Wellness Wednesdays

A COLLABORATIVE APPROACH TO PROMOTING HOLISTIC WELLNESS IN THE CAMPUS COMMUNITY

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• What is an Arts Conservatory?
• Differences in UNCSA vs other 4-year institutions?
• UNCSA Programs include
  • Dance
  • Drama
  • Design & Production
  • Film
  • Music
  • Academic Curriculum
  • High School, Undergraduate and Graduate students
Where Did Wellness Wednesdays Begin?

Spring of 2019 we created an in-service day on campus for students, faculty and staff to focus on wellness.

Wellness Center staff collaborated with campus partners to create a day for our students, faculty and staff to attend wellness sessions to promote the idea of holistic self-care.

The day was built into the academic calendar (no classes from 8 am – 2 pm).

Stations set up throughout the day to support emotional and physical wellness.
Fall 2019 – Designing Community
8 Dimensions of Wellness
Students responded well and shared their appreciation with staff.

Reported feeling more rested, less overwhelmed and more prepared to take on the remainder of the semester.

Asked about other Wellness Day opportunities and how they could be involved with facilitating.
Faculty Feedback

Faculty hesitation due to “missing” classes that day, however following the event they provided positive feedback.

Reported wanting to implement wellness activities into their curriculum.

Reported a better understanding of the need to allow our students to have intentional breaks outside of the school scheduled breaks in order to promote overall wellbeing.
How this Evolve?

• In the spring of 2020 we created another In-Service for our students and faculty
• “Strategically placed” during the semester to support break once again
• Positive feedback once again from students, faculty and staff overall
• In-service Days turned into “Wellness Wednesdays” and we created a monthly wellness day devoted to no class, no stress and no “pressure” to attend any event
89% of Students reported attending sessions throughout the day and looking forward to these on a monthly basis.

Reported using these days to “catch up” on sleep, social time and new “simple” strategies to focus on their own personal wellbeing.

Some students reported wanting to expand to off campus, planned activities as part of the event.

Faculty reported overall positive response to implementing Wellness Wednesdays monthly and have assisted with facilitating sessions.
Wellness Wednesday Activities

- Yoga
- Mindfulness Meditation
- Chalk Painting
- Dog toys for the local shelter
- Relaxation station
- Gratitude
- Title IX education; Meet and greet
- Campus Police meet and greet
- Live music
- Outdoor games
Student Org. Participation
• Wellness Wednesday planning committee meeting bi-monthly to plan for the upcoming events
• Committee reaches out to campus partners such as Campus Police, Faculty, Student organizations to create intentional planning for each event
• Counseling provides a space for mindfulness mediation as well as yoga multiple times throughout the day
• Dietitian provides education around food services on campus, eating on a budget, fueling appropriately
Getting to Know Resources
Wellness Wednesday Schedule

Beginning our first events at 11am and going through the afternoon with sessions until 3pm

Offering different sessions each hour for students to have many choices

Staff rotate in the space (outside or inside depending on weather) and can provide students with information about each session, time, place, facilitator etc.
Benefits

- Campus community at large looks forward to WW monthly and we see high engagement in programming—especially from our students.
- Brings university together and informs student/faculty and staff about different happenings and offerings around campus.
- Allows for “structured” self care time where the students can choose what they would like to participate in without punitive consequence for not attending an event.
- Lets students/staff and faculty know that holistic well-being is an ongoing initiative on this campus and we are working towards changing the idea of “all work all of the time”.
- Gives the “permission” needed by many to “take the day” and enjoy the time however they would like with options provided.
- PROMOTES SELF CARE IN ALL WAYS FOR THE CAMPUS COMMUNITY.
Plans – Wellness Wednesday

Themes:
• Gratitude
• Sounding Board
• Self Care Swag Bag
• Relaxation
• Safe Socialization

Meeting our students where they are and asking them what THEY need.
Questions