“If you see another person who’s been through what you’re going through moving on and modeling positive behavior, then you’re much more likely to adopt that behavior yourself.”
- Dr. Meghan McDonough, Assistant Professor, Kinesiology, The University of Calgary (former Purdue professor)

“How would your life be different if...You were conscious about the food you ate, the people you surround yourself with, and the media you watch, listen to, or read? Let today be the day...You pay attention to what you feed your mind, your body, and your life. Create a nourishing environment conducive to your growth and well-being today.”
- Steve Maraboli, Philanthropist & Author of The Power of One

**WELL-BEING** - Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

**RELATED RESEARCH**

- Wellbeing is malleable and can be changed and cultivated over time.

- There are multiple aspects in one’s life that can foster higher levels of well-being. These include higher levels of physical activity and exercise, practicing self-compassion, exercising mindfulness, getting sufficient quality sleep, and fostering good relationships.

- Faculty and staff attitudes toward student mental health can influence student’s willingness to disclose and seek help.

purdue.edu/stepstoleaps StepstoLeaps@purdue.edu
INTEGRATION TIPS

- Review the Steps to Leaps Well-Being module at the Steps to Leaps website. https://www.purdue.edu/stepstoleaps
- Share with students the personal stories of other Boilermakers discussing the importance of well-being. https://www.purdue.edu/stepstoleaps/learning-modules/videos/index.php
- Develop a practice of mindfulness in your classroom through exercises like meditation or yoga. Use an app like Breath2Relax or Stop, Breathe & Think.
- Encourage students to stop by during office hours not merely for class-related issues but to provide space to share their experiences.
- Encourage students struggling with stress and anxiety to consider taking a mental health screening. Screening is anonymous, free, and private at www.mhascreening.org.
- Encourage student use of WellTrack, Interactive Self-Help Therapy. https://purdue.welltrack.com/

SOME OTHER CAMPUS RESOURCES

- Wellness on Demand brings wellness information directly to you. This free service allows you to bring in a wellness professional or Wellness Mentor to talk about a wellness topic of your choice. Schedule a Wellness on Demand presentation through Purdue Recreation & Wellness https://www.purdue.edu/recwell/programs/wellnessPrograms/wellnessClasses-services/index.php
- The Mindfulness Room is a space to relax and learn the contemplative skill of mindfulness. The space is open during normal CoRec hours and is free on a walk-in basis. https://www.purdue.edu/recwell/programs/wellnessPrograms/wellnessClasses-services/wellnessWorkshops/index.php
- Wellness coaching can be an effective way to motivate and encourage behavior change to help you meet your wellness goals. Schedule a session at https://www.purdue.edu/recwell/programs/wellnessPrograms/psha.php
- Counseling and Psychological Services (CAPS): In addition to individual counseling services, CAPS provides initial assessments, group counseling, and workshops for student organizations and university departments.

WHAT’S NEXT

- Some resources have been included in this document as examples for the Steps to Leaps Well-Being Pillar. We encourage you to identify programs you or your department provide for students that can be associated with the pillar. Opportunities will be provided to brand your programs with Steps to Leaps, as appropriate. If you have ideas for ways you can connect with Steps to Leaps, email stepstoleaps@purdue.edu.
- Attend the Steps to Leaps Well-Being Lunch & Learn for Faculty and Staff:
  - Monday, October 14th, Noon - 1:00 p.m., Krach Leadership Center, Room 230
- Students will be able to get connected in our program- stay tuned for more student opportunities.