Wellbeing is a word that can be frequently tossed around and is still little understood, especially in academics. Wellbeing involves taking time to focus on and care for different areas of our lives to maintain our comfort and happiness. Looking after our holistic wellbeing can directly impact our academic performance. Supporting ourselves through understanding and practicing wellbeing means we are better able to achieve our academic goals. Practicing wellbeing gives us resources to draw upon when school and life pressures run high. This tip sheet will look at wellbeing through a Wellness Wheel len TJ

The wellness wheel is a concept that views individuals holistically	y. Holistic frameworks view

and aim for 30 minutes of movement or more. Check out the