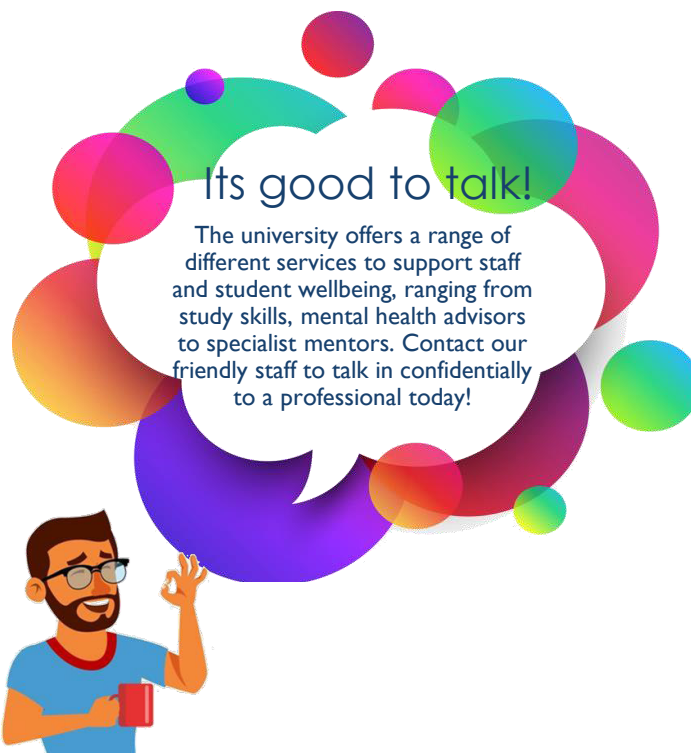


Our Goal

The goal of the Wellness Centre is to educate and bring awareness to the staff and student community of the University of Technology, Mauritius on health topics that affect our society. Through educative seminars, interactive workshops and exciting activities we hope to encourage a change of mindset and behaviour. This initiative, we aim to empower our community to help make positive lifestyle choices to improve overall health and wellness.

Check out the UTM website for more information regarding upcoming events,!

www.utm.ac.mu



Its good to talk!

The university offers a range of different services to support staff and student wellbeing, ranging from study skills, mental health advisors to specialist mentors. Contact our friendly staff to talk in confidentially to a professional today!

How to contact us?
Room F 0.06, SSDT Building
studentwellnesscentre@umail.utm.ac.mu
staffwellnesscentre@umail.utm.ac.mu
207 5250



UNIVERSITY
of
TECHNOLOGY,
MAURITIUS

UTM
Wellness Centre



Keeping your body fit and
your mind wise

What is Wellbeing?

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Positive well-being is the pathway to wellness, which is generally characterized by support, positivity and life happiness.

The way forward to paving towards wellness is to work on yourself with respect to physical, social, and emotional/psychological wellbeing. Check out 5 simple ways how do you can do that below! ▼

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

BE ACTIVE
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

TAKE NOTICE
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give
Your time, your words, your presence

3 Dimensions of Wellbeing

Physical activity is a determinant to health – the more active you are, the healthier you tend to be. Physical activity such as aerobic training exhibits health-enhancing effects; and psychologically, stimulates positive emotional states, thus increasing resistance to mental adversities such as stress and anxiety. Therefore the more physical activities are included in your daily routine, the better the impact on life satisfaction! The WHO recommends at least 20 minutes of physical activity per day.

Emotional wellbeing is achieved by deriving a pleasant feeling and life satisfaction while reflecting on experiences and promoting self-acceptance. Achievements are always celebrated, no matter how small they may appear. However seeking help when you are not in a positive state of mind should not be considered as a taboo! Its always good to know that someone is there to listen.

Social wellbeing mainly refers to the social support, adjustment and functioning. While as students, we strive to 'blend' in and be part of a social circle, the sense of belonging should not shadow the social functioning and contribution. Therefore, a positive social surrounding promotes wellbeing by enhancing social contribution and altruism, i.e. thinking about the good that you can do in your surrounding and how can you give back to a community which supports you!

Healthy Habits of Emotional Wellbeing



Take care- eat well, sleep well, exercise



Check in- with family, friends and counselors



Engage- you can't be healthy emotionally if your relationships aren't



Relax- be active, meditate, garden, do yoga, cook, sing, take a holiday...



Know- the 5 signs of emotional suffering: *change in personality, agitation, withdrawal, decline in personal care, hopelessness*

