UTSA.

The University of Texas at San Antonio[™]

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

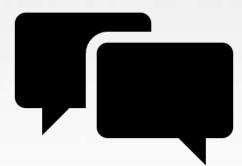


Image retrieved from https://nirsa.net/nirsa/2019/02/05/health-and-wellbeing-updates-in-higher-education/

Immediate Actions and Wins

Activity

UTSA Community Thoughts and Feedback





Wellbeing <u>Website</u>

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Enriching Campus Wellbeing Initiative

Charge

IFSA is committed to the wellbeing of each member of the campus community and recognizes that numerous factors commune to overall wellness: physical and mental health, dier and nutrition, physical activity, stress management and self-care, total behaviors and mune. 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 estands sensions, model best practices, and develop owe programming. Though the isitiative will hous housing in entral health at the outset, it will look broadly at eight dimensions of wellbeing — physical, tocial, 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 UFSA 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