

An aerial night view of a city with lights reflecting on the water. The city lights are concentrated in the middle ground, with a dark, silhouetted city skyline in the background. The water in the foreground is dark, with scattered reflections of city lights. The overall scene is a mix of dark blues, blacks, and bright white and yellow lights.

Wellbeing 360

Bringing it all Together

Andrews  University
WELLBEING MODEL

MADE TO THRIVE

‡
of optimizing every aspect of
our lives to harmoniously
#

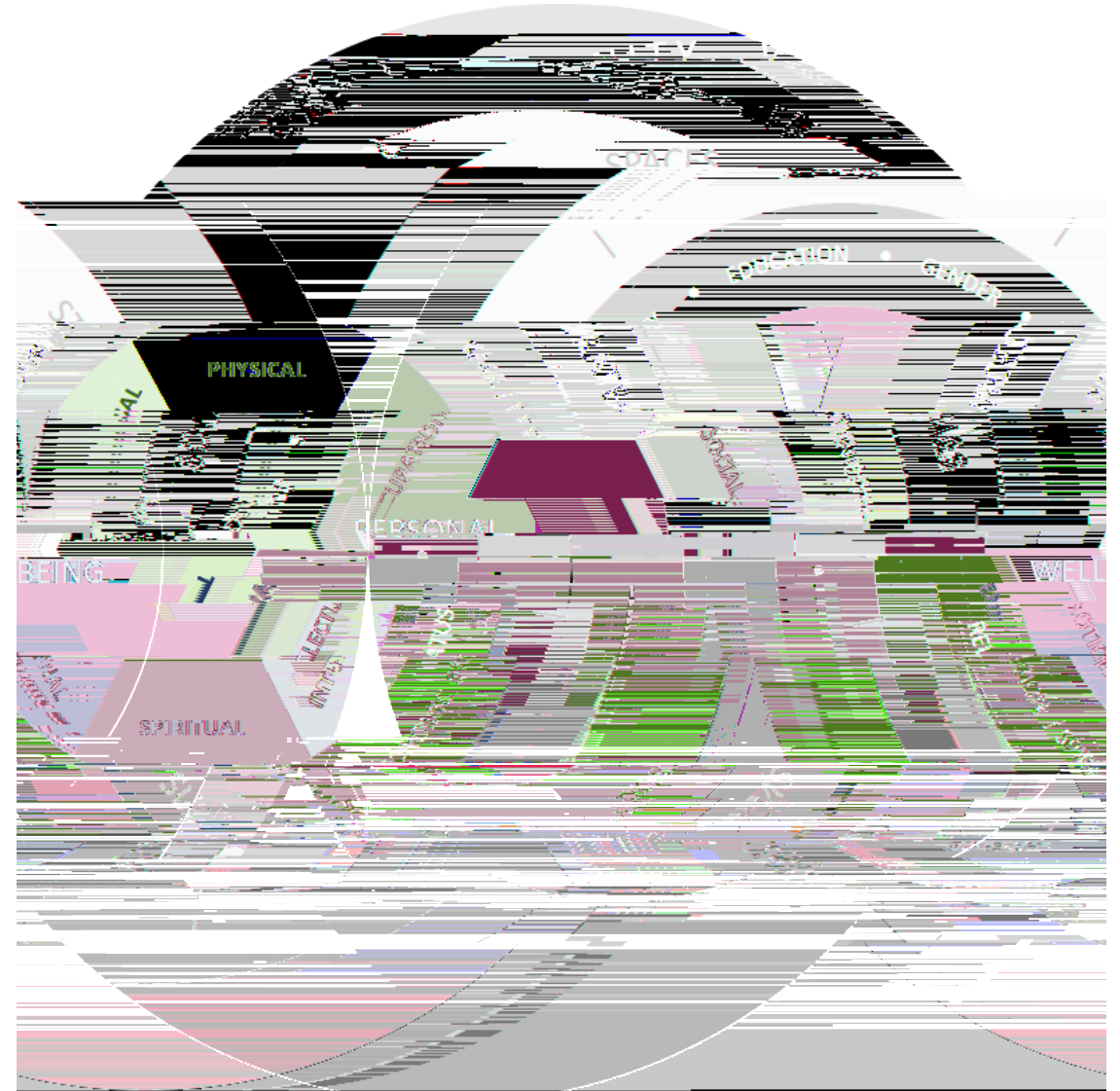




DIMENSIONS OF WELLBEING

The Andrews University Wellbeing Model builds on six interdependent dimensions of wellness described by the leading National Wellness Institute.

Two key wellbeing practices are suggested for each dimension. These evidence-based lifestyle behaviors represent the personal effort required to achieve and maintain optimal wellbeing.



