

## Incorporate Wellness Activities

On many campuses, counseling center staff are extremely busy and many not have enough staff time and resources to both provide traditional counseling and do health promotion activities. This is why on- and off-campus partners are so important, since they may be able to provide students with additional support. By working with partners who can offer health and wellness activities and information to students, college counseling staff can focus their time on students in distress.

*List wellness activities that could be offered to address the needs of your students.*

**What does the data on your campus show about student wellness (e.g., from surveys, focus groups, key informant interviews with student leaders, advisory team, stakeholders in other departments)?**

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**Based on the data, what are the needs of your students?**

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**What additional activities or information could address the needs of your students (e.g., information or classes in yoga, meditation, stress management, relationships, body image, healthy eating, sleep)?**

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**Who might be possible partners on these activities? (List each activity and potential partners.)**

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**What are your next steps? (List each activity and next steps.)**

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