

Center for Well-Being

WPI's Center for Well-Being (CWB) is a hub for cross-functional campus efforts aimed at improving student, community, and campus well-being through evidence-based practices, coordinated initiatives, the support of student and faculty research, and strategic visioning.

The CWB takes a holistic approach to well-being that empowers individuals to foster a sense of vitality (managing cognitive, physical, emotional, social, and spiritual energy), meaning and purpose, enjoyment, connection, and community. The CWB also utilizes comprehensive and coordinated initiatives that encompass peer advocacy, academic initiatives, population-based interventions, individual and small group training, and culture change.

The Center for Well-Being provides a number of services to students, faculty, and staff, including:

- **A Supportive and Safe Space:** The Center offers a beautiful and supportive oasis of calm and peace to gather, relax, reflect, and recharge. All are welcome to enjoy community spaces for popping in for a wellness break and cup of tea or be soothed by the water wall while doing puzzles.
- **Hub for Wellness Resources:** Not sure what well-being resources are available at WPI, or what support you need? The staff of the CWB can help connect you to the well-being support and resources you need.
- **Quiet Spaces for Meditation or Reflection:** Sign up or drop in for a 15-minute Sip of Wellness session in the Rest and Recovery Room or schedule a Reiki session with our certified Reiki master.
- **Gathering Spaces for Group Programming:** The Center for Well-Being Programming Room and conference rooms can be requested for hosting your wellness event by emailing cwb@wpi.edu.
- **Coordination of Wellness Days:** The CWB works with departments and student groups to coordinate programming on Wellness Days. If you are interested in sponsoring or co-sponsoring an activity or event, please fill out the Wellness Day Event Request Form on our website or email cwb@wpi.edu.
- **Wellness Programs:** CWB programs are offered in a variety of formats and settings so that individuals and groups can create their own well-being journey. Some programs are offered as drop-in group sessions while others require pre-registration. Interested in a wellness session for your club, organization, or department? Email the CWB at cwb@wpi.edu!
- **Peer Advocacy and Support:** The Center for Well-Being Peer Well-Being Ambassadors are trained to provide learning and wellness coaching and mentoring. They can also help you figure out what wellness support you need and where to find it.
- **Individual Consultations:** Looking for more personalized support to foster your wellness and resiliency? Email the CWB at cwb@wpi.edu to request an appointment with our Director, Associate Director, or Peer Well-Being Ambassadors.
- **Mental Health Awareness Education and Suicide Prevention Initiatives:** The CWB works with the Student Development and Counseling Center to ensure everyone is able to recognize signs of distress and know what to say if a friend or colleague needs help. Programming includes Kognito, an online suicide prevention simulation, as well as more intensive learning through Recognizing and Responding to Student Distress (RRSD), Question, Persuade, Refer (QPR), and Student Support Network (SSN). Visit the CWB website for more information.
- **Research and Project Opportunities:** The Center for Well-Being supports academic and research initiatives focused on studying and promoting health and well-being through research projects, IQPs, MQPs, or graduate projects.
- **Wellness Courses for WPE Credit:** In collaboration with Physical Education, Recreation, and Athletics (PERA), the Center for Well-Being offers wellness courses as an option for completing the Wellness and Physical Education (WPE) requirement. Wellness courses are numbered WPE 1600 to 1999 for students to easily identify the wellness courses that fulfill the WPE requirement.

Location

The Center for Well-Being is located in Daniels Hall, Room 102, in the Morgan/Daniels Wedge. The CWB can be contacted by phone at 508-831-6494 or by email at cwb@wpi.edu. The website is <https://www.wpi.edu/offices/center-well-being>.