

Live Well NAU

GUIDEBOOK



FOR STAFF
UPDATED 2022

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PURPOSE AND MISSION

What is Live Well NAU?

Live Well NAU is a framework that creates a comprehensive wellness strategy to be used across the institution. The goal is to establish wellness as a core value of Northern Arizona University.

Why was Live Well NAU created?

Live Well NAU was created after a campus-wide needs assessment revealed the need for a more cohesive and highly visible approach to wellness across campus. Through these stakeholder meetings, it was identified that:

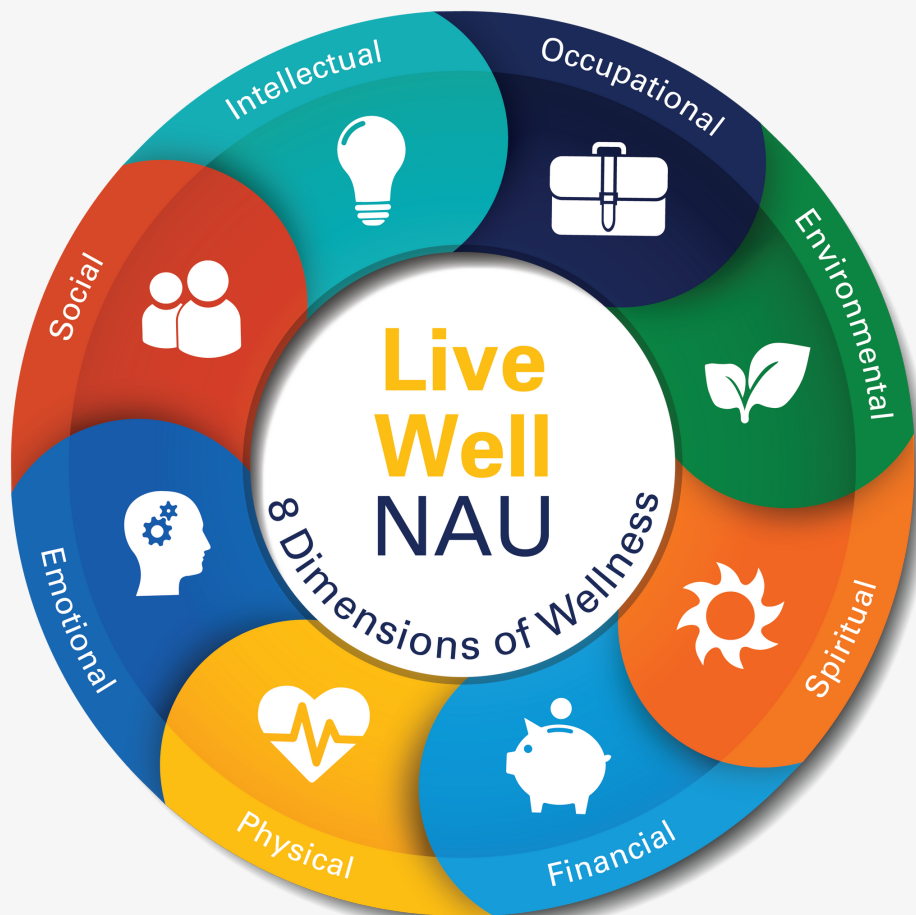
- Everyone on campus has a role in supporting the overall wellbeing of students. By breaking down silos and working together, we can improve the health and wellness of the study body.
- Healthy students are successful academically—they have higher GPAs and are more likely to graduate on time.
- According to the 2019 Freshman Experiences Survey (N=1333), students expressed needing help with:
 - Eating healthy **(42%)**
 - Getting regular physical exercise **(42%)**
 - Managing their emotional and mental health **(37%)**
- Students reported several health issues that impact performance like:
 - Stress **(44.4%)**
 - Sleep **(26.6%)**
 - Anxiety **(37.8%)**
 - Depression **(30.5%)**

(ACHA-NCHA III, 2021).



PURPOSE AND MISSION

Establishing a shared definition of wellbeing.



Well-being is an optimal and evolving state that allows people to achieve their full potential where they **live, learn, work, and play**.

DEVELOPMENT OF LIVE WELL NAU

Live Well NAU was developed with the input and support of campus partners, students, and best practices from separate institutions of higher education. The development process included:

- 1. Health Promotion Needs Assessment:** interviews with key campus partners to collect feedback about improving campus wellness.
- 2. Healthy Campus Coalition (HCC):** used needs assessment information to guide project development, including creating a graphic icon, a centralized online resource and a structured incentive plan.
- 3. Review of Existing Models:** wellness wheel frameworks from SAMHSA and others were considered.
- 4. Student Focus Groups:** feedback on concept was gathered from ASNAU, HS200 classes, SHAC, UCAN health coaches, and International students
- 5. Stakeholder Interviews:** staff, faculty and subject matter experts were interviewed to inform project development.
- 6. Best Practice Consultation:** phone calls with other schools using similar frameworks.
- 7. Branding and marketing discussion:** met with NAU marketing and branding professionals to ensure brand cohesion and a consistent brand identity.