12 Key Wellbeing Practices

Optimize your strength, flexibility and cardiovascular fitness; sleep 7-9 hours a night.

Clarify your beliefs and put them into action; engage in spiritual support and practices.



8 Factors That Can Affect Wellbeing

Every age and life stage poses unique challenges that may necessitate behavioral adjustments in order to positively impact wellbeing.

Disabilities need not diminish wellbeing. However, providing access and inclusion for persons with disabilities is essential to their quality of life.

People of all racial and ethnic backgrounds flourish best in communities free of racism, bias and inequality, preventing gaps in life opportunities, healthcare access, and life expectancy.

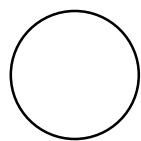
Participation in personal religious practices and healthy faith communities is highly correlated with wellbeing, while religious and spiritual abuse can lead to negative outcomes.

Education is critical to personal, social and economic development and is a strong indicator of greater wellbeing and longevity.

Each gender may experience different wellbeing benefits and risks, influenced by physical characteristics as well as social and cultural factors.

Sexual intimacy contributes to wellbeing as part of a mutually loving marriage. Persons with questions or differences related to sexual orientation thrive best in a safe, caring community.

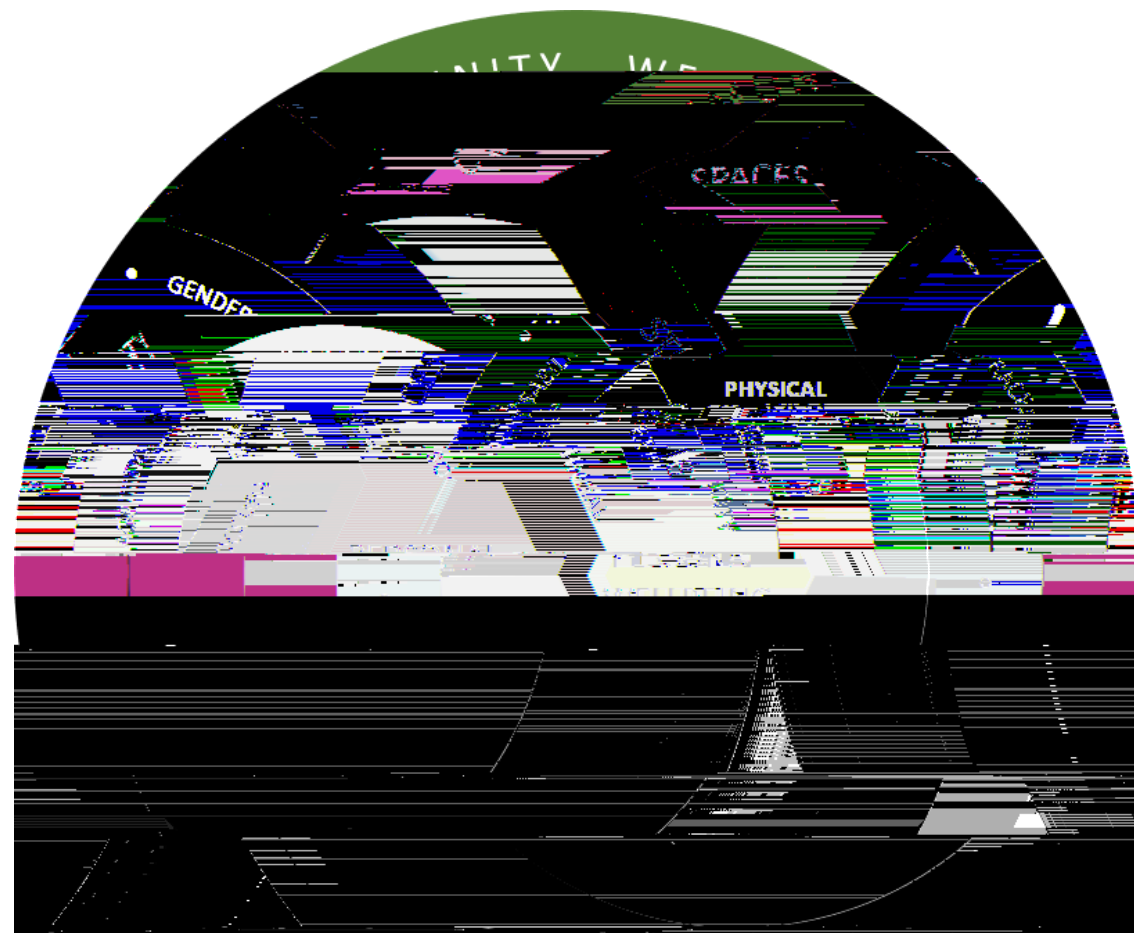
Wellbeing, even in developed countries, increases with socioeconomic status. These gains seem to result from greater levels of personal autonomy rather than mere increases in income.



