

Do you need help identifying or accessing services to support your wellness? Book a Wellness Coaching session with Lisa Marie Bronson, Wellness Coordinator. [Click here to schedule an appointment.](#)

### Physical

A healthy body; good physical health habits; nutrition, exercise, and appropriate medical care: these make up the physical domain of wellness. We can get there by choosing things that make our body feel good and noticing and cutting back on the things that bring us down. We can also feel better by creating a routine that balances activity with rest, and that honors our obligations and needs. Our bodies are intelligent, and learning to listen to them is incredibly empowering.

- [Student Health Services](#)
- Exercise:
  - DanceFitness: Wednesdays at 5:30p
  - Mindful Movement: Breathwork, meditation and yoga Fridays at 12:30p
  - Discounted \$55/mo student membership to [Hackensack Meridian Fitness & Wellness](#)
  - [Local Gyms](#)
  - [Covid resources in Essex County](#)

### Social

The Social Wellness domain involves having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

- Quarterly Wellness Events Sponsored by SAW
- The Peer Mentoring Program
- [Student Organizations and Student Life](#)
- Stop by the shared Stethoscope Suite in Room 1116
- Student Mistreatment and Title IX  
Coordinator: [Diane E. Russo, M.A.](#); Office (862) 660-5124; Cell (862) 485-4914

### Occupational

The Occupational Wellness domain involves discovering and participating in activities, especially employment, that provide meaning and purpose and reflect personal values, interests, and beliefs.

- [Advising and Career Development](#)
- [Association of American Medical Colleges - Student Career Resources](#)

### Intellectual

The Intellectual Wellness domain involves everything that keeps our brains active and our intellect expanding. In a broad sense, this dimension can involve looking at different perspectives of an issue and taking them into consideration. Through a number of activities—from learning about physiology to organizing events in your community—you can broaden your perspective, deepen your knowledge and understand diverse points of view.

- [The Office of Academic Support](#)
- [IHS Library](#)

### Emotional

The Emotional Wellness domain involves the ability to express feelings, adjust to emotional challenges, cope with life's stressors, and experience joy. It includes knowing our strengths as well as what we want to get better at, and living and working independently as well as asking for support when we need it.

- Free and confidential counseling at HMSOM:
- [24 hour Counseling and Psychological Services - The Student Assistance Program](#)
  - Team Member Support & Navigation Line 1-844-642-2665 (24 hours a day, 7 days a week)
  - On campus and virtually with Deirdre Comey, LCSW, CEAP, SAP  
**Location:** Room 2623 (near the Anatomy Lab)  
**Contact:** [deirdrecomeylcsw@gmail.com](mailto:deirdrecomeylcsw@gmail.com); 201-986-6552  
**On Campus Availability:** Monday walk-in 2p-4p & appts 4p-5p; Tuesday appts 1p-5p  
**Virtual Availability:** Thursday appts 6p-9p
  - Virtually with Latoya Watson, LCSW  
**Contact:** [latoya\\_watson@optum.com](mailto:latoya_watson@optum.com); 763-348-1498  
Or schedule online at our [Counseling Scheduler](#)  
**Availability:** Tuesday appts 4p-7p; Stress Management Group 7-8p; Wednesday appts 3p-7p
  - On campus with Nadine Mass, LCSW  
**Location:** Room 2623 (near the Anatomy Lab)  
**Contact:**  
Or schedule online at our [Counseling Scheduler](#)  
**Availability:** Wednesday and Thursday appts 1p-5p

### Environmental

The Environmental Wellness domain involves being able to be safe and feel safe. This can include:

- Accessing clean air, food, and water;
- Preserving the areas where we live, learn, and work;
- Occupying pleasant, stimulating environments that support our well-being; and
- Promoting learning, contemplation, and relaxation in natural places and spaces.

- [Nichols Park](#)
- [Brookdale Park](#)
- [Van Vleck Gardens](#)
- [Nutley, NJ](#)
- [New Jersey State Park Service](#)

### Financial

There are many definitions of what constitutes being financially well, but overall, the Financial Wellness domain involves things such as income, debt, and savings, as well as a person's understanding of and access to financial processes and resources. A person's satisfaction with their current financial situation and future prospects also comes into play.

- [The Office of Student Financial Services](#)
- [Robert Macauley](#), Director of Student Financial Services
- [Diana Parra](#), Director of Financial Aid
- [The AAMC Financial Wellness Program](#)

### Spiritual/Self-Actualization

The Spiritual or Self-actualization Wellness domain is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace. It includes: Recognizing our search for meaning and purpose in human existence; and Developing an appreciation for life and the natural forces that exist in the universe.

- HMSOM Reflection Room (Room 4203)
- [Seton Hall University IHS Campus](#) Chaplain [Fr. Anton](#); (973) 542-6976
- Connect with your fellow students in the Muslim Medical Students Association or Jewish Medical Students Assoc.
- Access the [Spiritual Wellbeing Resources](#) on the HMH Team Member website
- Visit the [Islamic Center of Passaic County](#) or other [local houses of worship](#)
- If there are spiritual resources or groups you'd like to add, please let SAW know!

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.  
<https://psycnet.apa.org/buy/2006-05490-011>  
[https://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/wellness\\_in\\_8\\_dimensions\\_booklet\\_with\\_daily\\_plan.pdf](https://www.center4healthandsdc.org/uploads/7/1/1/4/71142589/wellness_in_8_dimensions_booklet_with_daily_plan.pdf)  
[https://www.researchgate.net/publication/318707850\\_The\\_8\\_Dimensions\\_of\\_Wellness\\_-\\_Educating\\_Professionals\\_and\\_the\\_Community](https://www.researchgate.net/publication/318707850_The_8_Dimensions_of_Wellness_-_Educating_Professionals_and_the_Community)