HOW **YOU** CAN SUPPORT STUDENT WELLNESS

Use the Live Well NAU icon and Event calendar when hosting wellness oriented events and activities.

If you're a staff member, Live Well NAU has tools to help you show the NAU community when an event supports their wellbeing. Take the following steps to highlight your event:

1. Decide you're going to support student wellness:

Plan a wellness-oriented event.

2. Download the wellness wheel graphic: Use the icon on your marketing and website to let NAU know you support wellbeing.





3. Submit your event to the [NAU Event calendar](https://nau.edu/livewellnau): Select the appropriate wellness category so your event will be featured on nau.edu/livewellnau

a. Need more help submitting an event? See pg. 11





4. Collaborate with campus partners: Reach out to Health Promotion to consult on best practices for specific health related topics or cohost with another office.



EVENTS FOR WELLNESS

Dimension	Definition	Example Programs & Activities
PHYSICAL 	<p>Physical wellness focuses on taking proper care of our bodies for lifelong health. Implementing strategies for movement, nutrition, stress management, and sleep contribute to feeling your best while celebrating your body and all it can do.</p>	<ul style="list-style-type: none"> • Invite Health Promotion staff to grocery bingo to share healthy recipes and eating tips. • Bring a group fitness class to your group activity.
EMOTIONAL 	<p>Emotional wellness invokes a sense of self awareness, resilience and emotional intelligence. An emotionally well individual has the ability to identify, express and manage their emotions in healthy and positive ways. An important skill of the emotionally well individual is the ability to identify positive and effective coping strategies for stressful or taxing situations.</p>	<ul style="list-style-type: none"> • Host a guided meditation night • Create a stress free care package with tea recipes, coloring pages, and calming music recommendations. • Encourage students to complete the NAU Resilience Project module.
SOCIAL 	<p>Social wellness focuses on healthy relationships and strong connections. Social wellbeing includes establishing supportive networks, meaningful relationships, an openness and willingness to be inclusive of diverse experiences and perspectives, the ability to communicate healthy boundaries, and managing social conflict.</p>	<ul style="list-style-type: none"> • Partner with the Office of Inclusion or the Office of Indigenous Student Success to host panel events around different topics. • Share LEAP activities with students looking to connect.
INTELLECTUAL 	<p>Intellectual wellness encourages a curiosity for life and the mindset of life-long learning. The intellectually well individual seeks out opportunities for mental stimulation whether it is learning a new skill, following creative passions or exploring opportunities for academic growth.</p>	<ul style="list-style-type: none"> • Host a study skills night with a staff member from the Academic Success Centers.

EVENTS FOR WELLNESS

Dimension	Definition	Example Programs & Activities
OCCUPATIONAL 	<p>Occupational wellness encourages a personal satisfaction and enrichment from one's own work. Our occupations encompass a majority of our time so a focus on balancing leisure and work is essential to maintaining our sense of meaning and purpose.</p>	<ul style="list-style-type: none"> • Invite a staff member from Career Services to host a resume writing or interview skills workshop. • Invite a speaker to a Q&A who is an expert in a specific field.
ENVIRONMENTAL 	<p>Environmental wellness encourages us to explore the interconnectedness of nature and the individual. Both the natural and the built environments are important for environmental wellbeing as is inhabiting environments that you find pleasant and/or stimulating, as well as living a sustainable lifestyle.</p>	<ul style="list-style-type: none"> • Host an outdoor trash pickup on a trail near campus. • Invite Health Promotion to present a Bystander training to your group.
SPIRITUAL 	<p>Spiritual wellness is the intersection of values and beliefs that are personal to the individual. These beliefs have meaning and invoke a sense of harmony with, connection to or recognition of something larger than oneself. Spiritual wellness is a unique and ongoing process for each individual.</p>	<ul style="list-style-type: none"> • Organize a food drive for Louie's Cupboard. • Encourage students to spend time in nature. • Create a daily gratitude challenge in your area.
FINANCIAL 	<p>Financial wellness is the ongoing process of becoming financially literate. This can include the ability to identify what it looks like to live within your means as well as how to financially plan for your future. Identifying resources and setting realistic/reasonable goals is a continuous process that the financially-well individual will work on throughout life.</p>	<ul style="list-style-type: none"> • Host a Budget Workshop for students using free online budget tools.

