

## Pod Activities and Accomplishments

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As the understanding of “living well” underlying the Semel HCI Center at UCLA is broad and complex, pod efforts have encompassed a wide array of programs, research and concerns. Semel HCI’s goal focuses on some of the most important issues for the campus community, employing approaches that are both based on innovative science and that have been proven efficacious in community settings. The Semel HCI Steering Committee, pod leaders and members have accomplished significant milestones through the identification and establishment of connections among the talents and rich resources on the UCLA campus.

The following sections detail the accomplishments of the seven pods, BEWell, BreatheWell, EatWell, EngageWell, MindWell, MoveWell and ResearchWell, over the 2017-2018 academic year.



## MindWell

### Mind-Brain Health

**Pod Leaders: Robert Bilder, Ph.D.**, Tennenbaum Family Professor of Psychiatry and Biobehavioral Sciences; Chief of Medical Psychology-Neuropsychology

**David Baron, M.D.**, Senior Executive Director of Arthur Ashe Student Health and Wellness Center

**GSR: Artemisia Valeri**, MSPH candidate

### **Mission:**

MindWell supports the vision of the Semel HCI Center at UCLA by promoting well-being, resilience and creative achievement throughout the UCLA community.

To achieve this mission, we support:

- innovative special projects and events led by students, staff and faculty across campus;
- recurring activities including meditation sessions and live music;
- physical and web-based resources, including napping spaces, sleep hygiene tips, and stress management/resilience support tools; and
- “mind-body” curricula focusing on well-being.

### **Objectives for the 2017-2018 Academic Year:**

1. Support and integrate services and extracurricular activities that enhance the well-being and resiliency of the UCLA community
2. Conduct campus research on student, staff and faculty well-being and mental health
3. Promote and support academic courses and curricula that enhance understanding of mind-body connections and well-being
4. Organize and execute special events to support well-being and enhance psychological resilience

### **Objective 1: Support and integrate services and extracurricular activities that enhance the well-being and resiliency of the UCLA community**

#### **Mindful Awareness Research Center (MARC) Programming**

The Mindful Awareness Research Center (MARC) continues to partner with the Semel HCI Center to foster mindful awareness across the UCLA community. More than 400 undergraduate and graduate students, supported by Semel HCI, took our no-cost six-week Mindful Awareness Practices (MAPs) classes during the 2017-2018 academic year. MARC additionally offers online mindfulness classes, day-long mindfulness retreats and the C Space. Located in the Semel Institute for Neuroscience and Human Behavior, the C Space is a room for calm, creativity, connectedness and compassion, solely

dedicated to the faculty, staff and academic personnel of UCLA. Free yoga and tai chi/qigong classes are also held weekly in the C Space for staff and employees of the UCLA Medical Center.

### **Mindful Music**

Over the past year, Mindful Music has continued to expand, bringing the power of well-being and healing through live music to new platforms and audiences throughout the UCLA system. From July 2017 to June 2018, Mindful Music produced 65 music performances across the UCLA campus and the hospital systems, from campus courtyards and plazas to hospital cafeterias and lobbies. Mindful Music provides students, professors, doctors, nurses and patients an opportunity to pause throughout their busy day and unwind as they listen to a roster of talented musicians.

In addition to pop-up performances, Mindful Music continues to build partnerships with venues and events. Mindful Music started a new evening performance residency at the Luskin Conference Center and at the Hammer Museum's reoccurring Study Hall. Mindful

Musicians also performed at UCLA events, including the Semel HCI Center 2018 Celebration in Pauley Pavilion, TEDxUCLA's Salon on Altruism, MindWell's Eudaimonia Awards Ceremony and the UCLA Nursing Awards Ceremony.

Mindful Music's roster of musicians grew in response to participation in prestigious events, giving talented musicians across the UCLA campus more opportunities to perform. In the 2017-2018 academic year, the roster grew to include upwards of 35 musicians of all different musical



Up-and-coming band Hello Noon (pictured above) performed at the Semel HCI 2018 Celebration, HCI Revolution: Together We Thrive! with support from Mindful Music's Dalida Arakelian.



Mindful Musicians perform at the first annual Eudaimonia Awards Ceremony.

backgrounds and genres. Additionally, Mindful Music featured guest artists from the LA Opera and esteemed solo artists from around the world.

Mindful Music has also grown structurally, from founder and current CEO Dalida Arakelian's initial vision in 2014 to an ever-expanding non-profit organization with a production and marketing team now on board. With this growing team, Mindful Music will continue to bring the healing power of music to new audiences, venues and events in the 2018-2019 season.



