Care of Your Body

- Engaging in physical activity safely and regularly
- Sleeping 7-8 hours per night
- Avoiding drugs, tobacco, and excessive alcohol
- Eating a nutritional, balanced diet