Examples of Answers Given by First-year Students Online to Each of the Guiding Questions on the Six Wellness Cards When Taking the e-Workshop on Wellness

The BeWell Team
August 2015
Outline

1. Introduction to wellness cards
2. Physical wellness cards with answers
3. Emotional wellness cards with answers
4. Intellectual wellness cards with answers
5. Occupational wellness cards with answers
6. Social wellness cards with answers
7. Spiritual wellness cards with answers
The Wellness Cards

Bevorder sukses deur welwees
Enhance success through wellness
Apply LLL to Wellness

Welwees beteken om gesond en gelukkig en goed aangepas te wees in al die facette van jou lewe. Hierdie facette sluit in jou fisiese, emosionele, intellektuele, beroeps-, sosiale en geestelike welwees. Wanneer jy verantwoordelijkheid vir jou eie welwees aanvaar, verhoog jy jou kans op sukses ook in jou studies en in jou loopbaan.

Wellness means to be healthy, happy and well-adjusted in all facets of your life. These facets include your physical, emotional, intellectual, career, social and spiritual wellness. When you take responsibility for your own wellness, you increase your chances of success also in your studies and in your career.

Drie kernbeginsels
Three core principles

Ek luister na jou

I listen to you

Ek leer by jou

I learn from you

Jy kies hoe jy wil leef

You choose how you want to live
Physical Wellness

Fisiese Welwees

Fisiese welwees beteken om jou liggaam goed op te pas. Dit sluit in om 'n veilige blyplek te hê, om genoeg en gesond te eet en te drink, om genoeg oefening te kry en om weg te bly van dinge wat jou gesondheid kan benadeel.

Physical wellness means looking after your body. That includes having a safe place to live, having enough to eat and choosing healthy food and drink, doing enough exercise and avoiding things that are harmful to your body.
Back of Card 1

Moontlike vrae/Possible Questions

1) Hoe voel jy oor jou fisiese welwees? Watter aspekte van hierdie welwees sou jy wil verbeter?
How do you feel about your physical wellness? Which aspects would you like to improve?

2) Wat dink jy kan jy doen om jou gesondheid te verbeter? Kan jy aan een ding dink? Wil jy meer inligting hieroor hê?
What do you think you could do to improve your health? Can you think of one thing? Would you like more information about it?

3) Dink jy dis nodig om jou lewenstyl aan te pas om jou fisiese welwees te verbeter?
Hoe dink jy kan jy dit doen? Wanneer wil jy hiermee begin?
Do you think you need to adjust your lifestyle to improve your physical wellness? How do you think you can do this? When would you like to start?
1. How do you feel about your physical wellness? Which aspects would you like to improve?

“I am confident in my physical wellness. I enjoy exercising and find that I feel more confident in myself once I've gone for a decent run. I still need to get into a routine of running every day, however I do exercise at least three times a week. Sometimes it is difficult to motivate myself because I am feeling tired, I know that getting into a routine will help with this. “

“I am not very happy about my physical wellness. I don't know when last did I exercise last. I don't eat a balanced diet as well. I want to improve my body. Exercise more, maybe start jogging again and eating healthier.”

“I am kind of blessed with a naturally nice body but feel this demotivates me to reach my full potential. I would really like to not only look fit but actually be physically well in my being. I need to attend the gym because I already have joined now it is just my responsibility to physically go and assert the decisions that I have made for myself.”
2. What do you think you could do to improve your health? Can you think of one thing?

“I can improve my health by taking in less sugar substances. For an instance, have a constant number of teaspoons of sugar that I pour in a cup of coffee. Furthermore, take in less junk food and have enough sleeping hours."

“I could increase the intensity at which I exercise in order to lose weight and build more muscle.”

“In order for me to improve my health, I must get my eating habits right and also my physical wellness. For example I can eat more vegetables and less unhealthy food. I can also do more physical activities in nature, because then I would be exposed to fresh air and at the same time I will be improving my physical wellness & health.”
3. Do you think you need to adjust your life style to improve your physical wellness? How do you think you can do this? When would you like to start?

