

Enhance your well-being and your ability to support and care for others with a certificate in well-being. Through this program you'll discover the benefits of practicing healthy behaviors across the ten-dimension model of well-being, enhance your ability to connect with others, learn about the importance of reducing stigma and getting help, and become trained in resilience practices.

## Program Benefits

- Enhances communication skills
- Improves relationships
- Better self-awareness
- Enhances your resume
- Boosts overall well-being
- Develops your ability to support other students, faculty, and staff
- Improves academic and work life
- Expands confidence in supporting others
- Contributes to Nebraska's culture of caring

All Nebraska students, staff, and faculty are eligible to participate.

## Checklist for completing the Well-being Certification

### Take the well-being assessment

Complete the assessment at [go.unl.edu/mywellbeing](https://go.unl.edu/mywellbeing) and save the results to share in your well-being coaching appointment.

### Take the VIA character strengths survey

Visit [viacharacter.org](https://viacharacter.org) and click "Take the Free Survey" in the yellow box. Save these results to share in your well-being coaching appointment.

### Schedule a well-being coaching appointment

Visit [resilience.unl.edu/well-being](https://resilience.unl.edu/well-being) to select an ambassador and schedule an appointment.

### Complete QPR training

Information on this 1-hour online suicide prevention training is available by emailing [resilience@unl.edu](mailto:resilience@unl.edu) and asking for a QPR code. If you have already participated in the REACH training, you do not need to go through QPR.

### Watch "Let's Get to the Root of Racial Injustice" write a 1-page reflection

This video is available at [go.unl.edu/root-racial-injustice](https://go.unl.edu/root-racial-injustice).

### Participate in at least one Wake Up to Well-being video

Select a video from [go.unl.edu/wakeup](https://go.unl.edu/wakeup) and try the activity for at least one week.

### Develop at least 5 smart goals for your well-being

Download a smart goals worksheet from [go.unl.edu/goalsetting](https://go.unl.edu/goalsetting) to get started.

### Create a vision board

To learn how, watch the Wake Up to Well-being video ([go.unl.edu/wakeup](https://go.unl.edu/wakeup)). Share your vision board on your social media if you feel comfortable.

### Complete the ScreenU alcohol screening

This screening is available at [go.unl.edu/screenu](https://go.unl.edu/screenu).

### Complete an online mental health screening

This screening is available at [go.unl.edu/screenu](https://go.unl.edu/screenu).

Thank you for your interest.

As you move through the certification process, please check off the steps that you have completed. Send the completed checklist, copy of smart goals and reflections to [cboehm3@unl.edu](mailto:cboehm3@unl.edu). We will review and award your certificate.