ABOUT OUR PROGRAMS, EVENTS, AND SERVICES
The mission of CWB is to be a catalyst for human well-being by promoting the science and practices that lead to a life of vitality, purpose, resilience, and engagement.

CWB is an interdisciplinary center at Mason, dedicated to helping individuals and organizations thrive in a world of complexity and uncertainty.
MEET OUR TEAM

Nance Lucas
Executive Director

Melissa Schreibstein
Director of Well-Being Programs

Whitney Hopler
Communications Director

Katie Clare
Associate Director for Resilience Programs

Sherrene DeLong
Well-Being Program Coordinator

Mary Horner
Administrative Assistant

Debbie Schuman
Project Coordinator

Vanessa Thompson
Student Outreach Coordinator
Jennifer De La Rosa
Visiting Well-Being Fellow

Zill Raval
Visiting Well-Being Fellow
WHY WELL-BEING?
WHAT’S INFLUENCING HIGHER EDUCATION’S RESPONSE TO A WELL-BEING AGENDA?

1. Commitment to student success and the holistic development of our students
2. Growing student mental health concerns
3. Preparation for jobs and life after college
WHAT YOU’LL FIND AT CWB.GMU.EDU
Mason’s Resilience Badge is a fully online, asynchronous learning opportunity available for students, faculty, and staff who are committed to further developing resilience through content knowledge and practices, all of which are backed by the science of resilience. Completing this program contributes to thriving in college and beyond.
The Well-Being for the People Series is a new initiative that centers the unique well-being needs of Black, Indigenous, and other People of Color.

Upcoming Events for the Year:

1. **Physical Well-Being for BIPOC Bodies** will consist of several events centering the importance of taking care of our bodies in myriad ways. There will be workshops on body positivity, yoga, breathing techniques, and dance, all lead by BIPOC leaders.

2. **BIPOC Spirituality** will highlight the important role of spirituality in the lives of people of color. Spirituality, or being connected to something greater than oneself, directly contributes to thriving in college for students of color. We want to empower our students to connect to this greater meaning and purpose in life.
An inclusive virtual community where students are encouraged to explore well-being topics through reflective learning and shared experiences. This holistic experience includes traditional academic study, experiential learning, personal practices, and opportunities for students to learn about themselves and how they relate to others. Each VLC has a dedicated team comprised of faculty members, professional staff, and student staff who are invested in the student experience and are passionate about the topic area.

Benefits Include:

• Academic and social connections
• Access to academic resources and support from tutors, campus resources, and faculty
• Mentoring from upper-level students
MINOR IN WELL-BEING

George Mason University’s Minor in Well-Being is open to **ALL** Mason students. This minor provides students with a well-grounded understanding of the nature of human consciousness, including both the historical foundations and modern research findings. Through the required coursework, students develop an ability to implement personal practices that foster deeper self-awareness, the regulation of stress factors in his or her life, and an emerging sense of meaning for his or her life. Students will learn to creatively and effectively apply principles from the exploration of consciousness and transformation to his or her own field of study.

**Required Courses:**

INTS 355 Mindfulness, Meaning, Well-Being (3 credits)

GCH 325 Stress and Well-Being (Mason Core) (3 credits)

**Academic Advising Contact Information**

Email: sisinfo@gmu.edu
George Mason University and Gallup have partnered to create a Strengths-based culture on our campus.

To date, **over 17,000 faculty, staff and students** have taken the CliftonStrengths assessment, and have participated in hundreds of workshops/trainings to gain a deeper understanding of their results.

Completing the CliftonStrengths online talent assessment is your way to:

- Discover what you naturally do best
- Learn how to develop your greatest talents
- Use your customized results to live your best life
STRENGTHS ARE VITAL TO SUCCESS AT MASON

Green = Yes, participated in StrengthsFinder™
Yellow = No, did not participate
Mason is partnering with BurnAlong, a pioneering online platform that offers on-demand well-being classes and programs on many topics, from physical fitness to mindfulness meditation.

**Free of charge,** Mason students and employees can access hundreds of well-being videos anytime, anywhere after registering. They can invite friends to join them online for any class.

Mason community members have also created and recorded BurnAlong classes. BurnAlong members can search for those classes to enjoy Mason-specific content on the platform.
WELL-BEING RESOURCES

- Thriving Together Well-Being Weekly
- Mason Chooses Kindness
- Arcadia Well-Being Installation
- Rx Racial Healing Circles
- Resilience Resources
- Well-Being Resources to Use During the Coronavirus Pandemic
- Black Lives Matter Resources from University Life
- Integrating Well-Being in Your Classroom
- Guided Meditations and Meditation Information
If you have any further questions please email us at cwb@gmu.edu or message us on our social medias! Let’s connect!

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