



Wellness Wednesdays

A COLLABORATIVE APPROACH TO PROMOTING HOLISTIC
WELLNESS IN THE CAMPUS COMMUNITY

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Powering
Creativity

UNCSA

- 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.





Unity Project

8 Dimensions of Wellness



Student Feedback

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

Feedback

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



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



Fall 2020

Student Org. Participation



Campus Partners

- 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 meditation 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



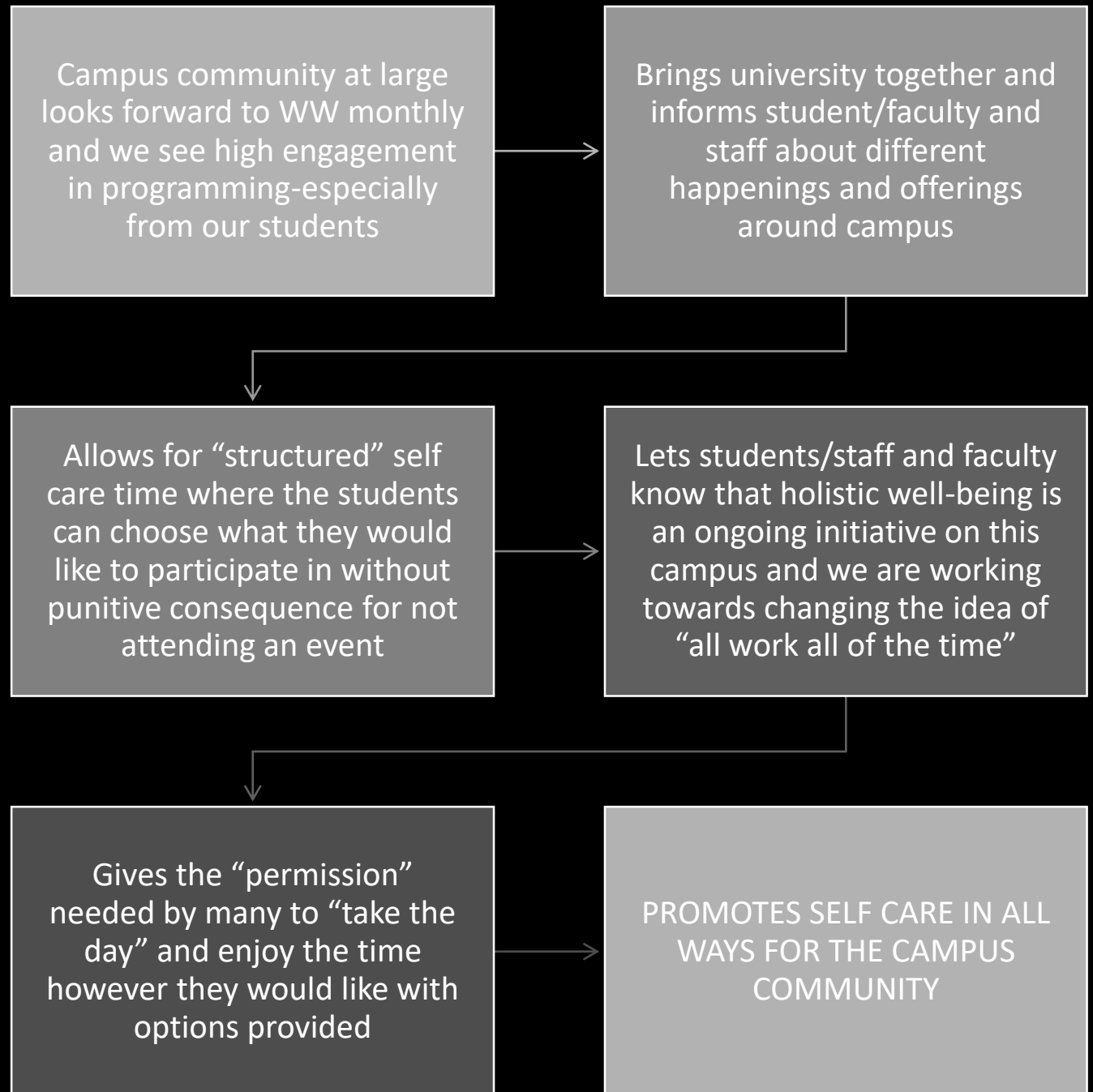
Wellness Wednesday Schedule

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



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

