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
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
Announcements and Sub-Committee Recruitment

Sign up by phone or by I-Pad here!

Thank You!

Contact us at Wellbeing@utsa.edu