The Pursuit of Well-being

Ilene Rosenstein, Ph.D.
Associate Vice Provost
Licensed Clinical Psychologist
Well-being

- Wellness?
- Health?
- Happiness?
- Balance?
Well-being

- A combination of
  - Feeling good (positive emotions and engagement)
  - Having good, healthy relationships
  - Having meaning in your life
  - Having accomplishments

- Well-being Questionnaire (1 = Not at all; 10 = Totally)
  - Taking all things together, how happy would you say you are?
  - I generally feel that what I do in my life is valuable and worthwhile.
  - In general, I feel very positive about my self.
  - I’m optimistic about my future.
  - When things go wrong in my life, I generally get back to normal in an appropriate amount of time.
  - There are people in my life who care about me.
True Thriving

From surviving to thriving
Thriving is about:
- following your values
- utilizing your strengths
- caring for self and others
- creating meaning and hope
- facing challenges and solving them
Threats to Well-being and Thriving
When to get help
Hope and Happiness in Connection

Connect with self  Connect with others  Connect with USC
When to get what type of help
When to Get Professional Help

Typical Reasons

- diminished hygiene
- changing behaviors
- fluctuating mood
- isolation
- loneliness
- sadness
- thoughts of escape
- hopelessness
Campus Resources

- **USC Support and Advocacy 213-821-4710** in STU201 at (213) 821-4710 or [studentaffairs.usc.edu/ssa/](studentaffairs.usc.edu/ssa/) assists students and families in resolving complex personal, academic, and financial issues, providing useful information and referring to the proper campus resources.

- **Student Counseling Services: 213-740-7711** for free and confidential support on the University Park Campus in Engemann Student Health Center 304 at (213)740-7711 or [engemannshc.usc.edu/counseling/](engemannshc.usc.edu/counseling/), or on the Health Science Campus in the Eric Cohen Student Health Center at (323) 442-5631 or [https://ecohenshc.usc.edu/counseling/](https://ecohenshc.usc.edu/counseling/).

- **USC Occupational Faculty Practice** for Lifestyle Redesign at (323) 442-2850 or [chan.usc.edu/patient-care/faculty-practice/about](chan.usc.edu/patient-care/faculty-practice/about) which helps students develop healthy life habits.
Mindful USC at mindful.usc.edu offers ongoing training and classes to empower students to be more mindful and compassionate. Try the Mindful USC Mobile App at http://mindful.usc.edu/mindful-usc-mobile-app/ which helps students learn to handle difficult emotions, calm overall anxiety, and get focused.

USC Office of Religious Life (ORL) has over 90 different student religious organizations on campus and can help clarify your values. Contact ORL in University Religions Center 106 on the University Park Campus or McKibben Hall 160 on the Health Science Campus, at (213)740-6110 or orl.usc.edu/

USC Department of Safety immediately for any life-threatening situation at (213)740-4321 on the University Park Campus or (323)442-1000 on the Health Science Campus
Self-Care 101
Self-care as students

- Set reasonable expectations of what you can do
- Know your limits; don’t be afraid to set boundaries
- Reflect: Did you do your best and match your values?
- Talk with friends, colleagues, advisors, and faculty about your feelings, plans, and expectations
- Be self compassionate
- Do good things for yourself
  - Participate in our wellness programs!
Questions and Comments

KEEP CALM AND FIGHT ON

...and thrive!