TigerWell
PRINCETON'S HEALTH AND WELL-BEING INITIATIVE

TigerWell is made possible by the Elcan Family Fund for Wellness Innovation. The Fund is a multi-year gift that enables Princeton to coordinate existing well-being efforts and create innovative opportunities for members of the Princeton community to live their best lives.

TigerWell builds on existing health and well-being initiatives at Princeton and draws on local assessment and research evidence to:
- Promote and coordinate a proactive approach to well-being across campus.
- Cultivate a campus community and individual skills that support well-being.
- Offer health and well-being programs and services outside of traditional health care settings.

**TigerWell Goals**

**Foster an environment that promotes well-being at Princeton**
Encourage efforts that go beyond individual-level health education to create a campus community where the people, programs, culture, systems, policies, and spaces all work together to promote well-being.

**Increase students' social connectedness and positive relationships**
Enhance social support, belonging, authentic friendships, and communication in relationships with peers, faculty and staff.

**Increase students' engagement, meaning and purpose**
Expand opportunities for students to engage meaningfully in co-curricular activities and reflect on their sense of purpose in life.

**Strengthen collaboration among campus partners working to promote health and well-being**
Create mechanisms for ongoing and regular communication, coordination and collaboration among partners engaged in promoting well-being.

**Promote equity in health and well-being for all campus community members**
Identify and address the differing needs of various groups of students, including how social and cultural identities and experiences of marginalization affect well-being.

**Increase individual students' skills, behaviors and mindsets to enhance positive coping and resilience**
See our Individual Well-being Toolbox, page 2.

**Expand student access to mental health support**
Improve access to well-being resources outside traditional health care settings, including mental health supports for students experiencing distress as well as resources that proactively promote well-being.

**Increase the extent to which well-being promotion efforts are evidence-informed**
Increase the collection and use of data specific to well-being at Princeton, the use of research evidence in developing well-being promotion efforts, and the evaluation of well-being programs and practices.
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Progress & Projects to Date

Campus Well-Being Partnership
Over 135 staff and faculty from across the University have joined the Partnership, and many meet regularly to share information and resources, collaborate, strategize how best to meet shared well-being-related goals, and coordinate health and well-being efforts.

Clinical and Well-Being Outreach
TigerWell Outreach Counselors work from satellite offices where students live, work and socialize, providing individual drop-in counseling appointments, support groups and referrals, as well as workshops and consultation on well-being-related skills and practices.

Professional Development
TigerWell seeks to provide staff and faculty with resources and skills to support their own and their students’ well-being. Current efforts include organizing speakers and trainings and collaborating with relevant committees.

Research
TigerWell is analyzing existing data specific to student well-being, making plans to collect additional qualitative and quantitative data, and working with campus partners on assessing their efforts.

Student Skills-Building: Individual Well-Being Toolbox
TigerWell programs encourage students to build these behaviors, skills and mindsets:
- Connect authentically with others
- Sleep well
- Move, fuel, and appreciate your body
- Contribute to an inclusive culture of care
- Balance commitments
- Take advantage of campus resources
- Spend time in nature
- Build emotional awareness
- Practice mindfulness
- Cultivate a growth mindset
- Express gratitude
- Discover purpose and meaning

New in 2019!
TigerWell Grant Program
Staff, faculty and students may apply for funding through two types of grants to support collaborative well-being-related projects. Email tigerwell@princeton.edu for guidelines and application materials.

Seed Grants ($500 - $3,000)
For smaller-scale activities, programs, projects, or research, including innovative skills-building education or training for members of the campus community.

Partnership Grants (Over $3,000)
For broader-scale activities, programs, projects, or research to promote well-being, especially those focused on making environmental and systems changes.

Get Involved! TIGERWELL@PRINCETON.EDU
Contact Anne Laurita, Ph.D., TigerWell Project Manager at tigerwell@princeton.edu, to join the Campus Well-being Partnership, share what you’re doing to promote well-being at Princeton, apply for a grant, or suggest ideas. TigerWell also partners with Health Promotion and Prevention Services (HPPS) to provide consultation on well-being-related efforts.