

Rethink Smart

# THRIVE



**WESTERN  
MICHIGAN**  
UNIVERSITY

Well-being at Western  
Delivering on Our Promise

Faculty Senate Update 11.5.2020

YOU at Western perfectly aligns with the all three tenants of Rethink Smart.

This intentionality will enable us to weave a consistent experience into every aspect of the students' lives where they are—on devices. The platform will become a **felt experience**, a manifestation of our commitment to our students' lives well lived, and purposeful pursuit of a meaningful career.

# Rethink Smart

Pursue

Craft your purpose

Thrive

Create a life well-lived

Prosper

Prepare for success



YOU



WESTERN  
MICHIGAN  
UNIVERSITY

Matter

Purpose and  
connection to others

Thrive

Physical and  
mental health

Succeed

Academic and  
career success



## Tap Into the Power of YOU.

LOG IN WITH YOUR ID

**🔒 The YOU portal is 100% confidential.**

In order for YOU at Western to personalize your experience, we will ask you to provide information about yourself, which will likely include your personal information. By signing up to use YOU at Western, you agree that you have read, understand and agree to the terms in our [Privacy Policy](#), which describes how we collect, use and disclose personal data.

You also grant us permission to use your data to personalize the tools and content in YOU at Western and to send you occasional communications related to the platform. If you ever want to withdraw consent, please stop using YOU at Western and contact us at [support@gritdigitalhealth.com](mailto:support@gritdigitalhealth.com).

- 1
- 2
- 3

# Well-being, personalized for YOU

This is your confidential space to own your well-being. From mental and physical health, to friendships and finding balance. It's all here.



### Make Your Money Work for You

Simply earning money is not enough to set you on the path to wealth. Whether you have a little extra cash or a lot, you can...







### Square Breathing

Holy smokes! Whatever it is that's making you run from point A to point B is really taking a toll on your brain lately.





### Empathy vs Sympathy

While the two are distant cousins, sympathy and empathy are often confused for one another. It's worth being...

-  Home
-  Explore
-  **Self Checks**
-  Goals

---

-  Western Resources
-  Bookmarks

SUCCESS

# Succeed Self Check

SUCCEED measures the business end of your college experience—in other words, your success in academics and your career.

[TAKE THE ASSESSMENT](#)

WELL-BEING

# Thrive Self Check

THRIVE measures physical, mental and emotional well being. So you can think, feel, act, and eat in a way that will make you happiest.

[TAKE THE ASSESSMENT](#)

PURPOSE

# Matter Self Check

MATTER helps you find your purpose—in your relationships, your communities and in the world—by connecting you to things that are meaningful to you.

[TAKE THE ASSESSMENT](#)

- Home
- Explore
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- Western Resources
- Bookmarks

**If you had to guess,  
how often did  
sleepiness or  
drowsiness get the  
best of you in the  
last month?**

**01** 02 03

QUESTION 1 / 18

- A. Not at all
- B. Once in a while
- C. Quite a bit
- D. All the time

BACK

NEXT

WHAT OTHERS SAID...

9%

I'm a health nut

53%

I know what's healthy but I indulge once in a while

35%

Not as much as I should be

4%

I'm clueless



Since you're interested in Fitness & Nutrition...

✓ SELF CHECK

You are what you eat. How aware are you of eating healthy?

I'm a health nut

**I know what's healthy but I indulge once in a while**

Not as much as I should be

I'm clueless

MY PRIORITIES TO SUCCEED



Managing Money



Crushing academics



Finding a major or degree program

## Choose your priorities related to Succeed (academics & career success)

You can always update them later.

**Managing Money**

Bolstering leadership skills

Building job skills

**Crushing academics**

**Finding a major or degree program**

Developing classroom strengths

- Home
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★ Recommended for You

EXPLORE MORE →



### Activity & Movement: Online-Learning Edition

Dr. Nathaan Demers, a clinical psychologist at YOU at College,...



### Improving Emotional and Physical Well-being during COVID-19

From hyper-vigilance about your health to feelings of anxiety and...



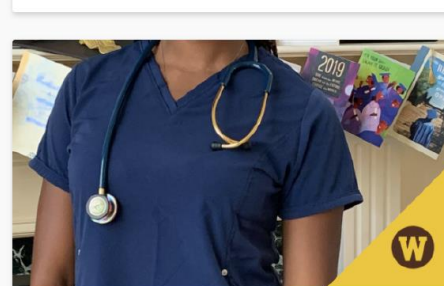
### Tips for Student Athletes During COVID-19

All college sports and competitions have been canceled for the...



