HEALTH AND WELLBEING INITIATIVE

Web Site: https://twu.edu/wellbeing/

At Texas Woman's University, 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.

How can students get involved?

- Visit our Health and Wellbeing Initiative webpage (https://twu.edu/wellbeing/) to find online and in-person events and training opportunities.
- Join our social media for daily sources of education, encouragement, and resources through Instagram, Facebook, and Twitter: @WellbeingTWU (https://www.instagram.com/wellbeingtwu/)
- Consider a session with one of our peer wellness coaches (https://twu.edu/wellbeing/wellness-and-nutrition-coaching/).
- Consider getting involved with one of our peer support communities (https://twu.edu/wellbeing/peer-communities/).
- To serve on a theme committee or become a member of our team, contact Dr. Michelle Kelly (mkelly22@twu.edu).