EVENTS FOR WELLNESS

Other things to consider when incorporating wellness into your events:

- Offer healthier food and beverage options at events, such as vegetables and hummus, fruit, water, and tea.
- Avoid late night programming to encourage good sleep habits.
- Consider beginning events and meetings with a guided meditation.
- Encourage connection at events by offering screen free zones and conversation prompts
- Move events and activities outdoors when possible to allow students to spend time in nature.



Did you host a wellness-oriented event that was successful? Feel free to share the event with us at livewell@nau.edu so we can share with other offices!

CONVERSATION GUIDE

When talking to students about their wellbeing, there are helpful and not-so-helpful things we can say. Below are key messages to share with students that will support their wellbeing:

Supporting healthy eating

- Aim for 5 servings fruits and vegetables daily.
- Drink adequate water.
- Eat food regularly throughout the day.
- Share food insecurity resources, including Louie's cupboard & SNAP Benefits.
- Limit caffeine intake.
- Focus messages on **adding** healthy items vs. **restricting** less healthy items.

Supporting physical activity

- Aim for 30 minutes, 5 times/week of moderate aerobic activity.
- Meet students where they are: encourage joyful movement.
- Refer to UCAN Health Coaches for one-on-one goal setting.
- Create opportunity for movement in your work with students: walking meetings/advising, activity challenges, etc..
- Collaborate with Campus Recreation for events and activities.

Promoting Healthy Sleep

- Know how much is "enough" and encourage: 7-9 hours MOST nights.
- Limit naps to 20-30 minutes.

- Connect to GPA: get more Z's to get more A's.
- Share sleep hygiene information: establish sleep/wake routine.
- Avoid normalizing all-nighters: not a "rite of passage".
- Discuss time management: build time for sleep into planners.
- Shape the sleep environment for healthy sleep: Do you have late night events?

Developing Resilience

- Provide feedback on student strengths.
- Help students identify strengths.
- Celebrate and share failures as well as successes.
- Incorporate social skills practice and feedback.
- Teach emotion management/identification.
- Create space where failure is okay!
- Teach and show empathy.
- Send students to #Bounceback NAU Resilience Module

Managing Stress

- Develop mindfulness skills: build in opportunities for reflection, journaling, and gratitude.
- Explore guided meditation apps and videos.
- Develop organizational skills.
- Set realistic expectations: perfection is an illusion.
- Discuss regular exercise and sleep.
- Teach healthy boundary setting.
- Model healthy boundary setting/work life balance.
- Encourage time in nature.

Creating Connections

- Create a safe space.
- Model and develop empathy.
- Encourage students to learn and practice emotional intelligence/recognizing and managing emotion.
- Discuss healthy conflict resolution skills using “I messages”.
- Discuss social media and its effects.
- Encourage helping behaviors (Refer to [Mental Health Support Squad](#)).
- Identify commonalities in students.
- Make time to socialize.

WELLNESS RESOURCES

LIVE WELL NAU

NAU.EDU/LIVEWELLNAU

HEALTH PROMOTION

928-523-2131

NAU.EDU/HP

OFFICE OF THE DEAN OF STUDENTS

928-523-5181

NAU.EDU/DEANOFSTUDENTS

COUNSELING SERVICES

928-523-2131

NAU.EDU/COUNSELING

MEDICAL SERVICES

928-523-2131

NAU.EDU/MEDICAL-SERVICES

ADDING **WELLNESS** INTO THE WORKPLACE

SUBMITTING EVENTS

- Visit <https://events.nau.edu> and select “Menu” in the upper right corner, then select “Sign In” and log in with your CAS information.
- Once you are taken back to the original view, select “Menu” again, then “Manage”. This will take you to the Events Dashboard.
- Hover over the blue bar on the left, then select the “Create an Event” button that appears.
- Enter information, being mindful of the following:
 - The Event Website section will not show up on the calendar; instead, hyperlink the event in the event description
 - Select all Live Well categories that apply. Don’t forget to add keywords – this helps pull the event if people are searching for things to do! (ie. If you are putting on a Meditation Night, use keywords like meditation, relaxation, wellness, destress, self care)
 - Make sure to add a location – more information is always better! You can select the correct building and add the specific room or location by typing in the box at the top and selecting the “Add” button
 - You must include a contact person, ideally the person who is the main point person
 - Add any marketing materials under “Images”
 - Select “Submit!” Your submission will be awaiting approval; once approved, you should receive an email notification. If needed, you can go back to the Events Dashboard and modify your event submission. The revised version will once again be submitted for approval.
- **Feel free to contact [Kristen Ribich](#) with any questions!**