### Adapting to Your New Life - International Students

Going to school in a new country can be daunting at times. You may...



### Need a Doctor?

The Sindecuse Health Center provides WMU students with treatment...



### Healthy Coping Strategies to Employ During COVID-19

Everywhere you look, the news is highlighting the ways COVID-19 is...





< BACK

# Diversity & Identity

- Home
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- Bookmarks

ALL RESOURCES

CAMPUS RESOURCES



## Empathy vs Sympathy

While the two are distant cousins, sympathy and empathy are often...



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Going to school in a new country can be daunting at times. You may...



## The Cure is US

What can you do to make a difference as the COVID-19...



## Embrace the Uncomfortable: Addressing Racism

Are you feeling overwhelmed about how to address racism? It may be...



## The Secret of Solitude



## Finding Culturally Competent Therapists

Cultural competency in healthcare is a combination of...

← BACK

# Election & Voting

- Home
- Explore
- Self Checks
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- Western Resources
- Bookmarks



## Call Your Representatives

Watching the news, it's understandable if you're feeling a...



## Voting Rights in College

Students in the U.S. make up a large percentage of potential...



## Coping with E

The stress of an e... unavoidable, com... 24...



## Campus Vote Project

Young voters are capable of making a monumental difference...



## Your Voting Toolbox

Young adults are historically much less likely to vote, even...



## Rock the Vote

Eager to have you... not sure how to t...

THRIVE

# Coping with Election Stress



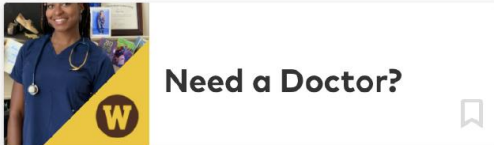







The stress of an election feels unavoidable, compounded by the 24 hour news cycle and future anxieties.

While many of these stressors are inevitable, here are several tips to help manage election stress.

- **Identify and acknowledge ambivalence.** With politics getting more polarized by the day, acknowledge what you feel comfortable publicly discussing/endorsing and what you don't. For example, you might want

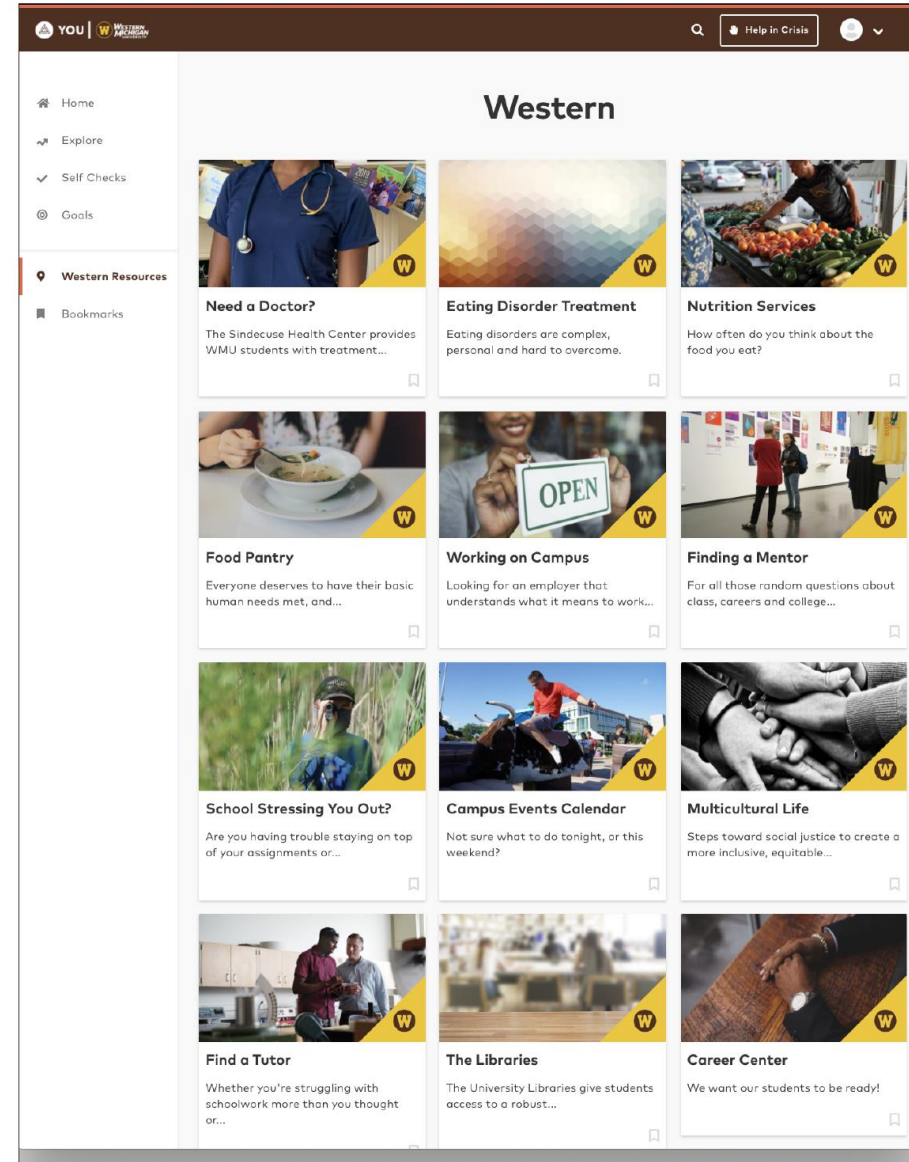
## Know where to go.

