

Imagine a campus where well-being isn't just a personal goal but a shared experience – where students are truly thriving along with staff and faculty. What would that look like? How would it transform our classrooms, community spaces and campuses? How might it impact your work, your workplace relationships, and your own sense of fulfillment?

This vision is not just a dream – it's our direction. Emory can intentionally integrate well-being into every aspect of student life. This means moving beyond simply offering resources and programs and responding to crises; it's about designing a university environment where well-being is woven into our policies, systems and daily experiences. It's about making health and flourishing an effortless, natural part of campus culture.

But what does that look like in practice? And how do we get there? On the first Wednesday of each month, the [Center for Student Wellbeing](#) will present a Wellbeing Issue of the *Campus Life Today* newsletter – like this one – to explore key well-being concepts, share updates, highlight resources, and invite you to be part of the vision.

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It's a shared commitment across Campus Life and the entire university community.*

In alignment with our strategic focus on well-being, the Center for Student Wellbeing serves Emory students – undergraduate, graduate, and professional. However, student well-being is not the work of one office alone. It's a shared commitment across Campus Life and the entire university community. That's why we're excited to bring you this Wellbeing Issue of *Campus Life Today* – not just to update you on our initiatives but to recognize and strengthen our partnership in this important work.

This newsletter will equip you with valuable insights into the university's holistic approach to student well-being, helping you recognize and reinforce key messages in your daily interactions with students. It will also highlight opportunities for collaboration across Campus Life, recognizing that – by sharing knowledge, resources, and strategies – we can create a more seamless and supportive environment where student well-being is central in everything we do.

Along the way, you'll find opportunities to enhance your own well-being and support those around you. Because, when we take care of ourselves and each other, we are better equipped to take care of our students.

What is well-being?

Until 2020, there was no universally accepted definition of well-being in higher education. Recognizing this gap, the National Intramural-Recreational Sports Association (NIRSA), the American College Health Association (ACHA), and the National Association of Student Personnel Administrators (NASPA) collaborated to establish a shared definition:

"Well-being is an optimal and dynamic state that allows people to achieve their full potential."

This definition acknowledges that well-being is both individual and collective, influenced by multiple factors that intersect to shape a thriving community. The authors of the inter-association framework emphasize:

"By focusing on the whole – the whole person, the whole educational experience, the whole institution, the whole community – well-being becomes a multifaceted goal and a shared responsibility for the entire institution."

Read the full document: [Health & Well-being in Higher Education](#)
Watch the webinar: [Inter-Association Well-being Definition Webinar](#)

Why well-being matters at Emory

Research consistently shows that prioritizing well-being leads to meaningful outcomes directly aligned with the mission of higher education, including:

- **Enhanced academic performance and higher retention rates.** Students with higher well-being perform better academically and are more likely to persist.
- **Reduced stress and mental health challenges.** Proactive well-being efforts help lower anxiety, depression and burnout.
- **Stronger social and emotional development.** Well-being fosters resilience, personal growth and meaningful connections.
- **Career readiness and future success.** Investing in well-being prepares students for long-term professional and personal fulfillment.

In short, a commitment to well-being helps students learn better, feel more connected and resilient, and flourish. And when students thrive, it makes our work in Campus Life more impactful and rewarding!

Learn more about why well-being matters on college campuses:

- [Campuses are rethinking their approach](#) (October 2022)
- [Study Explores How Universities Can Improve Student Well-being](#) (October 2024)

Well-being Updates

Wellbeing Coaching is growing!
Wellbeing Coaching is a good fit for students who want to make changes in their lives through support, discussion, reflection, developing a plan and taking action. Our Wellbeing Coaches have already scheduled almost 300 appointments and served more than 100 individual students since program launch last fall. And we're ready to serve more. Encourage students to learn more and register at [Wellbeing Coaching at Emory](#).

Health and Well-being Survey deadline has been extended
The deadline for the [Health and Well-being Survey](#) has been extended to **Sunday, March 9**. Encourage students to participate by searching their inbox for the email titled "Student Health and Well-being."

Reframes Dinners and Dialogue: Fostering connection and resilience
[Reframes Dinners and Dialogue](#) continue to make a meaningful impact on students, faculty and staff at Emory. As we evaluate the program, early results look promising.

One powerful finding at a recent event comes from a key survey question: "When I fail at something important to me, I tend to feel alone in my failure." Agreement with this statement dropped from 56% before the dinner to just 15.4% afterward – a strong indication that participants feel significantly less alone in their struggles after the Reframes experience. This shift highlights the power of common humanity – the understanding that setbacks and challenges happen to everyone. Science suggests that recognizing this is a crucial coping strategy that builds resilience, and early evidence suggests that Reframes is helping strengthen this awareness within our Emory community.

We invite everyone to explore this transformative initiative. You can watch Reframes videos at [reframes.emory.edu](#). If you are interested in having the CSW help facilitate a *Reframes Dinner and Dialogue*, email simran.bhatia@emory.edu.

Tips to Enhance Your Well-being

provided by [Healthy Emory Connect](#)

- **[March Healthy Emory Connect Campaign: Nutrition](#)**
Complete five nutrition activities by March 31 – and earn your \$100 incentive
- **[Warm winter salads](#)**
Salads don't have to be a one-season meal. Enjoy the flavors of in-season veggies, even during chilly days. [Eight warm salad recipes](#) under 500 calories.
- **[The health benefits of happiness](#)**
Being happy can help protect your heart, immune system, and more — but the source of your joy matters.
- **[What happens if you don't floss?](#)**
You're supposed to do it every day, but how bad is it really if you skip this dental hygiene step?

Citations

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