



SpeakOnIt Podcast Season 2: Secrets of Well-being



E5: Intellectual Well-being Tips 'N Tricks

Intellectual well-being can be described as **how one remains creative and engages in mentally stimulating activities throughout their life while also discovering the potential for sharing their gifts with others** (National Wellness Institute). Here are some tips and tricks to help preserve your intellectual well-being!

Start with Self Care

When our mental health and emotional well-being are in a good place, it's often easier to be creative and find intellectual stimulation in the world around us.

Let's Get Social

Through social interactions we continue to learn more about ourselves, others, and the world around us. With that, it is critical to remember that we are powerful influencers of each other. It is important to foster learning environments that are diverse, equitable, and accepting.

Remember You're Not Alone

If you find yourself feeling uncomfortable or discriminated against in a learning environment, you are likely not alone. Confide in your trusted community, mental health professional, or an educational administrator to get the help and support you deserve.

Challenge Yourself!

Find ways to challenge yourself in order to grow. Lean into your curiosities, explore the world around you, and expand on your knowledge base.

The Five Whys:

The Five Whys Technique is a brain exercise that helps us explore the root of different problems we may face. While this technique is often used to help solve concrete problems, it can also be a fun way to help ground ourselves and challenge our thoughts and beliefs. **Just ask yourself, "Why?" try to answer, and then repeat the process four more times!**

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.stevelfund.org.