When you need support, find it here. Bookmark online and campus resources to explore.

-  **Need a Doctor?** 
-  **Eating Disorder Treatment** 
-  **Nutrition Services** 
-  **Food Pantry** 

SKIP

GOOD TO KNOW



The screenshot shows the Western Resources mobile app interface. At the top, there is a navigation bar with the 'YOU' logo, the Western Michigan University logo, a search icon, and a 'Help in Crisis' button. Below the navigation bar is a sidebar menu with options: Home, Explore, Self Checks, Goals, Western Resources (selected), and Bookmarks. The main content area is titled 'Western' and displays a grid of 12 resource cards. Each card features a representative image, a title, a brief description, and a bookmark icon in the bottom right corner. The cards are: 'Need a Doctor?' (Sindecuse Health Center), 'Eating Disorder Treatment', 'Nutrition Services', 'Food Pantry', 'Working on Campus', 'Finding a Mentor', 'School Stressing You Out?', 'Campus Events Calendar', 'Multicultural Life', 'Find a Tutor', 'The Libraries', and 'Career Center'.





Matter

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**Goal Setting**

**Reality Check Survey**

**Personalized Content and Resources**





**YOU™**



**WESTERN  
MICHIGAN  
UNIVERSITY**

**98%**

of first years learned something new in the areas of academics, physical/mental health and campus community

**76%**

of students reported improved stress management

**87%**

of students learned about new campus resources

# Thrive

In support of the thrive component of Rethink Smart, Western has adopted a university-wide Well-being Model. It includes the eight core components of the modern wellness wheel. In addition, we have added the roles of environmental and societal factors that can affect well-being.

This is the model that will be used across the university to organize and structure our [well-being experience](#) that empowers our students to thrive.