“I need to yes. I need to stop procrastinating everything important and I need to stop focusing on other things. I have come to realize that I am a people pleaser in a sense and this really needs to stop. I need to associate with people who have the same physical wellness goals as I do and stick with them so that I can not only motivate them but they can, in turn, motivate me as well.”

“Yes and I can do this through maintaining a balanced diet and fitting in regular exercise into my daily living. I can also find someone who has the same objectives as me and create a mutual relationship to be able to reach those objectives.”

“Yes. I need to drink less alcohol, my friend group has to change so that I can surround myself with people who have the same goals in mind. I would like to say that I would want to start this adjustment yesterday but I will tomorrow.”
Emosionele Welwees
Emosionele welwees is om goed oor jouself te voel en ’n positiewe selfbeeld te hè. Dit is om bewus te wees van jou eie emosies en om dit te kan uitdruk. Emosionele welwees beteken ky kan stres, emosionele uitdagings en verwagtinge beter hanteer en ky aanvaar verantwoordelikheid vir hoe ky voel.

Emotional wellness is about feeling good about yourself and having positive self-esteem. It’s about being aware of your emotions and being able to express them. Emotional wellness is about dealing with stress, expectations and emotional challenges more effectively and taking responsibility for your feelings.
Moontlike vrae/Possible Questions

1) Is daar enige sterk positiewe emosies wat jy meer gereeld sou wou voel? Hoekom hierdie emosies? Wat kan jy doen om meer gereeld so te voel? Are there any strong positive emotions that you would like to experience more often? Why these emotions? What can you do to experience these more often?

2) Ervar jy soms enige negatiewe emosies? Is daar ’n negatiewe emosie wat jy meer gereeld ervaar? Wat dink jy veroorsaak hierdie negatiewe emosie? Hoe kan jy dit op ’n positiewe manier hanteer? Do you sometimes experience any negative emotions? Is there a particular negative emotion that you experience more regularly? What do you think causes this emotion? How can you deal with it in a positive way?

3) Watter advies sou jy jou vriende gee om hulle te help om meer positief te voel? What advice would you give your friends to help them feel more positive?
1. Are there any strong positive emotions that you would like to experience more often? Why these emotions? What can you do to experience these more often?

“Yes, there is. I would like to experience more confident emotions. I want to believe in my abilities and in myself, strongly. I want to feel these emotions, because the more I confidence I gain in myself, the stronger my spirit, willpower and vitality becomes. I can do this by working hard and smart, getting good marks in my studies and practicals and understanding my weakness and strengths. It would be nice if someone would acknowledge me.“

“I want to experience happiness and love more often, because these emotions makes me feel good and accepted and it also gives other people joy if I am happy and show them that I love them. I can laugh more often and concentrate on helping others and doing stuff for others to show them that I love them and care for them. “

“I would like to experience true and unburdened happiness because I don't think I have ever experienced that. There is always something that will hinder me from truly being happy. I honestly don't know how to experience this, not even for a split second. “
2. Do you sometimes experience any negative emotions? Is there a particular negative emotion that you experience more regularly? What do you think causes this emotion? How can you deal with it in a positive way?

“"Yes. I experience sadness, depression, despair, frustration. The one that I experience regularly is sadness. I think this emotion is caused by people looking down on me, walking in other people's shadows. There are more, but I would like to keep them to myself. I deal with it in a positive way by looking forward, chasing my dream and stop competing against others when I should be competing against myself."

“Disappointment. I feel disappointed in many people for letting me down when I need them the most. I feel this way because I have always helped them but they do not replicate that altruistic behavior. I also feel disappointed in my family for not spending time together and not looking out for one another. In order to overcome this disappointment I need to develop contentment and carry on doing what I do best."

“"Yes I do. I often feel sad, extremely sad. This emotion is caused by the fact that I believe that I am not good enough for most things, and well, life in general. I was diagnosed with clinical depression at the age of 14 and the problem has never really been resolved."
3. What advice would you give your friends to help them feel more positive?

“Never give up and keep looking forward and smiling no matter what happens. Stay strong and push through those hard times. There will be struggles, that is inevitable. But, if you can push and fight through those struggles, you will find that you have a heart strong enough to face any obstacle.”

“Make the most of every opportunity that comes your way. Life is short and you can never regain time. “

“They should know that they are the most original being ever created because there is only one copy of them. I would help them realise how much of an endangered species they are and how much this earth needs them, imperfections and all.”

