

**UTSA**<sup>®</sup>

The University of Texas at San Antonio<sup>™</sup>

**President's Initiative on  
Enriching Campus Wellbeing**

**Campus Forums**

# Today's Agenda

- Facilitator Introductions and Initiative Purpose
- Definition of Wellbeing
- Immediate Actions and Wins
- Community Feedback
- Activity
- Questions
- Sub-Committee Recruitment/Sign-Up

# Facilitator Introductions

# Initiative Purpose

*To implement lasting policy change and promote primary prevention by education of students, faculty, and staff about the importance of wellbeing*

# Wellness vs Wellbeing

## Wellness

- “the state of being well or in good health” (Oxford dictionary)

## Wellbeing

- “the state of being or doing well in life; happy, healthy, or prosperous condition; moral or physical welfare (of a person or community)” (Oxford dictionary)

Wellbeing is an ideal state that we can achieve through work and resources. ***Wellbeing is the result of wellness.***

Wellbeing is achieved differently by every individual, because wellbeing stems from an awareness of what the individual has determined as needs and wants.

# Wellbeing in Higher Education

Various higher education organizations are committed to improving wellbeing in institutions of higher education



Image retrieved from <https://umwellness.wordpress.com/8-dimensions-of-wellness/>

# 8 Dimensions of Wellbeing



Image retrieved from <https://nirsa.net/nirsa/2019/02/05/health-and-wellbeing-updates-in-higher-education/>

# Immediate Actions and Wins



# Activity

# UTSA Community Thoughts and Feedback





# Wellbeing Website

The screenshot displays the UTSA website's navigation and content. At the top, the UTSA logo and name are on the left, and a navigation menu with links for 'About', 'Admissions', 'Academics', 'Research', 'Campus Life', 'Giving', 'Athletics', 'Alumni', and 'News' is on the right. Below the navigation, a breadcrumb trail reads 'Strategic Plan Home > Academic Initiatives > Enriching Campus Wellbeing Initiative'. The main heading is 'Strategic Plan - A Vision for UTSA'. A secondary navigation bar includes 'Home', 'Destinations', 'Initiatives', 'Peer Models', 'Pathway', and 'Updates'. A large photograph shows students sitting on the floor in a library or study area, looking at laptops. Below the photo is a sidebar with a vertical list of menu items: 'Home', 'Destinations', 'Initiatives', 'Peer Models of Excellence', 'Strategic Planning and Implementation Pathway', and 'Updates'. The main content area features the heading 'Enriching Campus Wellbeing Initiative' and a sub-heading 'Charge'. The text below explains the university's commitment to student wellbeing and lists eight dimensions of wellbeing: physical, social, spiritual, environmental, financial, occupational, psychological, and intellectual. A button at the bottom of the text area says 'View the initiative brief'.

UTSA The University of Texas at San Antonio

About Admissions Academics Research Campus Life Giving Athletics Alumni News

Strategic Plan Home > Academic Initiatives > Enriching Campus Wellbeing Initiative

## Strategic Plan - A Vision for UTSA

Home Destinations Initiatives Peer Models Pathway Updates



### Enriching Campus Wellbeing Initiative

#### Charge

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 connect existing health-related services, model best practices, and develop new programming. Though the initiative will focus heavily on mental health at the outset, it will look broadly at eight dimensions of wellbeing – physical, social, spiritual, environmental, financial, occupational, psychological and intellectual – as endorsed by several leading higher education associations. 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.

[View the initiative brief](#)

# Announcements and Sub-Committee Recruitment

Sign up by phone or by  
I-Pad here!

<http://bit.ly/UTSAwellbeing>



# Thank You!

Contact us at [Wellbeing@utsa.edu](mailto:Wellbeing@utsa.edu)