# Well-being at Western



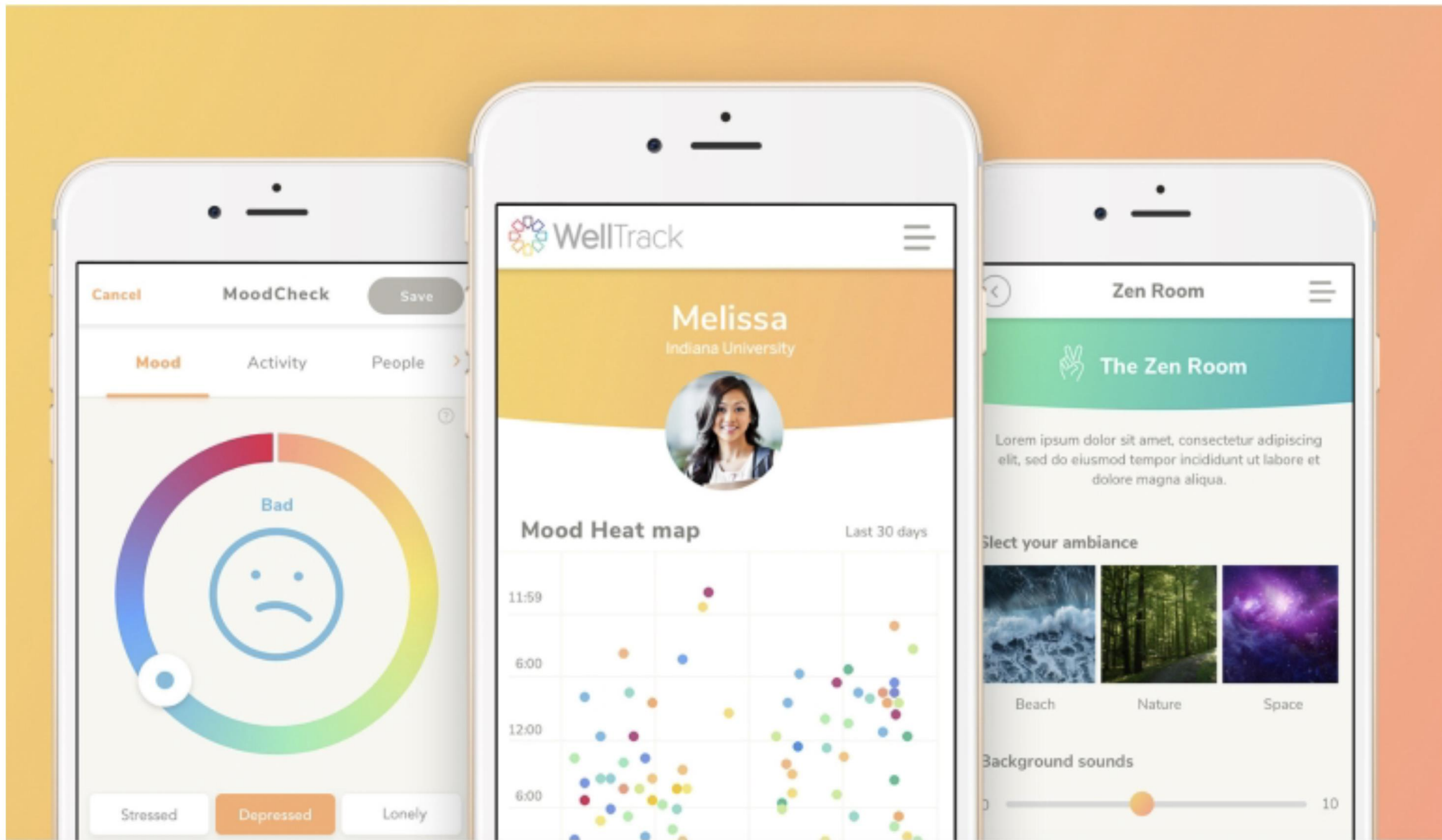
WellTrack is a mental health app that is built on cognitive behavioral therapy. It provides mini-courses in anxiety, depression, and resiliency, and offers a thought diary that helps students understand cognitive distortions that compromise mental health. They can track their moods over time and take wellness assessments as well.

# Mental Health

**social : emotional : spiritual**



WellTrack



Cancel

MoodCheck

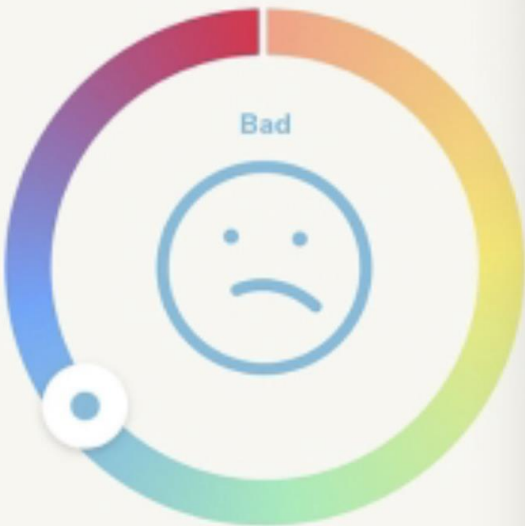
Save

Mood

Activity

People

Bad



Stressed

Depressed

Lonely

WellTrack

Melissa

Indiana University



Mood Heat map

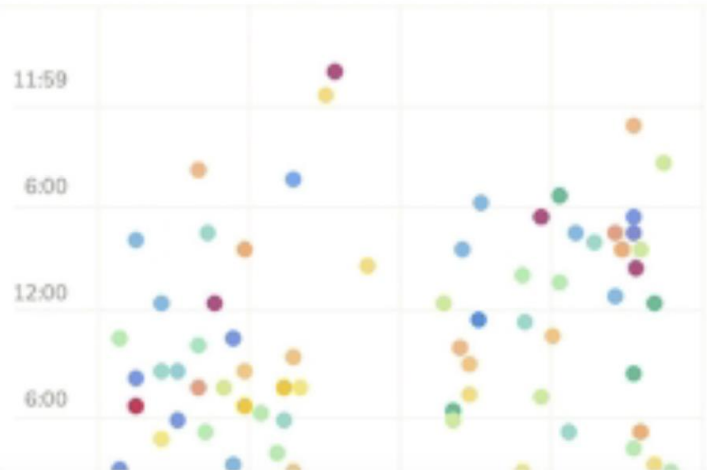
Last 30 days

11:59

6:00

12:00

6:00



Zen Room



The Zen Room

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua.