“Never think "what if". It creates the greatest opportunity for doubt, worries and anxiety to manifest. Count your blessings and remember your goals and dreams, because that is what keeps us all going.”
Intellektuele Welwees

Intellektuele welwees gaan oor die gebruik van jou verstand. Jy gebruik jou verstand om lewenslesse te leer en om nuwe kennis op te doen. Jou intellektuele welwees gee jou ook die vermoë om suksesvol te studeer en so jou intellektuele potensiaal te ontsluit.

Intellectual wellness means using your intellect. You use your intellect to learn from life and to acquire new knowledge. Your intellectual wellness also enables you to study successfully. This can lead you to realise your intellectual potential.

www.sun.ac.za/bewell
021-808 9111
Moontlike vrae/Possible Questions

1) Waarom is dit belangrik dat jy vertroue het in jou eie intellektuele vermoë?
   Why is it important that you have confidence in your own intellectual abilities?

2) Dink jy daar is van jou intellektuele vaardighede wat jy verder behoort te ontwikkel? Hoe sou jy dit kon ontwikkel?
   Do you think there are any of your intellectual skills that you should develop further? How could you develop them?

3) Dink jy self-discipline speel ‘n belangrike rol in die ontwikkeling van jou intellektuele welwees?
   Watter aspekte van jou self-discipline sou jy wou verbeter sodat jy jou intellektuele welwees kan bevorder?
   Do you think self-discipline plays an important role in the development of your intellectual wellness? Which aspects of your self-discipline would you like to improve in order to increase your intellectual wellness?
1. Why is it important that you have confidence in your own intellectual abilities?

“I will be able to study, absorb and understand my work better. Having confidence in myself will give me that willpower to keep pushing forward and learn new things to add to my knowledge. I will be able to understand my intellectual potential better and improve on it. “

“Confidence in your intellectual abilities is important because it the belief in your "smartness" will allow you to be positive while studying which will help you absorb information effectively. Confidence in your intellectual abilities will therefore lead to your academic success.“

“It makes me believe that I am capable of doing anything that I want or need to do. It make reminds me that I able to get through my course. It gives me general confidence in life. I know I've been blessed with intelligence, and that motivates me to do better in what I'm studying, because I should use my gift to help others.”

“If I do not have confidence in my own abilities, others will underestimate me.”
2. Do you think there are any of your intellectual skills that you should develop further? How could you develop them?

“My study methods need drastic re-evaluation. I am still navigating what works best for me and trying out different techniques and methods. I also need to get a variety of sources on the things I learn each day to be able to fully comprehend them.”

“Yes, there are. I could be more organized and use my time wisely in order to maximize the time I have for my academics. Once I have enough time dedicated to my academics I can experiment with various studying techniques until I find one which is best suited for me.”

“Thinking out of the box and perhaps reading more in order to obtain more knowledge and a greater understanding.”

“My concentration and listening skills, and my study methods”
3. Do you think self-discipline plays an important role in the development of your intellectual wellness? Which aspects of your self-discipline would you like to improve in order to increase your intellectual wellness?

“Yes, self-discipline helps in not losing focus. I would like to improve persistence, and time management."

“"Yes! You control the information that you obtain. I would like to improve my ability to say no to social events. I struggle to choose work over play.""

“"Yes. I need to be able to resist peer pressure at the most crucial times. Also, I need to commit more to the times I set to do certain tasks. I need to move out of my comfort zone and not be afraid to ask for help when I need it."

“yes, without discipline, ones intellectual ability is useless. Talent got me this far, but only skill can take me further. Skill is only developed through loads of practise and commitment (which requires self-discipline). I would like to improve all aspects. i lack self-discipline and i am a huge procrastinator ... ""
**Beroepswelwees**

Vir studente behels beroepswelwees om jou voor te berei vir jou toekoms sodat jy eendag gelukkig kan wees in jou loopbaan. Dit beteken dat jy dan kan doen wat jy graag wil en wat by jou en jou talente pas. Jy gaan eendag moet help skep aan gesonde omstandighede vir welwees in jou werk.

