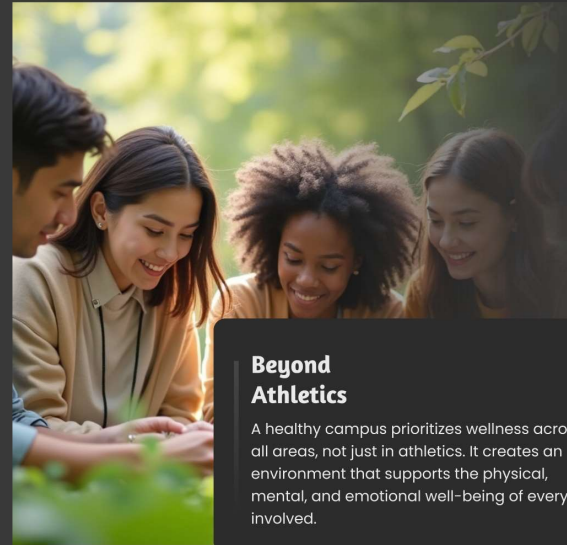


Cultivating Campus Health & Wellness: More Than an Aspiration

Exploring the Importance and Possibility of Whole
Person Wellness in Academic Environments

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Beyond Athletics

A healthy campus prioritizes wellness across all areas, not just in athletics. It creates an environment that supports the physical, mental, and emotional well-being of everyone involved.

The Big Question: Do You Have a Healthy Campus?

**Students
Staff
Community**

Today's Roadmap (4 Movements)



VISION
Immediate & long-term value



FAITH COMMITMENT
Christ-centered



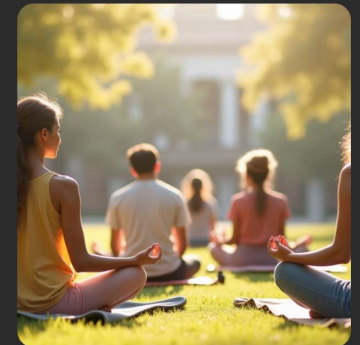
LEADERSHIP INITIATIVE
Seize the opportunities now



STAFF CULTURE
as example

Wellness is the NORM (Not Special)

A healthy campus integrates wellness into everyday life, making it part of the culture rather than an exception. This shift encourages everyone to prioritize their health regularly, fostering a community where wellness is a collective responsibility.





Real Pressure on Students

Students today face unprecedented challenges that affect their mental, emotional, and physical well-being. This strain can manifest in various ways, impacting their overall campus experience.



Financial Stress

Financial stress is a significant burden for many students, affecting their mental health and academic success. Addressing these concerns is vital for fostering a healthy campus environment.

Immediate Impact (This Semester)

Better focus, energy, engagement
Reduced crisis load
Stronger community and belonging
More sustainable student leadership



Value: Immediate + Long-Term



Long-Term Impact (Beyond Graduation)

Lifelong habits + health trajectory
Stronger vocational endurance
Greater stewardship + stability
Graduates who lead well under pressure



Stewardship (body, mind, resources)

In a Christ-centered wellness culture, individuals learn to take care of their physical, mental, and spiritual resources as a form of stewardship, recognizing that their body and mind are gifts from God.



Peace and perseverance

Peace and perseverance are cultivated through faith, enabling students and staff to navigate challenges with resilience and grace, fostering a supportive community.

Faith is the Foundation (Not a Side Topic)

Faith is not a separate pillar.
It's the foundation that strengthens every pillar.
Whole-person stewardship:

- Nourishment
- Physical fitness
- Mental / emotional wellness
- Financial wellness

All under the lordship of Christ.



“Your body and mind matter to God.”

In a Christ-centered wellness environment, individuals understand that their physical and mental well-being are integral to their spiritual lives, reinforcing the belief that they are uniquely created and valued by God.

“We pursue growth without shame.”

Shifting attitudes toward growth removes the stigma of failure, promoting a supportive environment where individuals can strive to improve without fear of judgment.



- Culture Reflects Leadership**
- Emphasis Drives Focus**
- Normalization Creates Habits**
- Measurement Matters**
- Repetition Reinforces Importance**

Leaders Shape the Environment

Emphasis Drives Focus

What leaders highlight becomes the focus of the community. By placing emphasis on wellness initiatives, leaders can guide the community toward making health a priority in everyday life, fostering a supportive environment for all.



Measurement Matters

Measuring progress is crucial in a wellness culture. Leaders need to track the effectiveness of wellness initiatives to ensure they are making a real impact. Regular assessments can help refine strategies and maintain focus on health goals.





Transformative Approach to Wellness

One-off workshops often fail to create lasting change. To truly shift campus culture, daily intentionality is essential. A structured approach is needed to foster a consistent wellness mindset among students and staff.



90-Day Sprint Structure

The 90-day sprint structure lays the groundwork for sustained wellness culture. It includes daily touchpoints, weekly community moments, and monthly anchor events to maintain momentum and support.



The Simple System: A 90-Day Culture Sprint

WED
28

90-Day Sprint Structure

The 90-day sprint structure lays the groundwork for sustained wellness culture. It includes daily touchpoints, weekly community moments, and monthly anchor events to maintain momentum and support.

