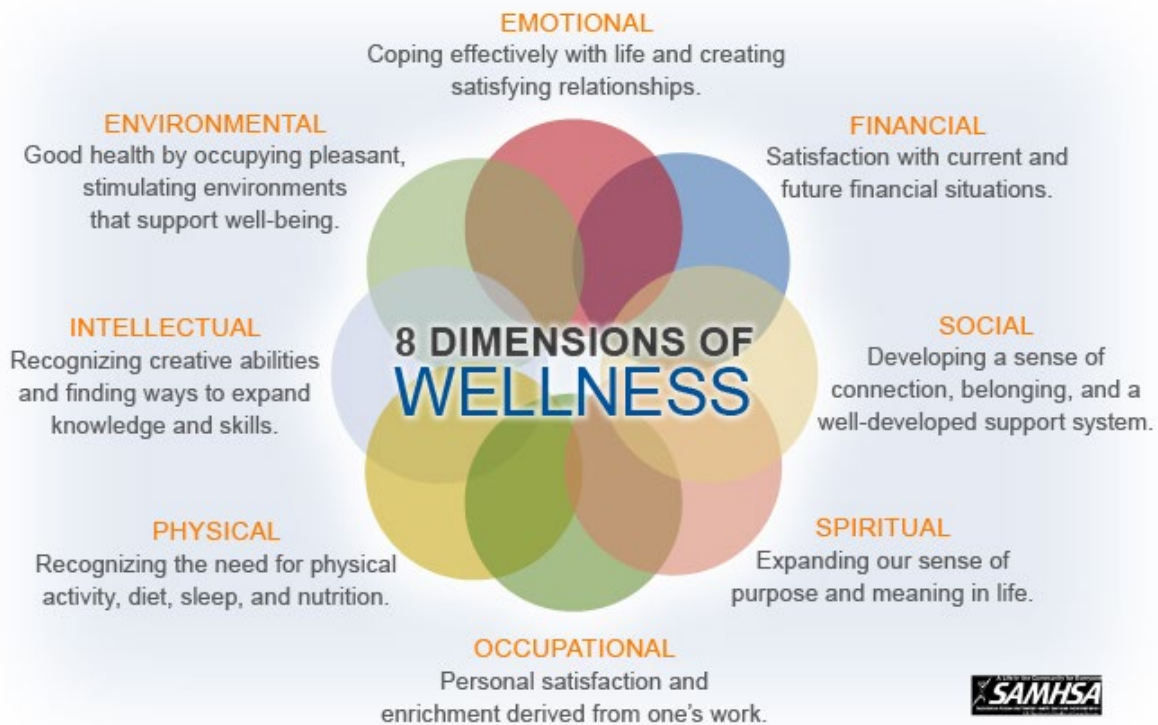


# 8 Dimensions of Wellness at CSUN

Klotz Health Promotion views wellness in a holistic way, as depicted by the 8 Dimensions of Wellness. Incorporating these dimensions into your life can help you lead a more balanced life and positively impact your academics. This document highlights CSUN resources for students within each dimension of wellness.



Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

## Emotional

**University Counseling Services** Individual counseling, crisis intervention, groups and workshops, psychiatric consultation <https://csun.edu/counseling>

**Campus Care Advocates** Certified Sexual Assault Counselors from Strength United, confidential resource on matters related to sexual violence, dating violence and stalking, located in the Klotz Student Health Center

**Office of Equity and Diversity** Support for diversity and inclusion, Title IX, discrimination, harassment, retaliation <https://www.csun.edu/eqd/>

## Financial

**CSUN With a Heart** Resources to address students' basic needs (e.g. food, housing, financial support) <https://www.csun.edu/heart>

**Financial Aid and Scholarship Department** Financial Aid, scholarships, Matacare grant (for students with urgent financial needs) <https://www.csun.edu/financialaid>

