



WILLIAM & MARY

CHARTERED 1693

# THE PURSUIT OF CALM

THE MENTAL HEALTH LANDSCAPE  
OF THE PANDEMIC-ENDEMIC ERA

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First Things First . . .

A GRATEFUL PAUSE





College of William & Mary  
STUDENT RECREATIONAL CENTER

STOP





Campus Recreation

Counseling Center

Health Promotion

Student Health Center

Center for Mindfulness & Authentic Excellence (CMAx)

## DEPARTMENTS OF HEALTH & WELLNESS



What are we seeing?

Why are we seeing it?

What are we doing about it?

How are we doing?



What are we seeing?

VULNERABILITY  
OPPORTUNITY



Why are we seeing it?

MOVING BEYOND  
HEALTHY LITERACY &  
FEAR-BASED EXCELLENCE





# IMPORTANCE

Perceived Evaluation

Cost

Uncertainty

Fear of Failure  
(Pressure)

Natural Responses

Avoid / Escape  
Until "Have To"

Over-Control  
Mastery

# When Stress moves to Strain

Need

Outcomes

Evaluation

What are we doing about it?

# HORIZONTAL & VERTICAL FRAMEWORKS



# HORIZONTAL

## The Wellness Continuum

Health Promotion

Prevention

Intervention

Postvention



# VERTICAL

## Socio-Ecological Model of Wellness

Individual

Interpersonal

Institutional

Broader Community

Policy





How are we doing?

A RELATIONAL APPROACH  
TO SYSTEMS CHANGE



# Eight Dimensions of Wellness

What does harmony among these dimensions look like for you?



EMOTIONAL / MENTAL



FINANCIAL



ENVIRONMENTAL



INTELLECTUAL



SOCIAL



OCCUPATIONAL



PHYSICAL



SPIRITUAL



























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MEDITATION  
ALCOVE



# Quest

## **Individually**

Reduce Need & Increase Healthy, Values-Centered Engagement  
(deepen the horizontal)

## **Systemically**

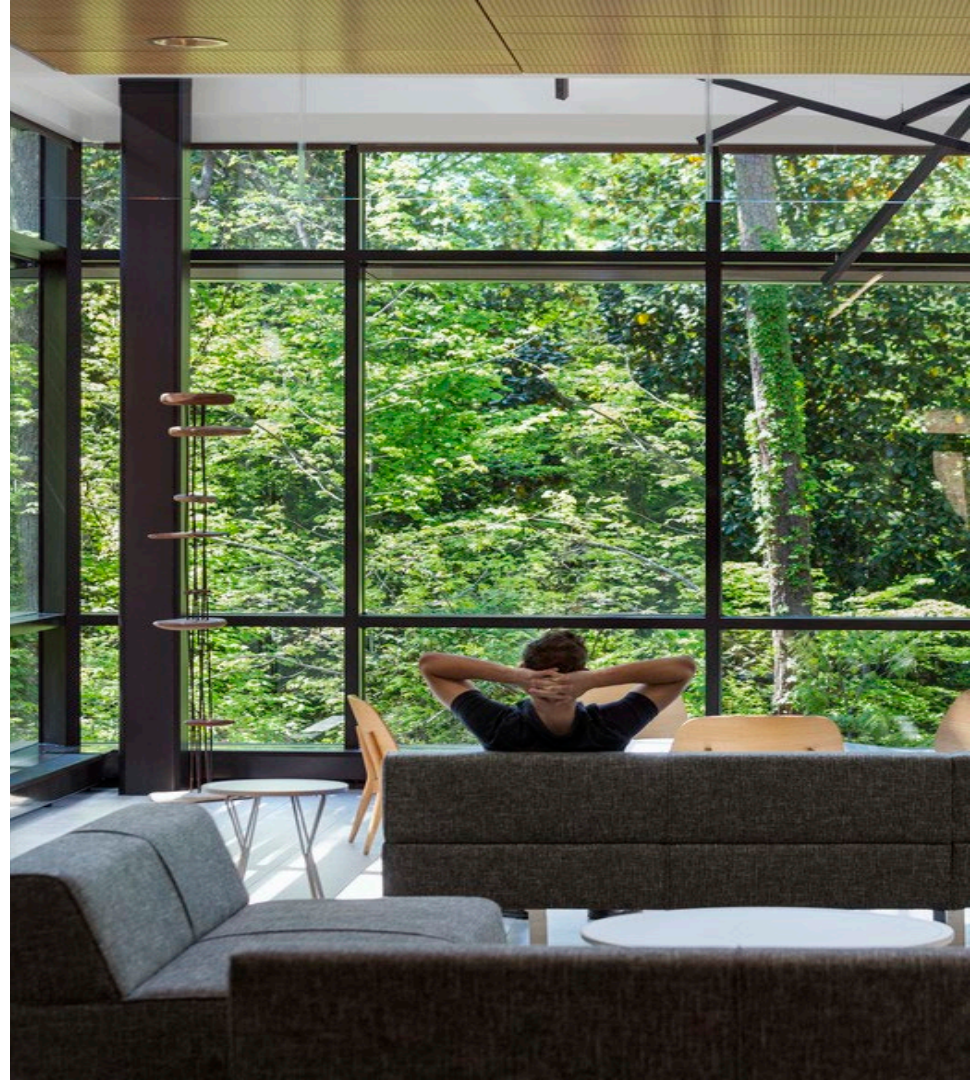
Institutionalize Wellness as a Cultural Norm  
(widen the vertical)

# Moonshot

**Every Building at W&M is a Wellness Center**







QUESTIONS?