For a student career wellness is about preparing yourself for your future so that you can one day be happy in your profession. This means that you will then be able to do what you enjoy and it will suit you and your capabilities. One day you will also have to help create healthy conditions for wellness at your work place.

www.sun.ac.za/bewell
021-808 9111
Moontlike vrae/Possible Questions

1) Hoekom het jy hierdie graadprogram gekies en wat wil jy eendag daarmee bereik? Why did you choose this degree programme and what would you like to achieve with your degree one day?

2) Is daar iets wat jy nou al kan doen om te help verseker dat jy eendag gelukkig in jou werk sal wees? Is there anything that you can do now to make sure that you will be happy in your work one day?

3) Gesels oor die vrae in die driehoek. Discuss the questions in the triangle.

1. Wat doen ek goed? What do I do well?

2. Wat wil ek graag doen? What would I like to do?

3. Wat wil ek vir geld doen? What would I like to do for money?

4. Hoe kan ek 1, 2 + 3 deurlopend verbeter en my loopbaan daarvolgens rig? How can I continuously improve 1, 2 + 3 and shape my career accordingly?
1. Why did you choose this degree programme and what would you like to achieve with your degree one day?

“I chose it because it spoke to the person I am and it felt like the degree that would inspire and encourage me to be a better human being. I hope to use my degree to encourage socio-economic change and to fight structural racism.”

“I was very good at Accounting and Maths at school - I would honestly like to become a CA(SA) so I can work anywhere in the world that I want and use the money to open up an Animal Welfare Organization.”

“I chose my degree, because I enjoy Mathematics, programming and solving problems. Also thought, that through this degree it is possible for me to create something that could benefit the world. I hope to achieve this one day.”

“I chose this degree programme because I was always an altruistic person who always gave without expecting anything in return. I would like to end up lecturing and helping in communities that cannot afford adequate healthcare.”

"I have a passion for people and my life goal is to improve the lives of others. I shall be able to exude this dream every day as a doctor. To never lose my humanity. To always view my patient as a holistic individual."
2. Is there anything that you can do now to make sure that you will be happy in your work one day?

“Get experience, work hard, and first of all have a positive mind set and positive thoughts. Also to always remember my goal, have a strong mental capacity, stay committed to my work and my goal, and love what I do.”

“I can do learnerships and job-shadowing to get used to the atmosphere now already and be able to be fully comfortable in that kind of work environment one day.”

“I need to look after myself in all dimensions so that I don't burn myself out now. I don't want to "lose it" this early in life. I need to study hard and most importantly, I need to enjoy my studies in order to enjoy my work. I need to keep a positive mentality towards everything I do.”

“Yes, create a good work ethic as well as grow acquainted with all the recent updates and advances in my chosen career field.”
3. What do I do well? What would I like to do? What would I like to do for money? How can I continuously improve what I do well, what I like to do and what I like to do for money and shape my career accordingly?

“I am great at helping others. I would like to stick to altruism. Money only comes after the satisfaction of seeing someone's wellness increasing. To improve this, I should start realizing my own individual identity. “

“I am very good with children and I am academically very strong. I would like to be a medical doctor to help others and not for the money! I can improve what I do by never stop learning. There are always more to everything than I already know, thus by doing research and always learning I can shape my career, be more effective and improve what I do!”

“I always finish what I start and I am loyal and persistent, in the sense that I finish everything with perfection.”

“I am good at learning and debating, I would love to work on my skills of research, policy formulating and public speaking. I sincerely hope that in my course there will be opportunities for making money but I also realise that a lot of money will not directly translate into happiness. Daily things such as attending class and researching internships will assist me in improving and help shape my career path.”
Sosiale Welwees

Sosiale welwees is om gesonde verhoudings met jouself én met andere te hê – jou familie en jou vriende en ook die breër gemeenskap. Dit is om saam te kuier en tyd te hê vir pret, om met ander saam te werk sodat jy positief kan bydra tot jou eie groep en die gemeenskap.

