

Bronco Well-being: Prevention and Support Systems that Matter

Health Promotion and Education



WESTERN MICHIGAN UNIVERSITY
Health Promotion and Education

WMU IS COMMITTED TO
THE *WELL-BEING* OF
**PEOPLE, PLACES
AND PLANET.**

What to expect


- Health Promoting Campus
- Protective factors
- Healthy norms
- What you can do
- Resources available



Okanagan Charter

WMU adopted the Okanagan Charter international framework November 7, 2023, to become a Health-Promoting University and advance well-being, equity and sustainability.





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Health-promoting universities...

- Create campus cultures of compassion, well-being, and equity
- Embed health into everyday operations and academics
- Improve the health of all people who live, learn, work, and play on our campuses
- Strengthen sustainability of our communities and wider society

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WMU Well-being Wheel



Well-being is:

- Supporting balance between multiple determinants of health
- Learning and applying skills to meet individual needs
- Fostering resilience, adaptability, and flexibility when faced with life stressors
- Addressing external factors within communities, systems, and organizations that impact individual and community health and wellness

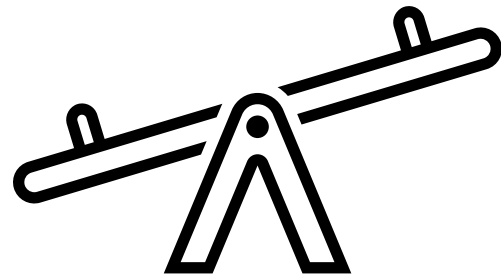
WMU Well-being Wheel (continued)



- Well-being is impacted by many factors, so student success must focus beyond academics
- Supporting well-being:
 - Focus on balance
 - Encourage healthy behaviors
 - Foster resilience
- Identify areas for support and care early on

Protective Factors

Characteristics that **minimize the risk** of health challenges and **support resilience**



Types of Protective Factors

Individual

- Sleep
- Nutrition
- Physical activity
- Coping skills

Environmental

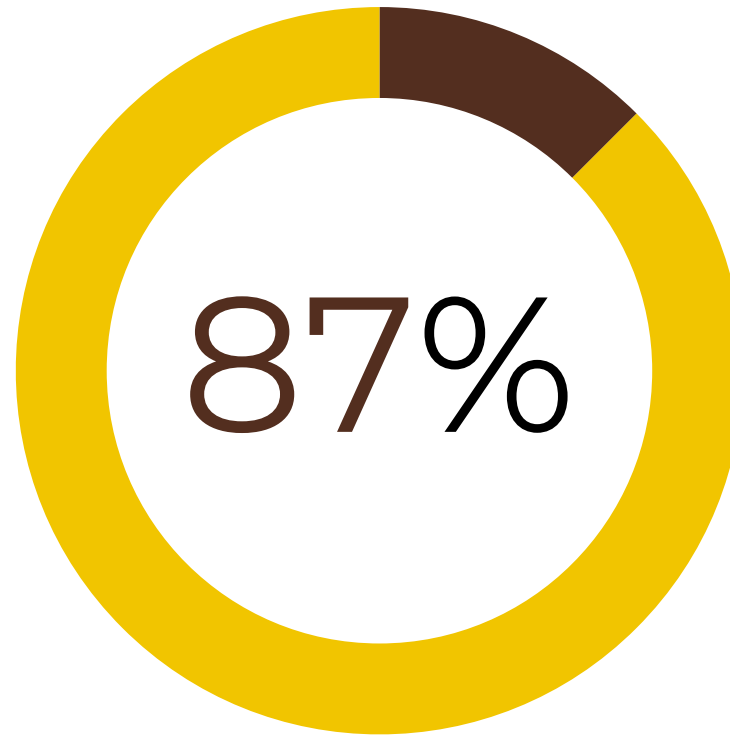
- Community activities
- Connectedness to others
- Positive social norms
- Clear expectations
- Parent/family engagement



Supportive family-student relationships help students thrive both during and after college