Select your ambiance



Beach



Nature



Space

Background sounds





5:50 Search Theory

## Anxiety & Stress

Complete a 5-week program to learn about anxiety and improve your thoughts, behaviors, and mood

chapters: 5 length: 32 mins

Go to course >

## Depression

Complete a 6-week program to learn about depression and improve your thoughts, behaviors, and mood

Courses Tools MoodCheck Assessment Resources

5:54 Search Wellness Assessment

Complete a quiz that rates your depression, anxiety and stress. Completing the wellness assessment regularly will allow you to see progress in your levels for each category.

Take the wellness assessment




D	A	S	Date
Fine (0)	Fine (1)	Fine (2)	10 Oct ⓘ ✕

Courses Tools MoodCheck Assessment Resources

5:55 Zen Room

## Zen Room

Select your ambiance

Wave Organic Space

### Meditation Type

Getting Started

- Traditional Deep Breathing
- Alternative Deep Breathing
- The Forest
- Beach Relaxation


Increasing Awareness

Courses Tools MoodCheck Assessment Resources

5:54 MoodCheck

Cancel MoodCheck Save

Mood Activity People Place Notes



Wonderful

Excited

Happy

Calm

I don't know

Stressed

Bored

Lonely

Tired

Overwhelmed

Anxious

Thwarted

+ More

Next



## ASSESSMENT

WellTrack uses the DASS-21. It takes about five minutes to complete this assessment, which is important because students tend to lose interest with longer assessments and drop out. Quick assessments provide students with immediate feedback on their levels of stress, anxiety and depression.



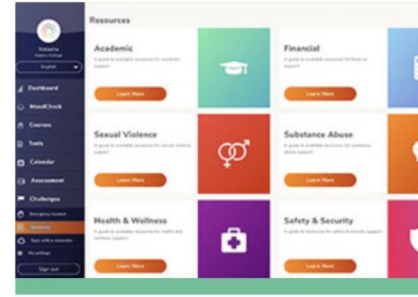
## SELF-HELP

Our training modules are focused on the major issues of stress, anxiety and depression. Short training sessions are combined with homework using WellTrack tools (Thought Diary, The Zen Room, MoodCheck, and Activity Scheduler) that are delivered on your smartphone.



## VIDEO CHAT

Remote client support allows you to provide students with video therapy sessions or to simply do quick check-ins with your clients.



## RESOURCES

Integrate your on- and off-campus resources for academic, financial, health and wellness, substance abuse, safety and security, and sexual violence into WellTrack. Individual students will be recommended a customized suggestion based on which areas they indicate they need more support.



## INSIGHTS

View aggregate data on how your student population is benefitting from WellTrack. Get insights that tell you which issues are most prevalent on campus, and how many students have improved their mental health using our self-help programs. Insights also summarize resource use.



WellTrack

YOU at Western is a virtual experience that demonstrates, delivers, and proves the promise of Rethink Smart.

WellTrack is an experience that demonstrates, delivers, and proves the promise to help create a life well lived.

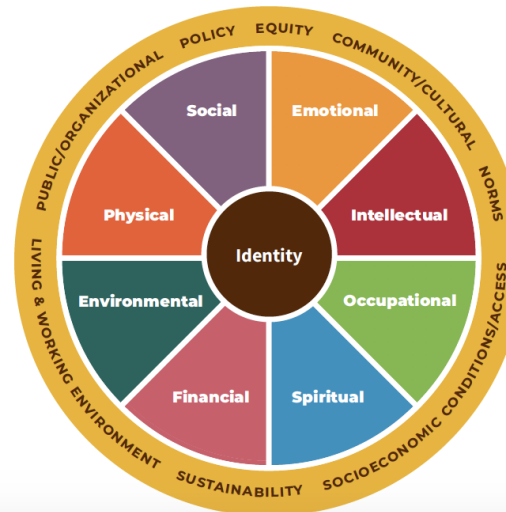
Both make their lives better as we answer the call to add strength, resilience, and adaptability to smart as a holistic definition of success.

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# Faculty

## Ways to engage

1. **YOU at Western and WellTrack are available to you for your use.**
2. **Be on the look out for promotions in the coming weeks—point them out to students.**
3. **These are easy, low-barrier ways to provide students resources that enhance their experience.**
4. **Consider whether and how you might integrated wellbeing into your relationships with students.**

[you.wmich.edu](https://you.wmich.edu)

**Search WellTrack on the homepage**