ASSETS FOR WELLBEING

Plans to bolster wellbeing should give attention to improving community assets, such as sources, spaces, strategies, supports and systems.

Asset-focused interventions complement efforts to help individuals lead healthier, happier and more meaningful lives, which in turn builds greater community wellbeing.



5 Ways to Improve Wellbeing

IMPROVE
ACCESS

Community members
should have access to

IMPROVE
CONDITIONS

IMPROVE
APPROACHES

IMPROVE
ASSISTANCE

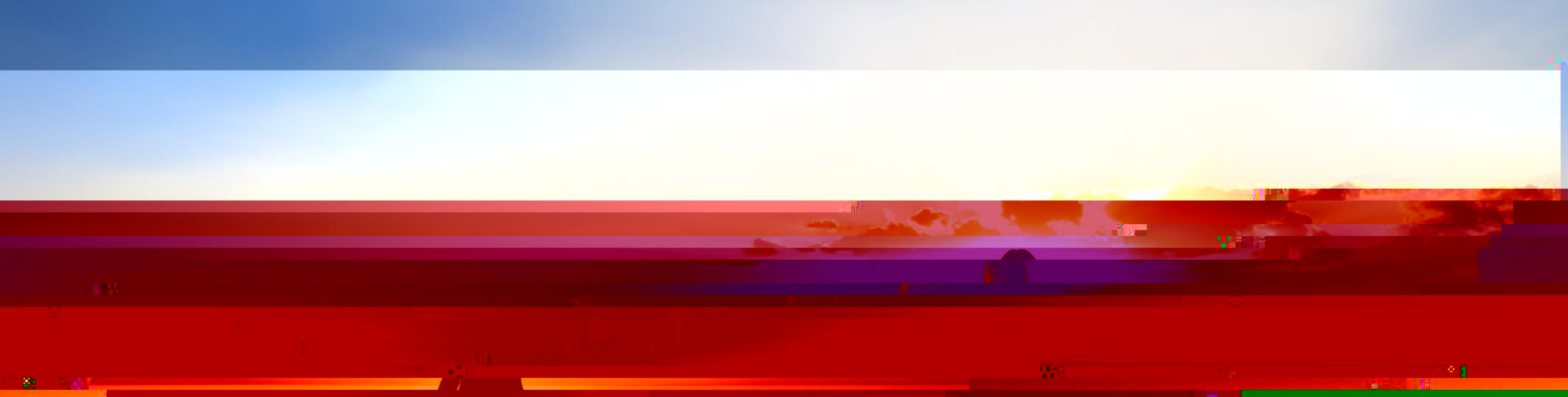
IMPROVE
FUNCTIONING

Andrews  University
WELLBEING MODEL

MADE TO THRIVE

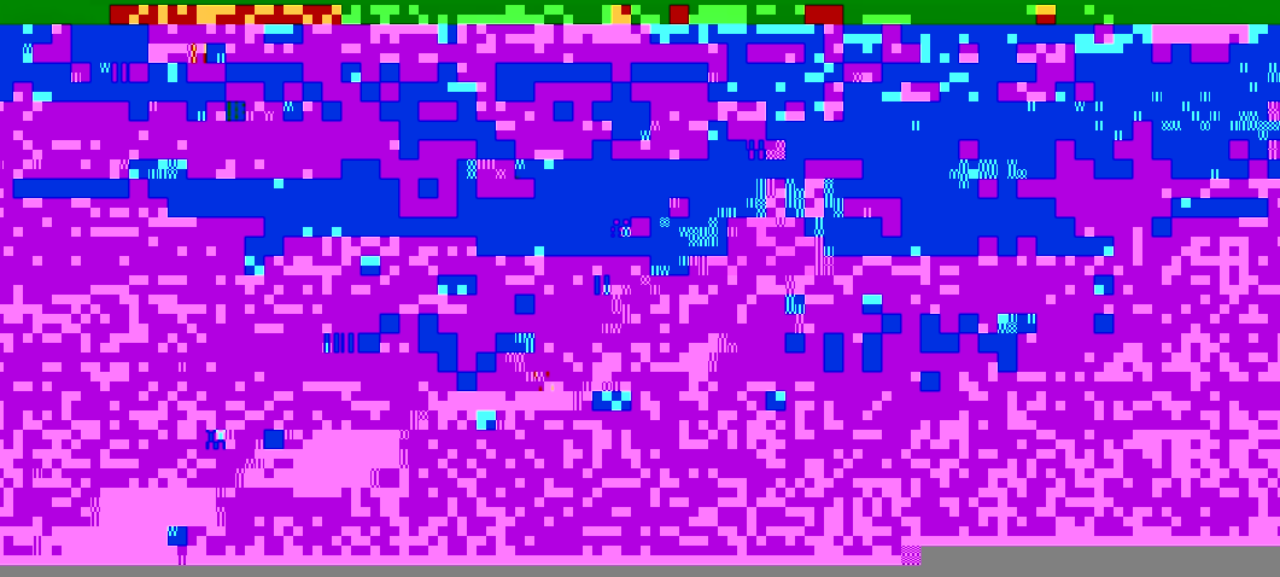
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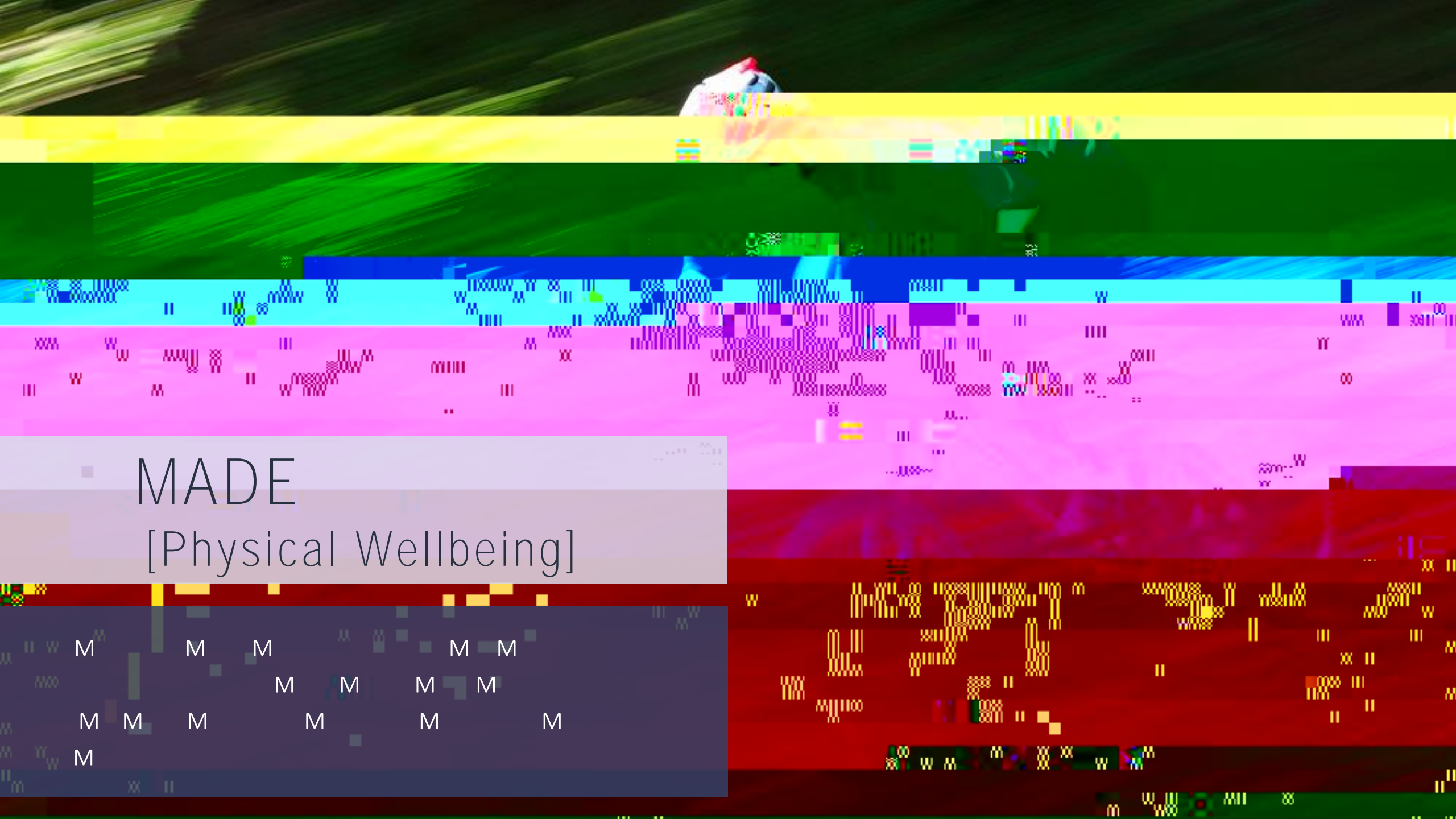




