



## SpeakOnIt Podcast Season 2: Secrets of Well-being



### E3: Physical Well-being Tips 'N Tricks

Physical well-being can be summarized as **the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress** (Iowa State's Student Wellness Center). Here are some tips and tricks to help preserve your physical well-being!

#### Reflect on Your Needs

Physical well-being can mean something different for everyone. Try not to allow societal expectations or rigid definitions of physical well-being weigh you down. Reflect on your individual needs and values, and find an activity/routine that works best for you. Ask yourself, *“What exactly does it mean for me to be physically well?”*

#### Take Small Steps

When it comes to physical activities, remember to build yourself up incrementally so that you don't injure yourself or run into intense fatigue. It's always important to take your individual preferences and needs into consideration.

#### Give Yourself Time

Oftentimes we find ourselves in an endless loop of self-deprecation because we may not be doing as well as we hoped. Remember that everything takes practice before it can become a part of our regular routine.

### Helping Others

It is important to be cognizant of how you communicate with others regarding their physical well-being. Recognize that everyone is on a unique journey and avoid making assumptions about what is best for another individual.

#### Try To:

- View yourself and others through loving eyes.
- Free yourself of bias and keep an open mind about diverse body types.
- Encourage people to do what's best for their physical, mental, and emotional health, don't just motivate them to fit a certain aesthetic.

The Steve Fund's [SpeakOnIt Podcast](#) brings students and professionals together to discuss topics related to mental health and the challenges that Black, Indigenous, and People of Color may face during their academic and professional careers.

To learn more about The Steve Fund visit our website at [www.stevfund.org](http://www.stevfund.org).