Intellectual Wellness

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**8 DIMENSIONS OF WELLNESS**

- **EMOTIONAL**
  Coping effectively with life and creating satisfying relationships.

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

- **INTELLECTUAL**
  Recognizing creative abilities and finding ways to expand knowledge and skills.

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

- **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.

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**Intellectual Wellness**

- Recognizing creative abilities and finding ways to expand knowledge and skills.
- Critical thinking, creativity, curiosity.
- Being a lifelong learner.
- Open to new experiences and ideas.
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

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 you can 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!
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**
- Have you considered teaching a class or workshop based on your skills, knowledge, experience?
- What would you like to learn?
- Have you considered attending a concert, musical, or lecture?

- Find a group or organization where you could present or lead a discussion.
- Seek places that will help you learn something new.
- Explore events on campus or in/around Norman and OKC.

**Education**
- Are you interested in furthering your education?
- Would you like to learn a new language?

- Explore educational opportunities at OU, other institutions, vo-tech, online, local library, etc.

**Brain Exercise**
- How are you keeping your mind sharp?
- Do you keep up with current affairs?
- Have you considered dancing?

- Play crossword puzzles and other games, like Sudoku.
- Subscribe to the newspaper or online news sources.
- Explore local dance studios for lessons and/or socials.

**Conversation**
- Do you enjoy taking part in discussions, intellectual conversations, healthy debates, or other ways of enhancing understanding of issues?

- Engage with people that stimulate your mind and enjoy discussing topics of mutual interest.
**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 a 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](https://hr.ou.edu/Employees/Balancing-Work-Life/Norman-Area)

- Games for the Brain – [http://www.gamesforthebrain.com](http://www.gamesforthebrain.com)


- Online Wellness Presentations – [http://www.ou.edu/wellness/resources/wellness-presentations](http://www.ou.edu/wellness/resources/wellness-presentations)
People will stop asking you questions if you answer back in interpretive dance.
References

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