

# HEALTH AND WELLBEING INITIATIVE

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

At Texas Woman's University, we define well as the essential skills of self-care. Like all skills, they need to be taught, developed, and practiced. Consider ways you can be involved, optimize your student experience, and build a healthy campus community.

## 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 becoming a TWU Health and Wellbeing Student Ambassador (<https://twu.edu/wellbeing/health-and-wellbeing-student-ambassadors/>).
- Consider a free session with one of our peer wellness coaches (<https://twu.edu/wellbeing/wellness-and-nutrition-coaching/>).
- To serve on a theme committee or become a member of our team, contact Tanisha Freeman ([tfreeman1@twu.edu](mailto:tfreeman1@twu.edu))

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

- **Build Well:** Enhances health and well-being 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, positive mental health, and resiliency.
- **Move Well:** Informs and encourages students to adopt personally relevant, life-long movement practices and habits.
- **Spend Well:** Prioritizes positive financial attitudes and behaviors through engagement and education.