

## ABOUT Lōkahi

Lōkahi is a Hawaiian concept that focuses on the importance of balance, harmony, unity, and wellness. Wellness is a vital component of our daily lives. It is an evolving process in which individuals develop and enhance all aspects of their well-being. The wellness model that will provide the structure for the 2007 conference includes six components: physical, intellectual, emotional, social, spiritual, and occupational/life planning.

Physical Wellness encourages regular physical activity, proper nutrition, preventative medicine and treatment, and discourages the use of drugs and excessive alcohol consumption.

Suggested Presentation Topics related to Physical Wellness:

- Sports Medicine
- Prevention and Health Screening
- Dermatology
- Sexually Transmitted Diseases
- Reproductive Health
- Nutrition
- Self-Care Clinics

Intellectual Wellness is the strong desire to learn from challenges and experiences. It encourages ongoing intellectual and professional growth, creative and stimulating mental activities, and utilizing resources to improve and expand knowledge and enhance skills.

Suggested Presentation Topics related to Intellectual Wellness:

- Teaching and Research Roles for Student Health Services
- Professional Development for Student Health Services Staff
- Writing an article for the American College Health Association
- The Politics of Health Care

Emotional Wellness means keeping a positive attitude, being sensitive to one's feelings and emotional needs, learning to cope with stress, establishing stable relationships, and being able to seek support from others.

Suggested Presentation Topics related to Emotional Wellness:

- Eating Disorders
- Serving Students with Disabilities
- Responding to the Needs of International College Students
- Stress Reduction Techniques

Social Wellness means interacting comfortably with people from a variety of backgrounds and cultures. It encourages contributing to the welfare of one's community and family. It involves developing and enhancing a support network and pursuing new experiences through interactions with others.

Suggested Presentation Topics related to Social Wellness:

- Social Marketing Strategies in Health Education
- Violence on College Campuses
- Multiculturalism
- Healthy Relationships in the 21<sup>st</sup> Century

Spiritual Wellness is seeking meaning and purpose to human existence. It involves having an appreciation for life and the natural forces that exist in the universe. It includes the examination of the values and principles that guide our lives.

Suggested Presentation Topics related to Spiritual Wellness:

- Alternative Medical Practices
- The Impact of Religion on Students' Health Practices
- Yoga and Meditation Techniques

Occupational Wellness/Life Planning focuses on integrating the various components of the wellness model and setting goals related to the continued development of one's professional and personal life.

Suggested Presentation Topics related to Occupational Wellness/Life Planning:

- Computerized Medical Records
- Insurance Billing System for Student Health Services
- Health Care Reform
- Leadership Development