

Improving the mental health of the UH community is a priority for many on campus. There are many different programs, events and initiatives that are being done to address this issue. One initiative that the president has determined to be a priority is designating and designing spaces for reflection, mindfulness, and meditation throughout the campuses. As the health education office promoting wellness through a holistic approach using the nine dimensions that includes emotional wellness (mental health), we naturally become the model office for what mindfulness may look like every day for not only students but faculty and staff.

We started designing our space that is welcoming and relaxing by reducing the harsh lighting, painting an accent wall, adding a zen garden with a fountain and branding the walls. In the midst of the Campus Recreation remodel, our space has been reversed back to a blank slate, which is good as it allows for more intentionality in redesigning our space.

I want to create a space when you step inside, you have access to a mindfulness experience to help with stress, anxiety and help you return to study refreshed, be relaxed, feel happier, and more creative. In addition, a space for mindfulness at work which has been shown to have a positive effect on stress hormone levels, concentration, memory, creativity, emotional intelligence, motivation, and job performance. So, not only will our space be beneficial for students but for UH Wellness staff and any UH employee.

DSAES Strategic Initiative

- **Student Success: Champion exceptional opportunities and services to support all UH students.**
 - SS 2: Expand diverse experiences on exploration and education while identifying and meeting the needs of our student population through supportive, inclusive environments.
 - SS 3: Foster the holistic well-being of all students through coordinated, intentional services and processes.
 - SS 5: Enrich the sense of connection, belonging, and shared UH identity among all students.
- **Division Cohesion: Create and foster a cohesive division identity, culture and community.**
 - DC 5: Promote and create initiatives that support a healthy work/life balance while contributing to division success.
- **Resources: Evaluate, actively pursue, and leverage resources to enhance the UH experience.**
 - R2: Pursue and develop resources to address identified gaps and needs.
- **Partnerships: Forge and strengthen partnerships to expand our reach into the university and greater community.**
 - P1: Educate and empower campus partners to be our advocates.
 - P2: Enhance students’ educational experience by expanding partnerships with academic affairs.

FY24 OT Funding Request	Amount
Paint, Window Coverings	\$2,500
Furniture	\$10,000
Branding	\$2,500
Admin Fee	\$900
Total	\$15,900