

# HEALTH AND WELLBEING INITIATIVE

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**Web Site:** <https://twu.edu/wellbeing/>

At Texas Woman's, we define wellbeing as the essential skills of self-care. Like all skills, they need to be taught, developed, and practiced.

## Our approach to wellbeing is based on the following beliefs

- Health and wellbeing are multidimensional.
- Each person's journey will be uniquely personal.
- Each person can exercise agency over health and wellbeing outcomes.
- Health and wellbeing practices positively correlate with productivity and life satisfaction.
- Health and wellbeing practices are teachable skills.

When we are well, we are more productive and can more easily find satisfaction in life. Regular, prioritized habits, rather than instant fixes, helps us find our optimal paths.

## TWU's Health and Wellbeing model includes 5 theme areas

- **Build Well:** Enhances health and wellbeing through sustainable, usable environments in which to learn, work, and live.
- **Eat Well:** Promotes improved access to healthy, sustainable, culturally appropriate foods and positive eating choices among all students.
- **Mind Well:** Champions activities, strategies, and events that enhance and promote social connectedness, mental health, and wellbeing.
- **Move Well:** Informs and encourages students to adopt personally relevant, life-long movement practices and habits that enhance health and wellbeing.
- **Spend Well:** Prioritizes positive financial attitudes and behaviors through engagement and education.

## Our learning strategies engage students on three levels

We encourage the integration of these practices both in and out of the classroom.

- **Exploration:** Experiences exposure to one or more dimensions of health and wellbeing. Students can identify their current involvement and perspectives on the dimension(s).
- **Integration:** Engages in deeper involvement with one or more dimensions of health and wellbeing through a student's desire to prioritize the dimension(s). This can include an awareness of cognitive dissonance and efforts to develop realistic strategies for growth within the dimension(s).
- **Transformation:** Establishes deep commitment in one or more dimension of health and wellbeing. This is reflected through strong self-awareness within the dimension of health and wellbeing and through demonstrated actions benefiting self, others, or the environment.

## How can students get involved?

- Our Health and Wellbeing Initiative webpage (<https://twu.edu/wellbeing/>) lists student organizations in each theme area that champion Health and Wellbeing efforts.
- Our social media can be a daily source of education, encouragement, and resources through Instagram, Facebook, Twitter, and Pinterest: @WellbeingTWU
- Many academic courses and Student Life programs incorporate health and wellbeing themes throughout the year.
- To serve on a theme committee or become a member of the team, contact Michelle Kelly-Reeves at [mreeves@twu.edu](mailto:mreeves@twu.edu) or 940-898-2221