

STATE Emotional Well-being

YOUR WELLNESS.



Both students and employees rate stress among their top health issues



31% of students report stress as having a negative impact on academic performance



14% of students have been diagnosed with depression, 16% with anxiety



23% of employees have been diagnosed with depression, 22% with anxiety



81% of employees feel their work is consistent with their values

What We're Doing

Mindfulness Classes 4 week skill building course

- 15 participants
- **Top 3 skills built:** ability to be present in the moment, meditation skills, and fostering a regular practice of gratitude
- **100%** said class helped them manage/cope better

PAWSitively Stress Free therapy dog program

- 4.867 participants
- **100%** reported decrease in stress after program

Massage

- 763 appointments
- **Top 2 reasons service accessed:** stress management and pain relief
- **97%** reported massage helped them address their reason for accessing service

Chewing on Life's Big Questions

- 9 sessions

Data Sources: 2015 National College Health Assessment, Faculty Staff Health Status Survey, and 2015-2016 department data