**Women's Research and Resource Center** WRRC Food and Toiletry Pantry <https://www.csun.edu/wrrc>

**CSUN Food Pantry** Next to Sagebrush Hall <https://csun.edu/mic/csun-food-pantry>

**CalFresh Nutrition Assistance Program** <https://calfreshcsun.youcanbook.me/>

**WIC Program** Supplemental nutrition for women, infants and children <https://www.csun.edu/wellbeing>

**Food Recovery Network** Food recovered from CSUN dining locations and distributed to campus locations and local shelters to feed those in need <https://www.csun.edu/heart/food>

## Social

**Matador Involvement Center** Clubs and Organizations, Greek life, volunteer projects <https://www.csun.edu/mic/>

**EOP Dream Center** Resource center for undocumented students and allies <https://www.csun.edu/eop/dreamcenter>  
**Pride Center** Resource center for LGBTQIA+ students and allies <https://www.csun.edu/pride>  
**Veteran's Resource Center** Resource center for student veterans and allies <https://www.csun.edu/vrc>  
**Associated Students** CSUN student government, sports clubs, productions, AS ticket office <https://www.csun.edu/as>  
**Institute for Community Health and Wellbeing** Mindfulness Mondays, Walkability Wednesdays  
<https://www.csun.edu/wellbeing>

Spiritual

**University Student Union** Prayer/Meditation/Reflection Room, Foot Washing Room, USU East Conference Center

Occupational

**Career Center** Career exploration and advisement, Matty's Closet (free business clothing for students), social media profiles, networking events, information sessions and speaker panels <https://www.csun.edu/career>

Physical

**Klotz Student Health Center (SHC)** Primary and specialty care, nutrition counseling, wellness coaching, massage therapy\*, physical therapy\*, chiropractic\*, optometry\*, dental\*, pharmacy\* <https://csun.edu/shc>

**Oasis Wellness Center** Massage chairs, nap pods, nutrition counseling, wellness workshops, digital e-books, 20,000 meditations, labyrinth, SHC clinical services (wellness coaching, acupuncture\*, massage therapy\*, reiki therapy\*) <https://csun.edu/oasis>

**Student Recreation Center** Indoor jogging track, group exercise classes, fitness evaluations, equipment orientation, swim lessons\*, CPR/AED/First Aid training\*, personal training\* <https://www.csun.edu/src>

**Marilyn Magaram Center** MMC Wellness Garden, garden/wellness workshops, farmers market food demonstrations, nutrition experts blog, dietary analysis\*, BOD POD\* <https://www.csun.edu/marilyn-magaram-center>

**Lactation Spaces** <https://www.csun.edu/wellbeing>

**Commit to Be Fit** Free on-campus fitness program <https://www.csun.edu/wellbeing/commit-be-fit>

**Outdoor Adventures** Adventure trips, bike shop, team building, rental center, SRC ridge rock wall, workshops and clinics, Camp Matador <https://www.csun.edu/as/outdoor-adventures>

Intellectual

**Learning Resource Center** Free Math/Science tutoring, writing center, grammar lab <https://csun.edu/lrc>

**Disability Resources and Educational Services** Accommodations for test-taking, in-class note takers, requesting alternate formats (e.g. Braille, electronic text) <https://www.csun.edu/dres>

**NCOD** Deaf and Hard of Hearing Services <https://www.csun.edu/ncod>

Environmental

**Institute for Sustainability** Sustainability Food Garden, water refill stations <https://www.csun.edu/sustainability>

**Botanic Garden** 1.5-acre Garden and Greenhouse Complex, 1,200 plant species, near Chaparral Hall

**Orange Grove & Pond** orange trees, turtles, geese, koi [www.csun.edu/facilities/csun-orange-grove-and-pond](http://www.csun.edu/facilities/csun-orange-grove-and-pond)

*\*Indicates low-cost services*

For a map of CSUN, visit: <https://www.csun.edu/csun-maps>