



Wellness Wheel

This tool is designed to help you identify resources on campus related to each dimension of wellness.

The dimensions of wellness are interconnected, each dimension contributes to your overall wellbeing. Scan to learn more.



Physical

Maintain a healthy physical body with routine health screenings and good exercise, nutrition, and sleep habits.



Cultural

Gain awareness and appreciation for your own culture and the cultural identities of others.



Social

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



Financial

Gain the tools and knowledge to make smart financial decisions and achieve financial stability.



Environmental

Cultivate an environment that supports your health, safety, and wellbeing.



Intellectual

Foster your creative abilities and find ways to expand knowledge and skills.



Emotional

Expand your capabilities to express your emotions in healthy ways and cope with everyday life stressors.



Sexual

Approach sexuality and sexual relationships in a safe, respectful, and positive way.



Occupational

Find personal satisfaction and enrichment in your career or professional work.



Spiritual

Maintain a sense of purpose and meaning in your life.

Resources



Physical Wellness

- **LSU Dining** (meal plans, navigating food allergies and dietary restrictions)
- **Student Health Center** (annual physicals, health screenings, sleep and nutrition support)
- **University Recreation** (fitness classes, trainers, and equipment)



Cultural Wellness

- **Academic Abroad Programs** (study abroad programs and advising)
- **Office of Diversity Equity & Inclusion** (cultural celebrations and cultural competency workshops)
- **International Cultural Center** (support and connection with LSU's global community)



Social Wellness

- **Campus Life** (campus traditions, club involvement, leadership, and community service)
- **Office of Civil Rights & Title IX** (bias/discrimination investigation and resolution)
- **Collegiate Recovery Community** (meetings, support, and events for students in recovery)
- **Greek Life** (club involvement, leadership, and community service)
- **LSU Affinity Centers** (African American Cultural Center, Latinx Center, Women's Center & LGBTQ+ Project, Military & Veterans Student Center, and International Cultural Center)
- **Residential Life** (on-campus living)
- **University Recreation** (intramural and club sports)



Financial Wellness

- **LSU Financial Aid & Scholarships** (financial aid counseling)
- **LSU Food Pantry** (free supplemental food)
- **Student Financial Management Center** (budget and personal finance support)



Environmental Wellness

- **LSU Campus Sustainability** (sustainable living education, services, and events)
- **LSU Police Department** (Shield, personal safety app, education, and response)
- **University Recreation** (outdoor adventure programs and equipment)



Intellectual Wellness

- **Center for Academic Success** (academic coaching, tutoring, and supplemental instruction)
- **Office of Disability Services** (auxiliary aids and academic accommodations)
- **LSU Libraries** (study space and research support with subject specialists, and Wellness Hub)



Emotional Wellness

- **LSU Cares** (campus-wide network to support students of concern)
- **Student Health Center** (mental health therapy, groups, and stress management coaching)
- **The Phone, 225-924-5781** (24-hour crisis and emotional support call/ text line)



Sexual Wellness

- **Office of Civil Rights & Title IX** (sexual misconduct education, reporting, response, investigation, and resolution)
- **The Lighthouse Program, Student Health Center** (confidential, free interpersonal violence support, advocacy, and prevention, evidence collection)
- **Student Health Center** (free HIV testing, other STI testing, sexual health education, and free safer sex and abstinence packs)
- **Women's Center & LGBTQ+ Project** (free safer sex supplies, anonymous pregnancy tests, and rapid HIV tests)



Occupational Wellness

- **Olinde Career Center** (career exploration and readiness programs, career coaching, on-campus student employment, and job search preparation)
- **Center for Freshman Year and Center for Advising & Counseling** (academic advising for class schedules and major)



Spiritual Wellness

- **Interfaith Prayer & Meditation Room** (private space in Student Union for meditation and prayer)
- **Student Health Center** (mindfulness, spiritual exploration groups and wellness coaching)
- **University Recreation** (guided meditation and yoga programs)