

# HOW TO STAY balanced ABROAD



Make your study abroad experience even more amazing:  
**Balance your wellness!**

From the physical to the emotional, the intellectual to the social, staying well abroad means paying attention to all the elements that contribute to wellness.



Imagine your *wellness as a wheel*, with each element forming a single spoke. A balanced wheel carries you forward.

When you make healthy lifestyle choices, you create balance—making your time abroad even more successful and enjoyable!

## EMOTIONAL WELLNESS



**i am aware of my feelings**

Awareness and acceptance of feelings—both others' and your own—makes it easier to have healthy relationships, cope with stress, and have a positive outlook.

BASE RELATIONSHIPS ON **trust + respect**

Recognize that **CHALLENGES** are **HEALTHY**

Your emotions are valid **express! YOURSELF**

## OCCUPATIONAL WELLNESS

**i discover satisfaction in what I do**



*Aim for the stars!* Developing your own unique skills and developing your talents will make your work more fulfilling.

Always keep **learning**

Identify and develop talents  
 Choose work that uses your skills

**TAKE PRIDE IN YOUR PERFORMANCE**

## PHYSICAL WELLNESS



**i take care of my body**

When you eat right, exercise, and get enough sleep, you'll feel better and have more energy.

LIVE A **balanced LIFE**



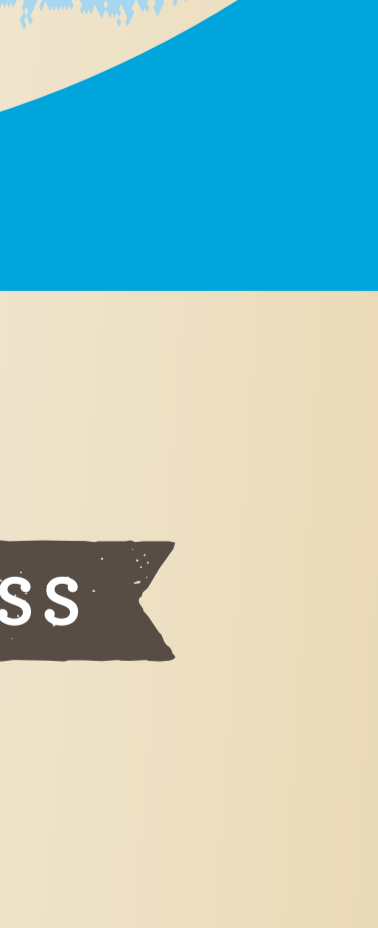
**EXERCISE** REGULARLY

**moderate CONSUMPTION**

**8 SLEEP HOURS**

## SOCIAL WELLNESS

**i connect with others**



Make connections with other students, your professors, CEA on-site staff, locals, and your host community. *There's no need to go it alone!*

Make new **friends**

Attend cultural events & festivals  
 Get involved with your host community

**VOLUNTEER/GIVE BACK**



## INTELLECTUAL WELLNESS



**i am open to new ideas**

Embrace the chance to learn about new concepts and ideas; studying abroad is a once-in-a-lifetime opportunity to broaden your perspectives.

**expand your worldview**

**EXPLORE YOUR HOST CULTURE**  
 Try local delicacies

**PARTICIPATE IN CLASS**



## SPIRITUAL WELLNESS

**i am true to myself**

When your decisions and actions reflect your values, you'll avoid internal conflict.

