AN ACADEMIC APPROACH TO ENHANCING WELLBEING @ WVU

Office of Wellness & Health Promotion
Leading the way to a culture that embraces health & wellbeing

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<tr>
<th>Environment</th>
<th>Community</th>
<th>Individual</th>
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<td>• Social Marketing</td>
<td>• Peers</td>
<td>• Experiential Engagement</td>
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<td>• Policy/Advocacy</td>
<td>• Leadership</td>
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<td>• Access</td>
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THE JOURNEY SO FAR...
WHOLE PERSON WELLBEING
PE 293 Enhancing Wellbeing Goals

- Enhance students’ concepts of and access to wellbeing
- Introduce wellbeing into an academic course
- Use innovative technology to enhance and evaluate wellbeing
COACHING MODEL

Learning Mode

LEARNING  PROTECTING
Like most things in wellness, it’s a process. It’s all in degrees.

~Bobbie Burdett
### Self-Responsibility & Love

**Dimension 1 of 12**

*How True?* How true is the statement in your life at this point in time?

Slider score rating: 0 - Not at all, 10 - Completely. For a 0 score, click on wheel.

*How Motivated?* What is your current level of motivation to improve (readiness for action in 30-90 days)?

Slider score rating: 0 = Lowest, 10 = Highest. For a 0 score, click on wheel.

Options: Type 0-10 score in box, hit tab key to move from box to box. For 9 score, click on wheel.

*Curious?* CLICK on blue statements to learn how they apply to your life.

<table>
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<th>Wellness Statement</th>
<th>How True?</th>
<th>How Motivated?</th>
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<td>I recognize that I am responsible for my health and wellbeing.</td>
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<td>I am an active participant in any medical care I receive.</td>
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<td>I get between seven and nine hours of high-quality sleep per night.</td>
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<td>I protect myself from safety hazards by wearing seatbelts, using smoke detectors in my home, not riding in a vehicle with a drunk driver, etc.</td>
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“It can be so painful to not be where I want to be due to my perfectionistic attitude and that when things aren’t the way I want them to be I blame myself. It takes a toll on my mind, emotional state, and body to be constantly worried about image and the future. I think it would be beneficial to be able to put the worries aside for a while and just focus on what I like about myself instead of what I don’t. Enhancing wellbeing is an all over process, not just focused on one portion. I think that by improving in one section of wellbeing it will start the process to improving them all. . . . sometimes it is just hard to see through the negativity. This is important to enhancing wellbeing because in order to want to truly better yourself, you must love yourself first. Self-love will give me the drive to improve all the areas of my life and put me on track to a better wellbeing.”
EXPERIENTIAL APPROACHES
Breathing - HeartMath®
Sensing - Sensing Walk
Eating - Mindfulness
Moving - Movement & Mood
SHIFT TO POSITIVE
“...One statement I scored low on and high motivation was "Instead of worrying about a problem that I can do nothing about, I shelve it until I can deal with it and get on with what's before me." I definitely think just being aware of this has helped me. I know that now when I realize I am thinking or worrying about something I can’t change that is uncontrollable, I will now change my thoughts to something that is in my control. I am trying to focus on controlling the controllable.”
ASSESSMENT

Pre & Post Inventory Data
Pre & Post Perceived Stress Scale
Student Course Evaluations
“The class discussion and the course itself was very helpful. Not just as a course but things we could use in every day life…it was mind opening.”

“The course helped me decrease my test anxiety and benefited my overall wellbeing.”

“As an international student, if I had taken this class when I first came to campus, it would have helped me adapt better.”
NEXT STEPS

IRB ASSESSMENT

DEVELOP 2 &/OR 3 CREDIT COURSE

TRAIN STUDENTS AS COACHES
ACKNOWLEDGEMENTS

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Shannon Foster – co-creator and instructor
QUESTIONS?

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