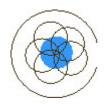


The Culture of Wellness at Lincoln University

O. What is Wellness?

A. Wellness is a term very similar to Health. "Wellness is moving toward the fulfillment of one's potential." We can apply this definition to the following dimensions of life: physical, mental, emotional, social, occupational, spiritual/service and environmental. These seven dimensions of wellness are interdependent within a continuum and can be subject to the will of an aware individual.



Q. What is a Culture of Wellness?

A. Culture can be defined as "the predominating attitudes and behavior that characterize the functioning of a group or organization." (online dictionary) A Culture of Wellness at Lincoln is determined by how **Well** we function.

Q. What's the meaning of the Wellness Logo?

A. The 'star' in the center represents you, the individual, within the 'spiritual' (blue) circle. You may make decisions within all of the seven dimensions. The outer 'circle' is not closed because our environment is not a closed system -- everything is connected within something else.

Q. Does everyone understand *Well*ness in the same way?

A. No. That is the beauty of *memes* (cultural information passed from mind to mind). Each individual will adapt the information they receive to fit their own wants and needs. You will find very few understandings of wellness that are exactly alike.

Q. How Well are we functioning?

A. This question relates not just to the LU property, facilities and number of students, **but** to each individual LU employee and student. How many are moving toward the fulfillment of their potential? How would we know the answer?

All of LU's employees and programs surely make some contribution to one or more of the seven dimensions of **Wellness**. Are any employees and programs evaluated on the basis of whether or not they are moving students, fellow employees and/or themselves toward the fulfillment of their potential?

Are the attitudes and behaviors of employees and students at LU intentionally moving toward the fulfillment of our individual and collective potential? How do we co-create the awareness of Lincoln University as being a **Culture of Wellness**?

How **Well** do you think LU is functioning?

4 = functioning very well

3 = functioning well

2 = not functioning so well

1 = not functioning well at all

0 = no opinion

Classroom facilities	
Library	
Administrative areas	
Residence Halls	
Cafeteria	
Performance areas (e.g. Mitchell, PT)	
Athletic areas (e.g. Jason Gym, DTR Stadium)	
Scrugg's Student Center	
Thompkins Health Center	
Personal Fitness areas	
JCTV	
KJLU	
Research facilities	
Extension facilities	
Grounds keeping	
Parking areas	
LU farms	
LU satellites	
LU recycling program	
Health of the student body	
Health of our employees	

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