MADE [Spiritual Wellbeing]

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[Physical Wellbeing]

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[Intellectual Wellbeing]

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[Social Wellbeing]

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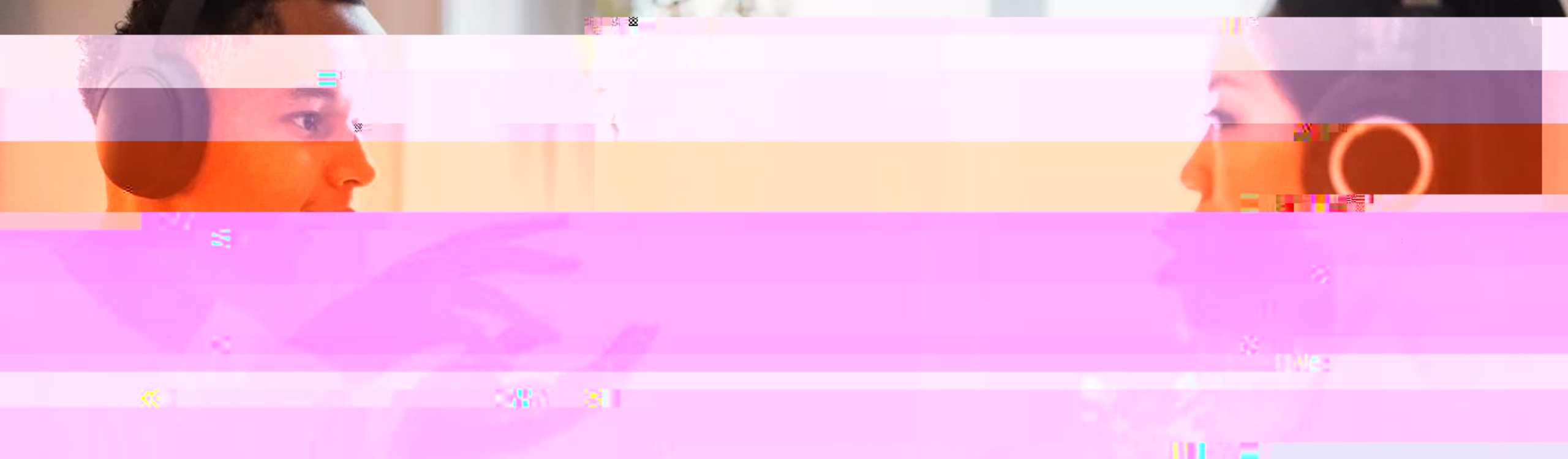
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MADE [Occupational Wellbeing]

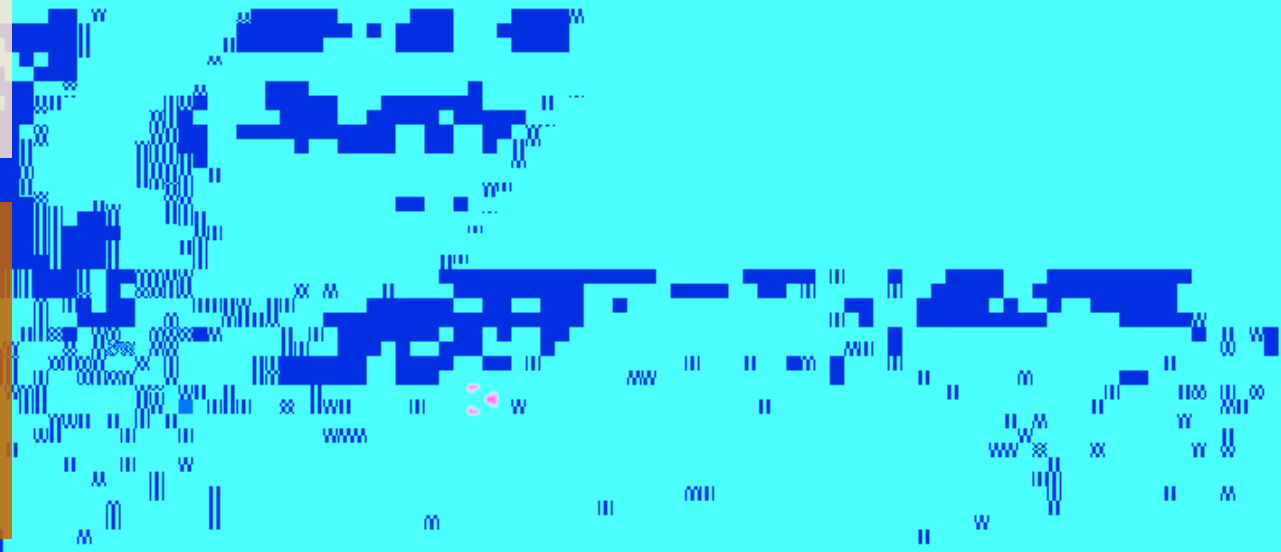
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[Impact Factors]