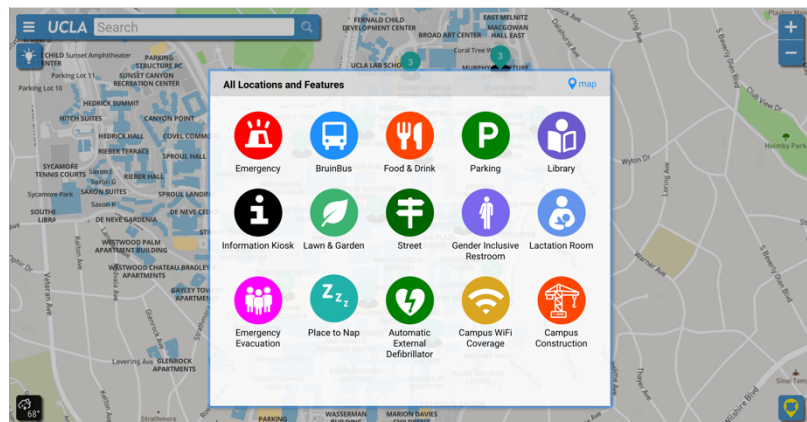
Dancers accompanied Hello Noon's performance at the Semel HCI 2018 Celebration, HCI Revolution: Together We Thrive!

Mindful Music's 2017-2018 highlights include:

- producing a music video in pediatrics;
- initiating a new concert series in the Luskin Conference Center and Court of Sciences;
- special performances at the Semel HCI Center 2018 Celebration and TEDxUCLA Salon;
- reviving Mindful Music's social media channels; and
- developing and promoting up-and-coming band Hello Noon.

### **Campus Resource Mapping**

In the 2016-2017 academic year, MindWell convened a group of faculty, staff and student leaders to discuss ways to better integrate communications on the diverse wellness resources available on the UCLA campus. The group recommended the creation of a centralized Campus Resource Map (CRM) to be developed into a web application optimized for mobile phone use. MindWell delivered a budget and proposed timeline to the Executive Vice Chancellor and Provost's Office and secured the necessary capital to take the next step to develop this key resource.



UCLA's interactive campus map already integrates resources from the MindWell pod such as nap spaces and gardens.



## **Sleep Well**

MindWell continues to highlight sleep as an important component of mental health and wellness. Our online Sleep Well page provides sleep education, sleep hygiene tips, quizzes, sleep research and more. Students can also find where to take naps on campus using the interactive nap map and find out where to rent blue loungers on campus to rest and relax. To access Sleep Well resources, visit our website at <https://mindwell.healthy.ucla.edu/resources/sleep-well/>



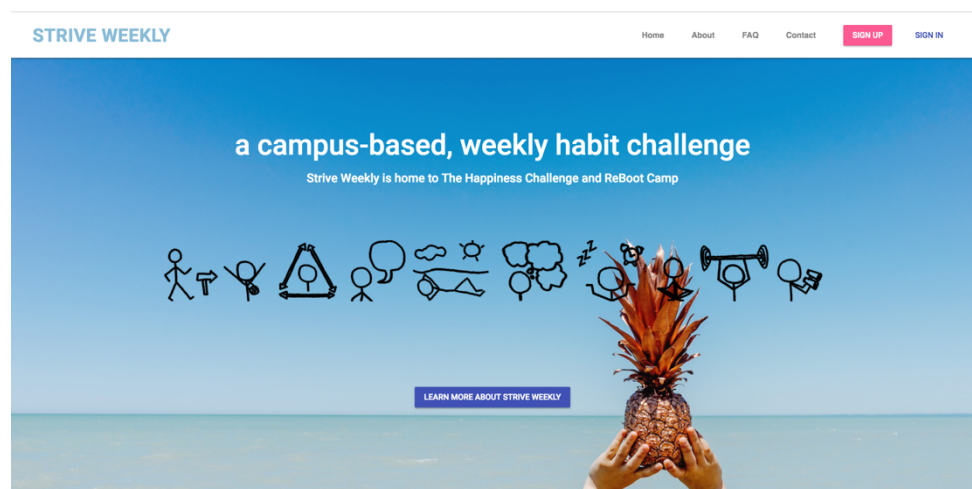
A favorite nap spot on campus is the grassy area by Janss Steps.

