

PLAN FOR WELLNESS AT WESTERN!

Whether you are a new or returning student, a new academic year is both exciting and stressful. In this time of readjustment and flexibility, there is even more opportunity for stress. It can be helpful to think in advance about what your existing resources are, as well as researching what additional resources are available for you here at Western. Check out some information about various tools that help with wellness, and use the template on the back to personalize your own Western Wellness Plan!

SOCIAL SUPPORT

Psychologists define social support as “acts that communicate caring; that validate the other’s words, feelings or actions; or that facilitate adaptive coping with problems through the provision of information, assistance, or tangible resources.” According to VeryWellMind, the benefits of social support include reduced depression and anxiety, better ability to cope with stress positively, and even improved immune system and cardiovascular function. Four types of social support are emotional support, informational support, tangible support, and belonging support (check out [verywellmind.com](https://www.verywellmind.com) for more details). The Western Wellness Plan encourages you to identify people who you consider Sources of Support, both at WWU and away.

The number of people reporting feelings of loneliness and isolation is rising, and sources of support may be more difficult for people to identify right now. However, WWU offers many student groups focused on many diverse interests, from vocal jazz to improv comedy to environmentalism. There are also student-run affinity groups, such as the Black Student Union, LatinX Student Union, and the Native American Student Union. WWU offers campus services that provide students with social support, especially through informational and tangible support, such as LGBTQ+ Western and the Disability Access Center. We encourage you to research what is available and identify some groups and organizations you can get involved with.

REMEMBER YOUR MOTIVATION

Sometimes when school gets difficult and frustrating, the most helpful thing can be to remember why you wanted to go to school in the first place. Identify your motivations for coming to WWU as part of the Western Wellness Plan, so that you can have them to refer back to when things get tough.

GOAL SETTING

Setting goals is an important tool for motivation. Says [MindTools.com](https://www.mindtools.com), “Setting goals gives you long term vision and short term motivation.” Goals help you to focus your acquisition of knowledge, organize your time and resources, and measure and take pride in your progress. During times of high stress, reviewing your short and long term goals can provide an opportunity to remind yourself what you’re working to achieve, and to feel proud of the progress you’ve made toward them so far. Find more about the importance of goals, as well as some tips for setting successful goals, at [MindTools.com](https://www.mindtools.com).

POSITIVE COPING SKILLS

Coping skills help you tolerate and minimize stress. However, some coping skills might provide relief in the short term, but create more stress in the long term. It is important to identify positive coping skills that you can use to get through stressful times without creating more stress. VeryWellMind explains that there are two kinds of coping skills; problem-based, which focus on solving issues that you have control over, and emotion-based, which focus on tolerating difficult situations that you can’t change. Read more about coping skills at [verywellmind.com](https://www.verywellmind.com), then identify your own positive coping skills in the Western Wellness Plan so that you have ideas for what to do when you get stressed!

MY WESTERN WELLNESS PLAN

Western is a great place to be, and we're so happy you're here with us this year! We know you will make lots of wonderful memories and have many amazing experiences! We also know you will have to work hard, and that there will be some stressful times. Use this worksheet to identify some wellness practices that will help you build your resilience and cope with stress as it comes. Post it somewhere you will see often!

SOURCES OF SUPPORT

Who can you call outside of WWU for support?

Friends/Family:

Crisis Text Line: Text "Start" to 741741

Who can you get support from here at WWU?

Peers:

Faculty/Staff:

Counseling and Wellness Center // cwc.wvu.edu
360-650-3164 (press 1 for after-hours support)

Explore more student services at
www.wvu.edu/overview-student-services

MOTIVATION

Remember what makes it worth it when things are hard.

What made you want to come to WWU?

What are you hoping to take away from your WWU experience?

WWU RESOURCES

What 3 WWU organizations will you try to use regularly or become involved with this year? (e.g., LGBTQ+ Western, NAMI On Campus, Latinx Student Union)

1. _____

2. _____

3. _____

Visit the Western Involvement Network (win.wvu.edu) for organizations and upcoming events!

Follow [@bewellwwu](https://www.instagram.com/bewellwwu) on Instagram and sign up for the [BeWellWWU newsletter](#) for more wellness content!

GOALS

Keep your eyes on the prize!

What is 1 goal you would like to achieve this year?

What is 1 long-term goal you would like to set for your future?

POSITIVE COPING SKILLS

List some healthy ways that you deal with stress:

-
-
-

Add some new healthy coping skills that you pick up during your time at WWU!

-
-
-