

INITIATIVE BRIEF

ENRICHING CAMPUS WELLBEING



The President's Initiative on Enriching Campus Wellbeing seeks to foster a culture of physical, emotional and social wellbeing at UTSA to provide a healthy environment in which to learn, work and live.

INITIATIVE LAUNCH January 2020

OVERVIEW

UTSA is committed to the wellbeing of each member of the campus community and recognizes that numerous factors contribute to overall wellness: physical and mental health, diet and nutrition, physical activity, stress management and self-care, social behaviors and more. In alignment with university's commitment to student success in all forms, the President's Initiative on Enriching Campus Wellbeing will promote and create synergies between existing health-related services, model best practices, and develop new programming to support all aspects of wellbeing, with a heightened focus on mental wellness.

THE CHALLENGE

Attending college can be inherently stressful due to academic demands, personal matters, financial and social pressures, and safety and security concerns. Wellness and wellbeing are intrinsically linked to a student's academic and personal success, yet students may not prioritize their own health, may make unhealthy choices, or may feel stigmatized for seeking out support services. Also, while UTSA offers wellness support for students, staff and faculty, some of those programs may be siloed or not well known to the campus community.

THE IMPACT

Promoting health and wellbeing requires commitment and engagement at a campus-wide level. By adopting a comprehensive and holistic approach and initiating a continuing, culturally competent dialogue about health and wellbeing, the university will build a foundation for healthy living for students, faculty and staff both here at UTSA and beyond.

**FOR MORE
INFORMATION**

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DIMENSIONS OF WELLBEING

- » Physical
- » Social
- » Spiritual
- » Environmental
- » Financial
- » Occupational
- » Psychological
- » Intellectual

COMPONENTS

- » Awareness and enhanced training for professional and student staff who interact directly with students
- » Faculty awareness of available resources for students
- » Research on wellbeing
- » Active marketing of available resources

BENEFITS TO STUDENTS & OTHERS

- » Healthier lifestyles
- » Personal development
- » Enhanced sense of belonging
- » Safer and more supportive campus environment
- » Destigmatization of social and mental health issues

OPPORTUNITIES

- » Coordination of current services and programming
- » Collaboration with educational and community partners