

*Wellbeing is the attentive and intentional care of the whole person. It is the ability to accept what life brings forth, the ups and downs; sometimes solo and sometimes with support. Wellbeing is a steadiness in yourself, your worth, and your ability to persevere.*

*Wellbeing matters because it is essential to a full life; one with waves both challenging to ride and beautiful to look at; it's the appreciation for the ebbs and flows and the knowing that you've got this. It's finding beauty and hope even when things seem dim. It is knowing that when life gets tough, it won't stay that way forever. (It's a when, not an if.) And when you're well, the tough feels surmountable, the light feels like it's shining for you, and the ability to flow through it all is your default. Wellbeing is a sense of belonging to yourself, and to a community.*

*Belonging is a core part of the experience at NMU, from your welcome package and orientation, to built-in mentoring, and beyond. Belonging goes hand-in-hand with wellbeing. You belong here, just as you are: unapologetically yourself. And it is here that you can fully realize your wellbeing. Enjoy many ways to connect - to belong - from witnessing and carrying out good deeds, to really knowing your professors because they really want to know you and because our class sizes make it possible, to joining a student group, and enjoying the intimate feeling of a mid-sized campus and a small town that all contribute to the welcoming atmosphere at NMU.*