



Intellectual Wellness is cultivated by a desire to be a lifelong learner; to seek knowledge, skills and creative abilities; to encourages creative, stimulating mental activities; and to actively participate in scholastic, cultural, and community events.

Steps to intellectual wellness:

- Keep an open mind. Be willing to see other points of view
- Pursue goals and commit time to [learn new things](#).
- Listen to understand and remember.
- Explore various outlets for creativity and artistic expression.
- Experience different places, even if [virtually](#).
- [Grow your brain](#).