Social wellness is about having healthy relationships with yourself and those around you – your family and your friends, and also the wider community. It’s about being together and having time for fun, working as a team to contribute positively towards your own group and the community.

www.sun.ac.za/bewell
021-808 9111
Moontlike vrae/Possible Questions

1) Dink jy gesonde verhoudings met die mense rondom jou is belangrik vir jou eie ontwikkeling? Dink jy dit beïnvloed ook jou sukses as ’n student? Do you think healthy relationships with those around you are important for your own development? Do you think it also impacts on your success as a student?

2) As jy vir ’n vriend(in) wat eenzaam voel op kampus moet advies gee, wat sal dit wees? If you were to give advice to a friend who is lonely on campus, what would the advice be?

3) Wat dink jy is die beste manier om verhoudings wat skeef geloop het, te herstel? What do you think is the best way to restore strained relationships?

4) Hoe kan jy sosiale media soos Facebook en Twitter op ’n positiewe manier gebruik om jou sosiale welwees te verbeter? How can you use social media such as Facebook or Twitter positively to improve your social wellness?
1. Do you think healthy relationships with those around you are important for your own development? Do you think it also impacts on your success as a student?

“It is very important since it develops your optimism. It keeps you balanced and helps you cope with your studies so that you are focused on your goal.”

“Yes! You can learn something from everyone. Every single person is walking their own journey of life and have valuable information that they can pass on to you. This can improve and benefit your own development. Yes, being involved with the wrong crowd will steal your time and distract you from your studies.”

“Yes, the people around you are those who shape you as human being, therefore it influences your development and success as student.”

“Yes i do think that healthy relationships with those around me are important for my own development and it does impact on my success as a student because the better my relationship with my friends, the happier i am, the more i want to work and achieve goals.”

“Yes, if you have a study partner for example, it is just that much better than doing it alone. One needs to not only be focused on schoolwork but grow as a person as well. Having people in your life who promote positivity and who can hold you accountable is vital for happiness and growth.”
2. If you were to give advice to a friend who is lonely on campus, what would the advice be?

“Be more open, approachable, confident and positive. No one wants to approach someone who looks angry all the time and who is unapproachable. Smile more because it makes people see that you are friendly and happy. No one wants a negative friend, because everyone wants to be happy and not be dragged down by negativity. “

“Find someone, even if they are not on campus, who can support you during your studies and also do fun things with you in your time off.”

"Be a MAN or WOMAN. Go out and talk to people. Start by saying Hi to a person. Ask him/her their number. What is the worst that can happen? Rejection. Life goes on. |Participate in sport and join societies. This friend of mine will meet lots and lots of new people. |If you are in res, participate in res activities. Go and borrow some sugar or bread from a fellow senior.“

“I would tell that friend to draw upon their inner strength and find the courage to go and tell someone that they are feeling lonely because that is the biggest challenge: admitting that you are lonely. It will only be a matter of time before that person recruits other people to try and get through to that lonely person and thus, company will come from every corner and he/she will get help.”
3. What do you think is the best way to restore strained relationships?

“Through communication and empathy.“

“Start small. Make an effort. Show the other person that you would like to restore the relationship.”

“Honesty. By being honest with each other, you can start to rebuild your relationship on trust.”

“I think the best way is to stop being proud and to make contact with people. When they see you make an effort, they might respond more positively. It's also important to apologise when you are wrong.”

“Forgive and forget. Life is too short to hold grudges and lose the people you love. “

“Talking it out in a respectful, assertive and dignified manner ,learn to accept your mistakes ,take responsibility, apologise and come to a mutual understanding.”

“The differences that caused the strain should be accepted. Forgiveness is of utter importance. It has to be a two-way reconciliation.”
4. How can you use social media such as Facebook or Twitter positively to improve your social wellness?

“You can use social media to post your ideas and therefore attain feedback and advice from others. This will make you feel positive about yourself. You can also reach out to friends in order for you to communicate with them and not isolate yourself.“

“By keeping in contact with friends and family. Spreading positive messages and by not breaking down others.”

“I would use it to communicate with my friends and family. Even if it's not long conversations but just a random message to check up on them is enough to maintain a healthy relationship. Everyone likes to know that someone at the least cares.”

“Be more positive, rekindle old friendships and offer good advice to those in need.”