## **Happiness**

### **Challenge & ReBoot Camp**

Two online habit change programs – The Happiness Challenge and ReBoot Camp – were tested in a randomized control trial in fall 2017 and winter 2018. These online programs were developed by Ph.D. student Leslie Rith-

Najarian as part of her dissertation research. MindWell pod members Robert Bilder and Bruce Chorpita both serve on her dissertation committee, and the Semel HCI Center provided funding to support the randomized controlled trial study. The Happiness Challenge and ReBoot Camp teach students skills that are helpful for managing stress, anxiety and depressed mood. These programs focus on a different theme each week – mindfulness, physical exercise, interpersonal skills – and students are encouraged to practice by reminder emails, prize incentives and monitoring their own progress. More than 1,600 students participated in the 2017-2018 academic year, bringing the total number of students enrolled since 2014 to more than 4,000. Preliminary results show students in the intervention experienced greater improvement in their depression and anxiety symptoms relative to students on a waitlist.



Strive Weekly hosts the Happiness Challenge and ReBoot Camp, online habit change programs developed to help UCLA students manage stress and anxiety.

## Objective 2: Conduct campus research on student, staff and faculty well-being and mental health

### **Mind Lexicon Study**

MindWell continued to collaborate with Ross Szabo (mental health advocate, speaker, author and wellness director of the Geffen Academy at UCLA) to assess mental health awareness on campus and strategic mental health outreach. In the 2014-2015 academic year, MindWell and Ross Szabo developed the Mind Lexicon Project, which aims to determine the lexicon, or vocabulary, students use to discuss mental health and psychological illness. This lexicon will help inform better mental health outreach on college campuses and promote psychological resilience.



The Mind Lexicon Study explores mental health awareness in UCLA's diverse student body.

### ***Depression & Anxiety Literacy Curriculum***

Ross Szabo, Artemisia Valeri and Robert Bilder developed an interactive workshop curriculum to increase students' understanding of two of the most common mental illnesses in college students: depression and anxiety. The curriculum was piloted in fall 2017 by UCLA Residential Life staff as part of resident assistant (RA) training where RAs had the option to attend a workshop on depression, anxiety or a few additional workshops related to mental health created by UCLA Residential Life. The following question was posed: "How likely are you to apply the knowledge and/or skills you gained from attending this workshop in your life?" At the training, 63.16 percent of depression participant respondents indicated agree or



Students provide each other with community in the high-stress environment of college, especially in the residence halls.

strongly agree, and 52.64 percent of anxiety workshop respondents agreed or strongly agreed to this question. The depression workshop was additionally facilitated at a panhellenic meeting by MindWell GSR Artemisia Valeri to a room of Greek Life student representatives. MindWell hopes to further analyze the Mind Lexicon Survey data, which asked students to define 12 words commonly used in mental health awareness campaigns and describe their emotions during two hypothetical scenarios, to look for key areas of need and use this information to further inform the Mind Lexicon curriculum.

### ***Depression & Anxiety Literacy Test***

To help evaluate the Mind Lexicon curriculum, MindWell developed a 10-item questionnaire to evaluate students' understanding of depression and anxiety. Administered at the Greek Life workshop, the average score (n=52) on the Depression and Anxiety Literacy Test significantly increased from pre to post workshop.

### ***Videos***

To highlight disparities in understanding of common mental health terms and foster conversation in the Mind Lexicon workshops, Semel HCI videographer Gray Zeldes filmed and edited a series of student attempts to define the mental health terms asked in the Mind Lexicon Survey. Ross Szabo, Artemisia Valeri and Gray Zeldes used this film to develop two short depression and anxiety segments to use in the Mind Lexicon curriculum along with a longer informational video. MindWell



The Mind Lexicon Survey asked students to define words used in mental health awareness campaigns and describe their responses to two hypothetical scenarios.



UCLA students give their best guess on the meaning of common mental health terms.



plans to disseminate this longer footage when Mind Lexicon data is published to share findings with UCLA students.



MindWell GSR Artemisia Valeri presented preliminary findings from the Mind Lexicon study at the 2018 "Thinking Gender: Pre-existing Conditions" conference.

