TigerWell
PRINCETON UNIVERSITY

TigerWell: Princeton's Health & Well-Being Initiative

TigerWell builds on existing health and well-being initiatives at Princeton, drawing evidence from local assessment to:

- Promote and coordinate a **proactive approach to well-being.**

- **Cultivate a campus community and individual skills** that support well-being.

- Offer health and well-being programs and services **outside of traditional healthcare settings.**
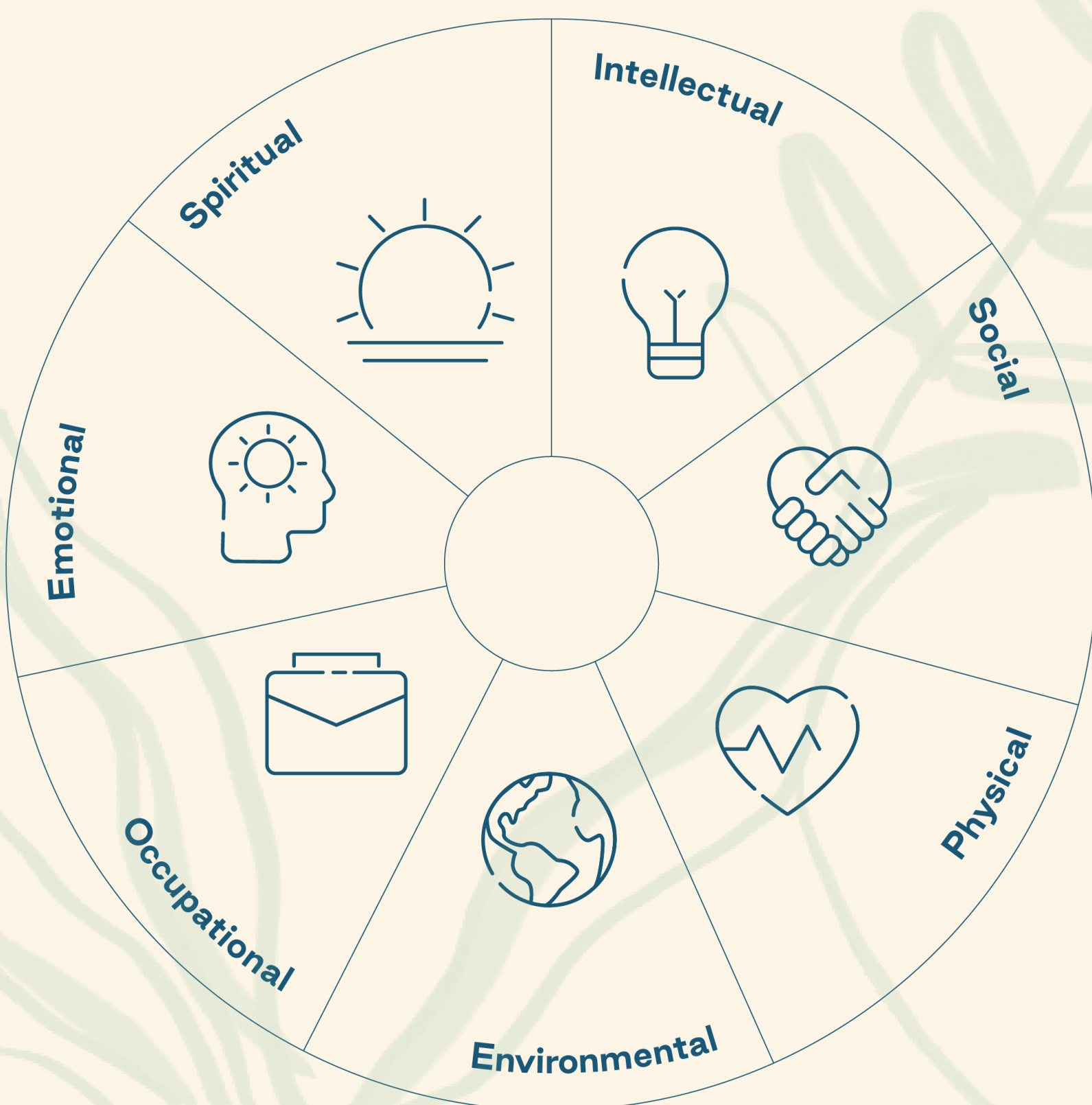
Why Focus on Well-Being?

Health is not merely the absence of illness or distress — it is striving for positive physical, mental and social well-being (World Health Organization, 1946). Promoting well-being enables people to realize their potential, cope with stress, study and work successfully, connect with one another and engage in their communities.

Well-Being is Multi-Dimensional, Settings-Based & Collaborative

The seven dimensions of the Princeton UMatter Wellness Wheel illustrate the various components of well-being.

TigerWell **utilizes a settings-based approach:** going beyond individual health education to create a campus community where people, programs, cultures, policies, systems and spaces all work together to promote well-being.

Committing to **collaborative efforts** allows TigerWell to become a sustainable part of Princeton's culture. We create new partnerships and unify existing efforts to make well-being promotion a focus for all campus partners.

Wellness Wheel: Spiritual, Intellectual, Social, Physical, Environmental, Occupational, Emotional

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TigerWell Goals

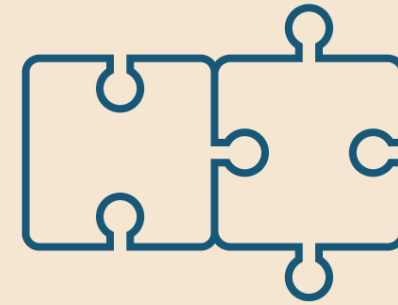|			
cultivate an environment at Princeton that promotes well-being	strengthen cross-campus partnerships and collaborations	advocate for health equity for all members of the campus community	expand students' access to mental health support beyond traditional healthcare settings
foster students' sense of belonging and social connectedness	encourage the use of evidence and research in well-being promotion	nurture student engagement and development of purpose and meaning	promote individual skills, behaviors and mindsets to enhance positive coping and resilience

TigerWell Projects

Grant Program

TigerWell encourages the Princeton community to think expansively about the improvements to campus culture that can be made possible with access to additional funding. We offer two levels of grants, both of which fund innovative and sustainable activities, programs, projects or research that promote well-being. Students, postdocs, staff and faculty may apply.

Campus Well-Being Partnership

Over 140 staff and faculty from across the University have joined the Partnership. Members meet regularly to share information and resources, collaborate, strategize how to achieve shared well-being-related goals and coordinate health and well-being efforts.

Clinical and Well-Being Outreach

TigerWell Outreach Counselors work from satellite spaces where students live, work and socialize. They provide individual drop-in counseling appointments, support groups and referrals, and workshops and consultation on well-being-related skills and practices.

Well-Being in Learning Spaces Toolkit

The environments in which students learn (classrooms, labs, etc.) have an enormous impact on their well-being. Through partnering with faculty members, the toolkit provides a menu of strategies for infusing well-being into educational practices. These adjustments and considerations can improve the learning environment and profoundly impact students.

Get Involved Now

- **Join the Campus Well-Being Partnership.**
- **Share what you're doing to promote well-being at Princeton.**
- **Have an idea? Schedule a consultation with us by emailing tigerwell@princeton.edu** TigerWell partners with Health Promotion and Prevention Services (HPPS) to provide consultation on well-being-related efforts.
- **Turn that idea into a grant application.**

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