

# A Cross-Institutional Strategy for Well-Being:

## Empowering Students to be the Agents of their Own Wellness

### YEAR ONE MILESTONES

Open the Ann & Thomas Hoaglin Wellness Center  
 Launch our partnership with The Ohio State Wexner Medical Center

Roll out the cross-institutional strategy for well-being  
 Build partnerships with nationally-recognized mindfulness organizations

### 1 EMPOWER STUDENTS TO BE THE AGENTS OF THEIR OWN WELLNESS

Just as Denison expects students to be the architects of their own lives, we expect them to be the agents of their own well-being and provide many resources to support them.

*Reframe orientation messaging* that we expect students to manage their own wellness.

Help students develop the habits and skills to *manage their own wellness* and to discover practices that work for them.

Equip faculty and staff with the *tools, language, and resources to support students* becoming agents of their own well-being.

Develop a strategy for helping students to become consumers of healthcare and *advocates of their own wellness*.

### 2 ADDRESS THE PARALYSIS FROM PERFECTIONISM

and fear of embarrassment or failure (or an A-). This generation of students is accustomed to succeeding in every aspect of their life. Students come to Denison fearing making a mistake—academically, co-curricularly, athletically, and socially. We must create an environment where we normalize failure and focus on learning from it.

Lift up examples of failure or setbacks with people in our campus community, *showing that failure did not define them*.

In existing panels or opportunities, inject a question about failure or setbacks to *normalize failing forward*.



### 3 DE-CENTER COUNSELING

as the primary tool for wellness and managing stress. As a campus community and as a society, we often rely on counseling as a primary resource for dealing with feelings, emotions, or stress. As a campus, we need to focus on helping students manage their mental health before it reaches a crisis point—highlighting how sleep, nutrition, movement, connection to others, time spent outdoors, all impact our mental health.

*Widely publicize access to other resources* to support wellness.

*Educate faculty and staff* about available campus resources beyond counseling, care reports, and supporting students in crisis.

Make the availability of *pastoral care* more known on campus.

Build a *robust suite of experiential outdoor education offerings*.

### 4 DEVELOP A VIBRANT AND VISIBLE WELLNESS PROMOTION PLAN

In order to help students to develop the habits and skills of wellness, we need an intentional strategy for wellness promotion and outreach. Denison has a multitude of opportunities through Pilates, yoga, cycling, financial wellness, mindfulness, and nutrition and we need to articulate a clear vision and strategy for wellness education moving forward.

Develop and communicate a robust suite of offerings available in the Hoaglin Center.

Build an experiential outdoor education program to promote wellness (hiking, camping, kayaking, etc.).

Engage wellness-related student organizations to produce high-quality programs and opportunities for peers.

*Infuse mindfulness and contemplative practice throughout campus*.

Provide students with opportunities to develop skills in mindful practice and develop a signature mindfulness program.

Assist interested faculty in embedding mindful practice into their courses.

Embed different forms of mindfulness throughout Student Life offerings (outdoor programs, orientation, programming, student organizations, etc.).

Build partnerships with nationally-recognized and local mindfulness experts.



### 5 CREATE A WELLNESS CENTER KNOWN FOR HIGH-QUALITY CARE

The Ann & Thomas Hoaglin Wellness Center will be known for high-quality medical and counseling care. We want students to feel valued and respected by administrative staff, clinicians and medical providers.

Establish consistent expectations for customer service and *create a high-quality student experience*.

Communicate clearly to students and families through a *redesigned wellness website* and clear print and digital materials.

Through our partnership with The Ohio State University Wexner Medical Center, provide students with *access to additional services*.

### 6 APPROACH WELLNESS THROUGH THE LENS OF DEI AND ANTI-RACISM

Our wellness approach must demonstrate our commitment to diversity, equity, inclusion and anti-racism.

In recruitment and hiring of staff or through external partnerships, the Wellness Team needs to provide access to medical and counseling providers who *reflect the diversity of our student body*.

Ensure services continue to be *accessible, financially and physically* (transportation).

Ensure that Wellness staff participate in *ongoing DEI and cultural competency training*, particularly within wellness fields.

Identify the unique needs of specific populations of students and *develop population-specific approaches* to address health inequities.

### 7 SUPPORT FACULTY AND STAFF WELLNESS

Denison strives to be a community where we support the wellness of our faculty and staff.

Through the partnership with the OSU Wexner Medical Center, provide faculty and staff with on-campus access to physical therapy and musculoskeletal (MSK) services. Explore ways to expand on-campus services and resources or facilitate connection to off-campus wellness resources.

Extend faculty and staff access to wellness opportunities.

Through HR, continue to examine benefits (housing, childcare, salary) as forms of supporting employee holistic well-being.