“I love opening my facebook and seeing where my friends from school are at in life, or having a "family" group on whatsapp that keeps everyone in the loop no matter their location. Sometimes it is just that uplifting photo, video or message you needed to get through the next hour of the day :)”
Spiritual Wellness

Spiritual wellness is about being connected spiritually and having meaning and purpose in your life. It’s about making time for spiritual activities and/or things that make you grow as a human being – e.g. time for praying, for singing, for meditating, for reflecting, for going to church and for doing faith based work.
Moontlike vrae/Possible Questions

1) Wat is die belangrikste waardes wat vir jou rigting gee in jou lewe? Hoekom is juis hulle vir jou so belangrik?
   Which are the most important values that guide your life? Why specifically these values?

2) Is daar ander waardes wat jy graag ook deel van jou geestelike welwees wil maak? Hoekom juis hulle en hoe dink jy kan jy hierdie waardes ontwikkel?
   Are there other values that you would like to add to your spiritual wellness? Why these values and how do you think you can develop them?

3) Wat is jou denke oor die universele waardes wat op hierdie kaart verskyn?
   What are your thoughts on the universal values on this card?

4) Vul die vraelys by www.viame.org in en gesels dan met mekaar oor wat jy van jouself geleer het.
   Complete the questionnaire at www.viame.org and then share what you have learnt about yourself.
1. Which are the most important values that guide your life? Why specifically these values?

“Selflessness, integrity and humility. These values epitomise the fact you as a person do not and can not exist alone, and the same with other people. These values are dear to me because they ground me as a person and keep focused on never forgetting that at the end of the day, we are all just human. Rich or poor, wise or inexperienced, we were all created to be humans by the Creator.”

“My values that guide me through life are respect and empathy. They keep me grounded and make it possible for me to put myself into the other person's shoes.”

“Religion: This is the most important value for me since it is a guide for all other values including family, integrity and humility. Altruism: I am a person who gives and does not expect anything in return since my name literally annotates it.”

"Integrity, honesty, respect and tolerance. These help us live harmoniously together and contribute to the benefit of all while minimising conflict."

“Patience, goodness, perseverance, determination, open-mindedness, love. These are the values that, I believe, make a good person.”
2. Are there other values that you would like to add to your spiritual wellness? Why these values and how do you think you can develop them?

“Faith and hope are the values that I tend to struggle with. They are so easy to say out loud but practicing them in daily life is difficult especially when it's needed the most. I can develop them by asking God to help me. He is the best guide you can ever ask for. He will never judge me for not sticking to that kind of path and will always be there to remind me of what I originally wanted to achieve when I do deviate.”

“Friendliness, kindness. I can sometimes forget to be friendly and come over as stuck up. I would want to be more impulsive and do more things connected to spiritual wellness. I can develop them by surrounding myself with people who have these values.”

“Kindness and forgiveness. These can be developed by practicing them daily.”

“Practice my religion more actively by attending church and making more time for prayer.”

“I want to be humble and always have integrity and patience when I see my patients one day. These values would help me to build strong doctor-patient relationships and it will also establish a trust between us. I can start to develop them now by testing my self in difficult situations and not to avoid those situations.”
3. Complete the questionnaire at www.viame.org and then share what you have learnt about yourself.

“I have learnt that I am a hard-worker and persistent. Even though I choose to see the good side in everything and everyone, it can be a little bad for my judgement. I also can be too hard on myself at times but that's because I want to be diligent in the things I do and do them because I want to not because I am compelled to do so. “

"Treating all people fairly is one of your my abiding principles. I do not let my personal feelings bias my decisions about other people. I give everyone a chance. I am an honest person, not only by speaking the truth but by living my life in a genuine and authentic way. I am down to earth and without pretence; I am a "'real'" person. I like to laugh and tease. Bringing smiles to other people is important to me. I try to see the light side of all situations. I am very trustworthy and kind. I show perseverance in everything that I do and I am very brave despite the challenges that I must overcome!"

“I am a honest person in writing and in living it out. I love to care for others, value relationships and treat people fair. I realize the beauty in things and love to laugh. I am very curious but don't see myself as better than anybody else. I make consistent decisions, work well in a team and reserve judgement as far as possible. I work hard to finish what I started and bring zest to a place. I am brave, forgiving and self-conscious. I love learning new things, being creative and even though i don't see myself as genius some people do."
Thank you!