Healthy Norms at WMU

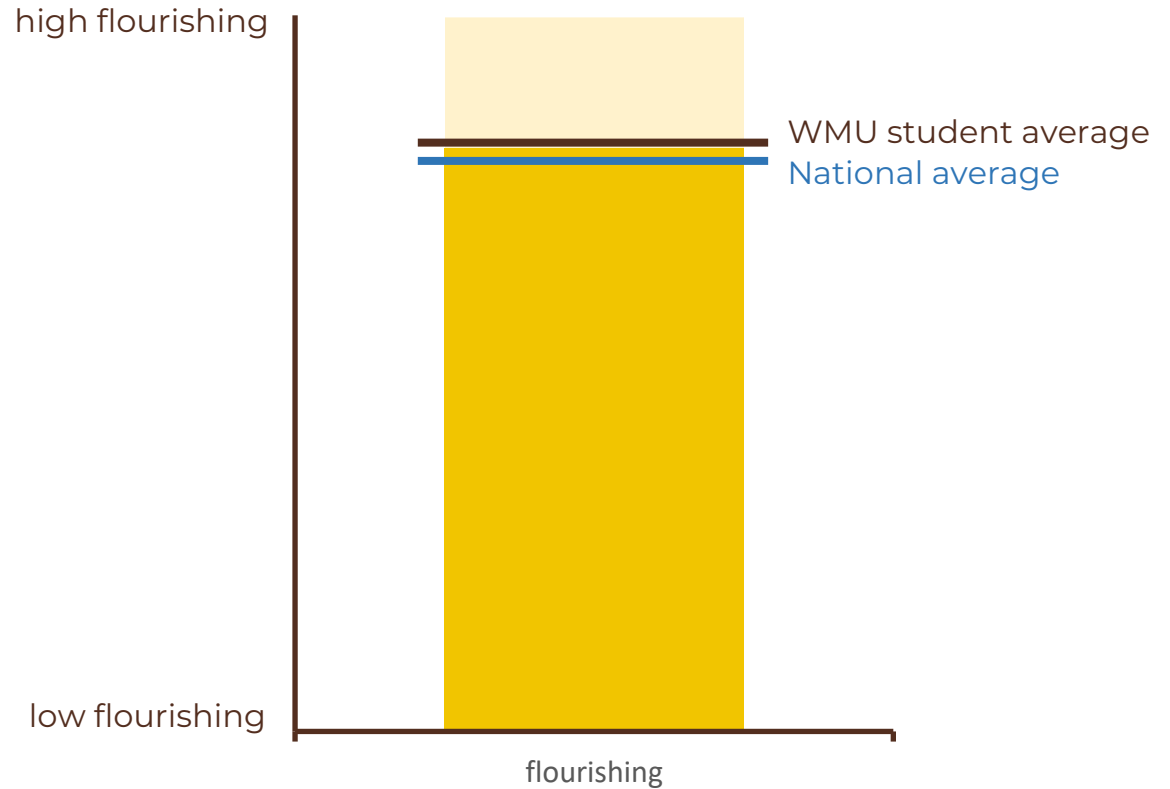


**Most WMU students
drink alcohol in low-risk
ways or not at all**

Healthy Norms at WMU (continued)

Flourishing is:

- Purpose
- Relationships
- Optimism





What You Can Do: Supporting Well-Being

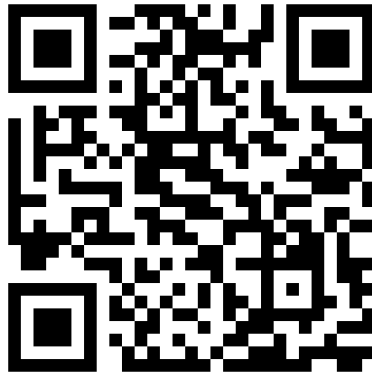
- Prepare your student for the unexpected
- Motivate your student to seek out interpersonal relationships and maintain social connections to build healthy social supports
- Celebrate wins and encourage healthy decision making
- Understand mistakes are an opportunity to grow

What You Can Do: Stay Informed

- Educate yourself about current college health topics
- Continue recognizing and responding to signs that your student needs support
- Identify available resources at WMU and in Kalamazoo



Well-Being Website



Resources

WMU offers many resources that can support the wellness of students, staff, and faculty. Below you can find resources sorted by the dimensions of wellness.

You can also [submit a resource](#) to be added or updated.



Emotional



Environmental



Financial



Intellectual



Occupational



Physical



Social

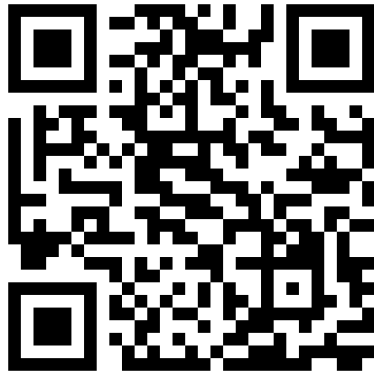


Spiritual





Example



Environmental Wellness Resources

Environmental wellness is about occupying and improving safe, healthy, accessible and sustainable environments. Resources below can help with contributing positively to our community and finding places we feel safe and comfortable.



Home

[Okanagan Charter](#)

[Well-Being Wheel](#)

[Well-Being Collective](#)

Resources

[Emotional](#)

[Environmental](#)

[Financial](#)

[Intellectual](#)

[Occupational](#)

[Academic and Holistic Well-being Concern Form](#)



[Admissions](#)



[Asylum Lake Nature Preserve](#)



[Behavioral Health Services](#)



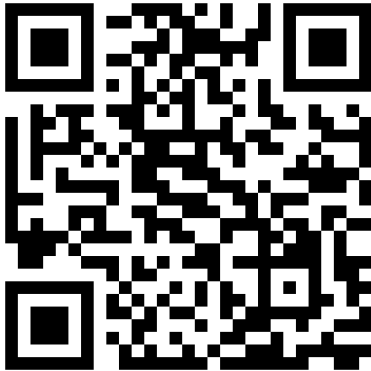
[College of Health and Human Services Lactation Room](#)



[Department of Public Safety](#)



Example



Asylum Lake Nature Preserve

274 acres of land that offers beautiful views and outdoor recreation on the trails. Dogs allowed if on a leash.

Website: <https://wmich.edu/asylumlake>

For: Everyone

Wellness Dimensions: Emotional, Environmental, Physical, Social, Spiritual

Wellness Playbook

- Built using the Well-being Wheel
- Opportunities available on campus and in the community
- Puts students in charge of their own wellness journey
- Organized in two ways:
 - Time in school: Freshman, Sophomore, Junior, Senior, and Young Alumni
 - Dimension of Wellness: Social, Emotional, Intellectual, Occupational, Environmental, Financial, Spiritual, and Physical

Thank You!

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