Avoid the Common Pitfalls

To successfully implement a wellness initiative, recognizing and steering clear of common challenges is crucial. Understanding potential pitfalls allows leaders to proactively address them, ensuring that efforts do not fizzle out before they can create meaningful change.



Keys to Success (So It Actually Works)

Lack of Cohesion + Clarity

Without a cohesive approach and strong internal marketing, wellness programs struggle to engage participants effectively. Clarity in purpose and consistent messaging are essential for building understanding and utilization of wellness resources.



Avoiding Pitfalls: The #1 Reason Programs Fail

Internal Program Development

When developing an internal program, it's crucial to establish a strong foundation. Identifying a Program Champion ensures accountability, while assigning resources and realistic timelines fosters a realistic approach. A simple rollout calendar helps in tracking progress, and a commitment to follow-through prevents initiatives from fizzling out.



Avoiding Pitfalls: Internal Program vs Vendor Partner



Vendor Partnership Dynamics

Partnering with a vendor requires a different mindset. Treating the vendor as part of your team enhances collaboration and fosters shared goals. Remember, this partnership should be viewed as a strategic alliance rather than just outsourcing. It's essential to align roles, expectations, timelines, and success measures to achieve mutual success.

Agreements That Protect Both Parties

A successful vendor partnership requires mutual agreements that safeguard the interests of both parties involved. This ensures a collaborative environment where both vendors and campus leaders can thrive together without conflict.



Clear Lanes (Who Owns What)

Clearly defined roles and responsibilities are essential in a healthy partnership. This clarity reduces confusion and allows for more efficient collaboration between campus leaders and vendors.



Shared Definition of Success

A shared definition of success creates a unified vision for the partnership. When both parties agree on what success looks like, they can work towards common goals with clarity and purpose.



Champion It Internally

Champion the partnership internally as if it's a vital part of your own team. This internal advocacy helps to solidify the partnership and promotes a culture of collaboration and support.





Holistic Approach is Essential

Wellness should encompass all dimensions of health rather than focusing solely on one area. If wellness initiatives are limited to just fitness, mental health, nutrition, or financial literacy, they fail to address the holistic needs of individuals. A comprehensive approach recognizes the interconnection between these areas, fostering overall well-being and resilience for students and staff.

Transforming the Campus Experience

Incorporating wellness into existing structures transforms the campus into a dynamic learning environment. By leveraging the natural rhythms and resources already present, students and staff can engage in continuous growth and learning.

Shared Responsibility for Wellness

By viewing the campus as a classroom, wellness becomes a shared responsibility. Everyone, from students to faculty, plays a vital role in fostering a culture where wellness is prioritized and normalized.



Know Your Resources

Having a clear understanding of available resources—such as personnel, materials, and facilities—ensures that you can effectively implement wellness initiatives tailored to your campus needs.



Teach It Well

Effective teaching involves not only delivering the content but also creating an engaging environment where ideas are repeated, reinforced, and normalized throughout campus culture.

End Goal: Everybody Gets an “A”

The ultimate goal is for every member of the campus community to achieve success, not through perfection but by ensuring access, understanding, and participation in wellness initiatives. This success is characterized by clear resources, active modeling by staff, ingrained wellness practices, proactive support systems, and a culture of holistic stewardship.



Depleted Staff Leads to Campus Reactivity

Students are directly impacted by the emotional and physical state of staff. When staff experience depletion, the result is a reactive environment that only addresses crises rather than fostering a proactive culture of wellness.



Staff Wellness Empowers Ministry

Providing staff with resources and training to manage their own wellness is a proactive step in creating a culture of wellness that empowers ministry.

Healthy Rhythms Create Balance

Establishing healthy rhythms helps staff maintain balance between work and personal life. This can lead to increased productivity and a more positive attitude towards work.

Micro-Habits Foster Change

Micro-habits are small, daily practices that can lead to significant changes in staff wellness. Encouraging simple habits can foster a culture of wellness within the team.

Shared Language Enhances Engagement

Using a common language for wellness practices and goals can enhance staff engagement and create a shared vision for a healthy and thriving team.

Participation Pathways Encourage Involvement

Providing pathways for participation in wellness activities allows staff to engage at their own comfort levels, making wellness a more inclusive and ongoing commitment to health and wellness.



Corporate Culture of Wellness (Staff)

Healthy Rhythms Create Balance

Establishing healthy rhythms helps staff maintain balance between work and personal life. This not only leads to individual well-being but also fosters a supportive atmosphere for students to thrive.

Shared Language Enhances Engagement

Using shared language around wellness promotes understanding and encourages participation among staff. Creating a culture of support helps everyone feel valued and involved in the wellness initiative.

Close + Transition to Workshop

Your next step is not a massive program, but a straightforward approach to enhancing campus wellness. In this workshop, you will leave with actionable tools and a clear plan to integrate wellness into your culture.



Workshop Instructions (On-Screen)

Join us for a collaborative workshop focused on developing a comprehensive plan of action for creating your Campus Wellness Blueprint. In small groups, participants will work together to create actionable strategies that integrate wellness into campus culture.



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