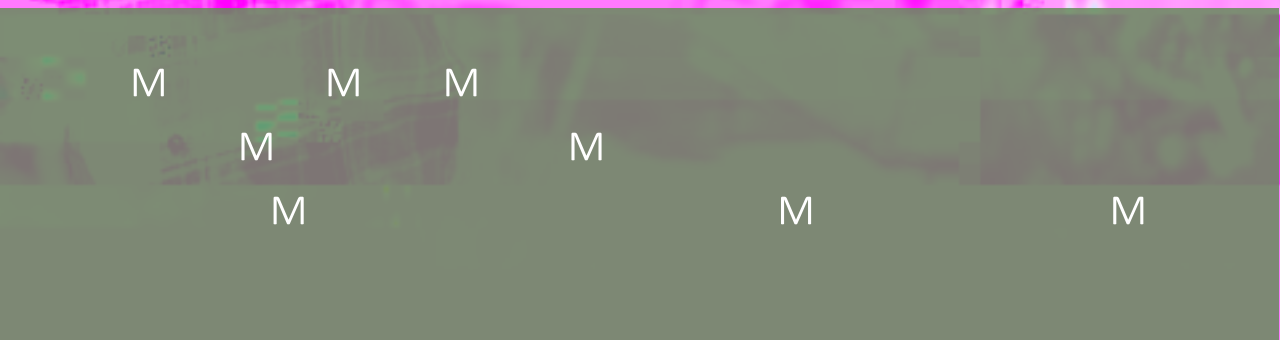
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MADE

[Community/External Assets]



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To Unwind

Made
To Matter

Made
To Belong

Made
To Move

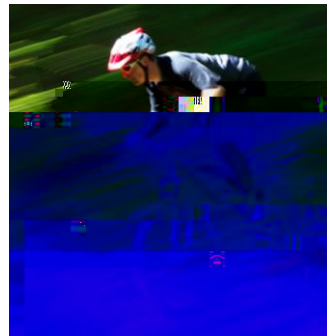
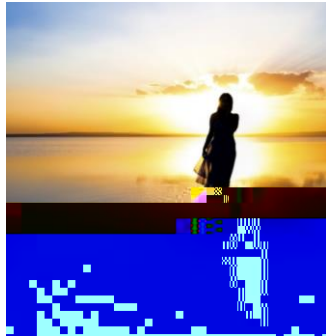
Made
To Thrive

Made
To Dream

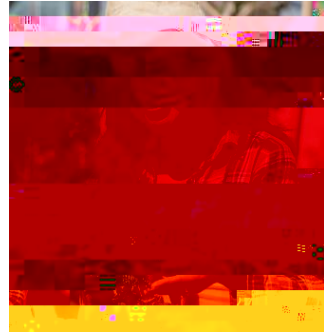
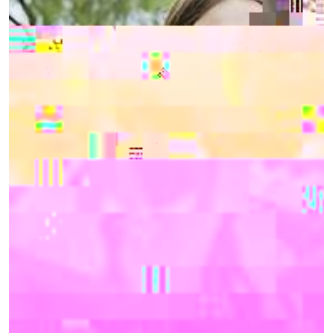
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To Explore

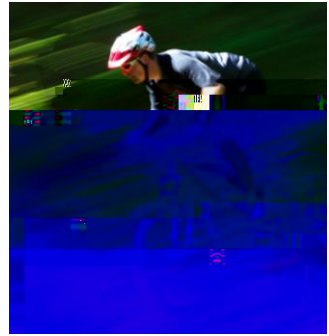
Made
To Speak

Made
To Care



Made
To Thrive





World
Changers
Made
Here

