

editor's message



Hello everyone! In this last edition of Thrive, we will be sharing on intellectual wellness.

Read on to find out how we can achieve intellectual wellness that supports our daily well-being.

"All art is intellectual entertainment"
- Film maker & comedian Woody Allen

WHAT'S IN THIS ISSUE:

- What is Intellectual wellness?
- Why is Intellectual wellness important?
- What are the benefits of intellectual wellness?
- How can we improve intellectual wellness?

the wellness wheel



adapted from Dr. Bill Hettler's
The Six Dimensions of Wellness Model

The Wellness Wheel illustrates a wellness model with 8 interconnected dimensions to a well-rounded and balanced lifestyle. Each issue, we will cover 1 element from the wheel.



What is Intellectual wellness?

Intellectual wellness is about acquiring knowledge and skills, while acknowledging and nurturing creative abilities.

Why is Intellectual wellness important?



Continuous learning

Promotes lifelong learning, which is essential for personal and professional growth, and helps in staying adaptable and updated.



Enhanced Creativity

Encourages exploration of new ideas, experiences and perspectives.

Emotional Stability

Provides a sense of purpose and engagement with the world around you, fostering self-awareness, resilience, and understanding.

Quality of Life

Enriches life by enhancing mental sharpness and personal growth, and deepening appreciation of life's complexities.



What are the benefits of Intellectual wellness?

Improved mood and having a broader perspective



Having a clear thought and strong focus

Growth of personal knowledge and skillset



Achieving a sense of accomplishment and overall well-being



Ability to plan ahead and reduce stress



How can we improve Intellectual wellness?

Play brain stimulating games

Grab a pencil and try your hand at Sudoku or a crossword puzzle. You can also go online to find a large selection of challenging games too.



Read Often

Read anything that broadens your mindset, perspectives or experiences, as long as it stimulates your mind and generates interest or explore something intriguing.



Having an open mind

Embrace new ideas, insights, thoughts, expressions and values to broaden one's perspective.



EXPAND BEYOND ACADEMICS

Experience the arts

Attend or participate in cultural events. Music, arts, dance and other cultural activities can help express creativity and stimulate your brain in new ways.



Try out a new activity

Having an open mind and be willing to try out novel experiences such as learning a new language, new sports or skills can offer a sense of achievement through mastering new skills.



Travel regularly

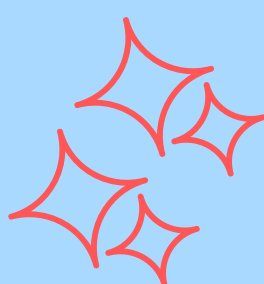
Exploring new destinations allow you to learn about different cultures, broaden perspectives, help to facilitate learning new cuisine and their customs.



Art becomes that binding factor that becomes a catalyst for them to express themselves artistically, enabling them to work out their own private problems, and also serves as a cathartic way of dealing with those problems.

Art involves not just creative ability, but intellectual ability too. It requires a lot of thinking and self-reflection, and also a lot of truth-thinking, that goes quite far in self-actualisation.

Art is both intellectual, and possibly entertaining too, though both elements don't apply all the time.



What art does too, like Piaget's idea, is that it encourages the individual to be creative, and be a creator of not just ideas, but a creator of his or her own individual consciousness and uniqueness.

Art-making, in that sense, brings joy in creating something original, and at the same time, stimulating a person's intellectual faculties.

In this way, it makes for intellectual, existential, creative and even spiritual well-being.

From: Mr Kelvin
Adjunct Arts Educator
NP's m52 (Student Development Club)
A Safe Space for Self-Expression through Art, Philosophy, and Creation

Thank You

FOR YOUR SUPPORT!



We have reached the conclusion of an enriching journey through the Thrive series, specially curated for you by the Student & Academic Services Division.

Stay tuned for the **second series of Thrive**, packed with even more captivating resources to support your journey towards mental well-being!

Share your thoughts with us by clicking or scanning the QR code below. Your valuable feedback ensures we tailor future editions to meet your needs and preferences.



Keep thriving! 😊

References & additional resources

1. What is Intellectual Wellness - Newport News
2. How to increase your intellectual wellness -Lifehack.org
3. How to embrace intellectual wellness - Familiesforlife
4. Dimension of intellectual wellness - Stride
5. Ways to increase intellectual wellness - benedictliving
6. Intellectual well-being guides -student health

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