Dimensions of Wellness

There are many dimensions to wellness (emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social). We invite you to reflect on these dimensions as they relate to your overall wellbeing. How can your mentoring relationship support you in nurturing any of these dimensions? How can you support your mentor/mentee in this process? The path to overall wellbeing is a lifelong journey: embrace the winding path and give yourself grace along the way.

Check-in

WITH YOURSELF

The wellness wheel above suggests that to achieve overall wellness, each dimension should be equal in priority. Reflecting upon your own wellness...

- Which dimensions do you nurture the most? Which dimensions do you foster the least?
- Do the dimensions in which you nurture most and least align with your values?
- Was there a time in your life when the different dimensions were more or less balanced? If so, then what is different now?
- What steps can you take to balance your overall wellness?
CONVERSATION STARTER
A FRIENDLY REMINDER TO CHECK-IN WITH YOUR MENTOR/MENTEE!

WHAT IS SOMETHING YOU’D LIKE TO ADD OR REMOVE FROM YOUR ROUTINE? WHY?
IS THERE ANYTHING I CAN DO TO SUPPORT YOU IN THIS?

“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”

-Steven Spielberg

Stay Connected with ACE

RESOURCES AND UPCOMING EVENTS

ACE READS
MARCH 6TH
12:30-1:30 PM (ON ZOOM)
REGISTER HERE

ACE MENTORING MATTERS PANEL
MARCH 20TH | 1-2 PM
SAVE THE DATE!

UC AMP CONFERENCE
MARCH 10-12
BALANCING ACT: NAVIGATING SUCCESS, WELL-BEING, AND PURPOSE
REGISTER HERE

UCLA HEALTHY CAMPUS INITIATIVE

SEMEL INSTITUTE LIVE WELL INITIATIVES

MINDFULNESS PRACTICES
MINDFUL AWARENESS RESEARCH CENTER (MARC)

ACE MENTORING COMMITTEE

Sue Abeles
Jessica Amaya
Marian Gabra
Cyndi Ichinose
Shahla Moreno
Lori Okimoto-Wheatley
Carina Salazar

Interested in the ACE Mentoring Program? Have an event or resource you would like to share in a future issue of ACE Links?

Email ace@college.ucla.edu for more information!