**TigerWell Purpose**

TigerWell builds on existing health and wellbeing initiatives at Princeton and draws on best practices and science to:

- Promote and coordinate a proactive approach to health and wellbeing across the Princeton campus
- Cultivate a campus community and individual skills that support wellbeing, resilience, and social connectedness
- Offer health and wellbeing programs and services outside of traditional health care settings

**Why Focus on Wellbeing?**

Health is not merely the absence of illness or distress – it is striving for positive physical, mental and social wellbeing (World Health Organization, 2014). Wellbeing encompasses many concepts and terms, for example, flourishing, connectedness, holistic wellness, mindfulness, resilience, grit, purpose, belonging, and self-compassion.

Promoting positive wellbeing enables people to realize their potential, cope with the stresses of life, study and work productively and successfully, connect with one another, and contribute to their community.

**Wellbeing is Multi-Dimensional, Settings-Based & Collaborative**

The seven dimensions of the UMatter Wellness Wheel illustrate the many opportunities that exist for enhancing wellbeing. A comprehensive approach to wellbeing requires a settings-based approach: Going beyond health education for individuals to create a campus community where the people, programs, culture, systems, policies, and spaces all work together to promote wellbeing.

TigerWell is engaging campus stakeholders who are working across multiple dimensions of wellness. Collaborative planning sparks innovation, including creating new partnerships, coordinating existing efforts, and identifying creative ways to incorporate health and wellbeing into university activities and settings.
Progress and Projects to Date

As of Fall 2018, TigerWell has taken a two-pronged approach:

1. Building a strong foundation, including engaging a broad cross-section of stakeholders across campus, reviewing existing health and wellbeing data, conducting an inventory of current activities, staffing the initiative, and developing the guiding principles, approach, and initial project plans.

2. Developing and launching a set of initial projects in priority areas, including clinical and wellness outreach for undergraduate and graduate students, professional development for staff, identifying current and new opportunities for all students' skills-building, and planning new data collection.

Clinical & Wellness Outreach

TigerWell is placing mental health counselors in satellite offices where students live and interact to serve as liaisons to clinical services and referrals, provide support, and offer educational opportunities to build skills for health and wellbeing.

Professional Development

As a first step in providing staff and faculty with resources and skills to support their own and their students' wellbeing, TigerWell is supporting a public lecture and half-day workshop on The Science of Self-Compassion by leading expert Dr. Kristin Neff and collaborating with the planning committee for the Campus Life Symposium in January 2019.

Student Skills-Building

TigerWell has taken initial steps to draw together the campuswide network providing opportunities for students to learn wellbeing-related skills and form meaningful connections.

New Data Collection

Recognizing the importance of data-driven planning, TigerWell is making plans to collect additional data specific to student wellbeing to help inform future initiative projects.

Other Projects TBD

Conversations with stakeholders across campus have revealed other possible avenues for improved health and wellbeing, for example, supporting wellbeing in the classroom, promoting wellbeing through physical spaces, and the examining the impact of policies and their implementation on wellbeing.

Get Involved!

Contact the TigerWell Project Manager to join our network, get involved with a project, suggest ideas, or share what you're already doing to promote wellbeing.

Email: tigerwell@princeton.edu