

Well-Being at Centenary College of Louisiana

At Centenary, we take well-being seriously. In addition to providing an exceptional private liberal arts educational experience, we want to help you build important life skills that will help you deal with the demands and challenges of everyday life.

What is Well-Being?

Generally speaking, well-being refers to feelings of satisfaction and engagement with life, fulfillment, and resilience. However, what that looks like can differ from one person to the next. For example, one person may draw energy and joy from large social gatherings, whereas another person might find more happiness in solitude; one person might find fulfillment in a helping profession, whereas another person might find fulfillment in a trade profession.

At Centenary, we believe well-being is multi-faceted with impacts into our emotional and psychological well-being, our physical well-being, and spiritual well-being.

When we talk about well-being it is important to keep the following in mind:

- Well-being is not a static state, but rather an active process through which we can experience personal growth, increased resilience, and satisfaction and engagement with life.
- Well-being is for everyone. Having a mental illness does not mean you cannot or do not have high well-being. Conversely, not having a mental illness does not necessarily mean you have high well-being.
- Well-being is self-determined. Each member of our community can define and pursue well-being in their own manner.
- Well-being is an important topic of scientific inquiry. As such, we make efforts to ensure the information and resources provided on this website are grounded in scientific research.

You can [read more about well-being from the CDC.](#)

Emotional and Psychological Well-Being

Emotional well-being refers the ability to be aware of and cope with one's emotions in a way that is productive and allows them to handle the demands of everyday life.

Inability to effectively manage stress can lead to negative health outcomes such as decreased immunity, heart disease, and even memory problems. By improving your emotional well-being, you can better balance stress which will lead to better mental and physical health.

Resources

- To explore tips to improve your emotional and psychological well-being, check out the [Emotional Wellness Toolkit](#) from the National Institutes of Health.

- To explore healthy methods of coping with stress, visit the [American Psychological Association's](#) website.
- Learn more about using meditation to cope with stress by visiting [Mindful.org](#). Meditating has far-reaching and long-lasting benefits: it can help lower our stress levels, and improve our focus. If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can help restore your calm and inner peace.

Physical Well-Being

Physical well-being refers to maintaining physical health through exercise and healthy eating habits. For healthy adults, the American Heart Association recommends 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity spread throughout a week. Regular exercise combined with a well-balanced diet contribute to having energy throughout the day and preventing chronic diseases, such as diabetes and cardiovascular disease.

Resources

- Don't let the numbers daunt you. Click [here](#) to read more about the relationship between sedentary behavior and health.
- To learn more about the importance of physical wellness, visit [The American Heart Association website](#)
- Click [here](#) to learn more about the benefits of eating balanced diet.
- Interested in utilizing a personal trainer or getting in a work-out/exercise? Visit the [Centenary Fitness Center](#) website for more information on hours and membership.

Spiritual Well-Being

Spiritual Well-Being involves fostering a sense of purpose through connectedness with art, nature, religion, or one's community. Through building meaning within these areas in one's life, one can maintain balance within life, build positive relationships with others, and ultimately a feeling of fulfillment from life.

Although spiritual well-being does not necessarily involve religious belief, it does encourage one to search for a way to connect to a purpose larger than one's self. For example, contact with nature can be beneficial, leading to improvements in mood, cognition, and health. You can also cultivate spiritual well-being by reflecting on yourself and identifying your values, practicing mindfulness, and exploring religious faiths.

Resources:

- Consider going to one of our weekly Chapel Services. Our Chapel Services are held every Tuesday from 11:10-Noon in Brown Chapel. Please click [here](#) to view recording of past Chapel Services.
- Click [here](#) for ideas of how to incorporate spiritual well-being into everyday life.