

# Wellness Policy

CHSU highly values the physical and mental health and well-being of every student, faculty, and staff member. CHSU will plan and implement activities and policies that support personal efforts by students, faculty, and staff to maintain healthy lifestyles, mental wellness and mitigate fatigue. The members of the CHSU community are committed to developing and implementing strategies and policies that promote physical and mental wellness and prevent burnout and physical/mental fatigue. This work will help to ensure our relevance to the general population, as well as strengthening the overall population health.

## CHSU Wellness Program

The CHSU campus Wellness Program is overseen by a Wellness Committee and consists of students, faculty, and staff representatives from all professional programs on campus. The CHSU Wellness Program is developed with input solicited from students, faculty, and staff. Wellness activities are planned accordingly to promote and encourage healthy diet, physical activity, stress management, resilience, life balance, sleep, time management and fatigue mitigation, and other elements of a healthy lifestyle among the campus community. Some resources and events are specifically aimed at empowering medical students and pharmacy students to cultivate physical, emotional, and interpersonal/community wellness habits as part of their professional development. The CHSU Wellness Program provides student life advising, wellness programming and learning environment initiatives to enable students to thrive academically and personally throughout their professional school experience and beyond.

CHSU's Wellness Program has created several avenues to promote wellness in students, faculty, and staff.

- A. A Wellness Committee of diverse students, faculty, and staff formed to address mental and physical health and wellness on our campus.
- B. Offering programs, services, and information to facilitate a healthy lifestyle environment including mental health awareness. These include:
  - Individual counseling and therapy from a behavioral health care provider
  - An Employee Assistance Program (EAP)
- C. Periodic wellness workshop for students, faculty, and staff to include programming on fatigue mitigation.
- D. Campus wellness facilities which include a meditation room, adequate indoor and outdoor student lounge areas, food vending with healthy options, and a campus walking path.
- E. Periodic symposia and presentations on wellness topics such as diet, exercise, sleep hygiene, time and stress management techniques, burnout, resilience, relaxation, fatigue mitigation, etc.
- F. Recurring theme based social events for support throughout the semester.
- G. College-specific fatigue mitigation training procedures will be maintained, as appropriate, for the specific professions involved.

Information available for **Student Health, Wellness, and Counseling Services** can be found on the CHSU website.