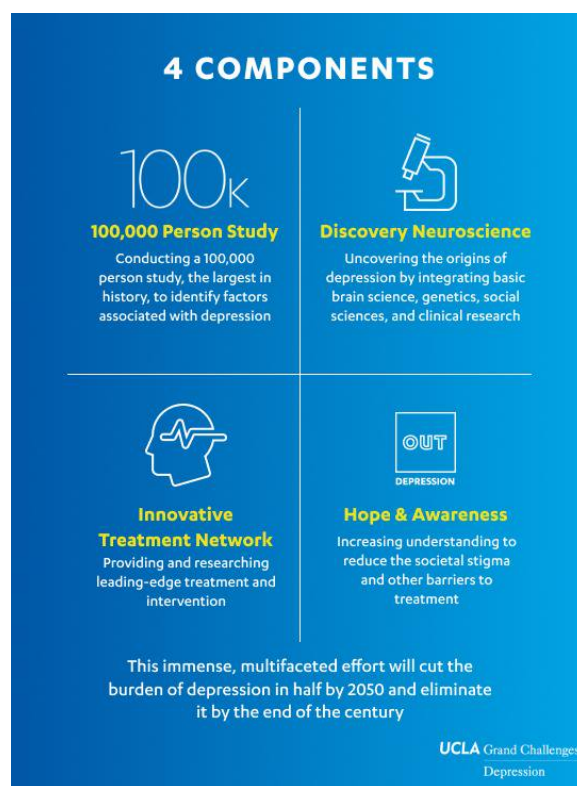
### ***Further Research***

MindWell GSR Artemisia Valeri presented at the UCLA Center for the Study of Women conference "Thinking Gender: Pre-existing Conditions" on some preliminary findings from the Mind Lexicon Study. The poster, titled "He Thinks, She Feels: Gendered differences in college student's mental health definitions," found college students' definitions of depression and anxiety to significantly differ by gender, with female students demonstrating a slightly higher understanding.

MindWell will continue to analyze the Mind Lexicon data to determine UCLA students' understanding of mental health terminology with the hope that better understanding of mental health terminology will help overcome misconceptions of mental health and illness and thus destigmatize mental illness, promote help-seeking behavior in students, and increase peer support of mental health.

### **Stress and Resilience Assessment with the Depression Grand Challenge**

In the 2014-2015 academic year, MindWell developed and pilot tested the Stress and Resilience Assessment (SARA), a simple online tool for individuals to assess their own levels of perceived stress and complete a survey about personal resources to promote resilience. Participation in SARA increased overall awareness of resilience resources on campus, social enrichment and satisfaction with life.



The UCLA Depression Grand Challenge aims to cut the burden of depression in half by 2050.



The resilience scale used in SARA was developed by Chris Dunkel Schetter, professor of Psychology and EngageWell Pod co-leader, and her students. The SARA project provided preliminary data to validate it. The resulting paper titled “Resilience Resource Scale: A Resilience Measure Validated in Adolescents and Young Adults” is currently under review.

Robert Bilder, Chris Dunkel Schetter, James Schetter and Artemisia Valeri are now collaborating with the UCLA Depression Grand Challenge (DGC) on a new project, SARA II, which builds on the success of MindWell SARA and is supported by the Healthy Campus Network MindWell group. The UCLA Depression Grand Challenge is working to screen all incoming students for depression and anxiety. After completing the DGC online screening, students can choose to take the stress and resilience measures (SARA II assessment) and receive immediate feedback on their stress and resilience scores. Participants can then learn more evidence-based information about the topics, complete additional stress and resilience scales and take action to manage stress and build resilience through a curated list of campus resources which can be found at [bit.ly/2ofUqMz](https://bit.ly/2ofUqMz).

The project goals are to learn more about student stress and resilience and improve quality of life in students on campus. If it is well received, there is potential to continue this project across other UC campuses and in faculty and staff at UCLA.

### **Objective 3: Promote and support academic courses and curricula that enhance understanding of mind-body connections and well-being**

#### **Life Skills for College Students**

The popular “Life Skills for College Students” course (CHS 179) was revived in academic year 2015-2016 by Jane Semel, HCI founder and visionary, Rena Orenstein, associate director of UCLA Student Health Education and Promotion and Wendelin Slusser, Associate Vice Provost of Semel HCI. Since that time, the course was approved to fulfill the UCLA academic diversity requirement. 23 students enrolled in winter 2018, with D’Artagnan Scorza, founder and executive director of the Social Justice Learning Institute (SJLI), serving as instructor of record. Another 23 students enrolled in spring 2018, with Angelia Leung, associate professor emerita in World Arts and Cultures, serving as instructor of record and Jeffrey Jacobs, a community health sciences graduate student, serving as a teaching assistant. The course was co-facilitated each quarter by Rena Orenstein. An increased enrollment of undergraduates is expected for fall 2018 in a course format that aims to



The "Life Skills for College Students" class will be expanded to accommodate a larger number of students in fall 2018.

accommodate a larger number of students. Feedback from the course evaluations included the following:

- “One of the best classes I have taken at UCLA. So many valuable skills that have already started to change my life. Both instructors were passionate, knowledgeable, and great leaders on our journeys of personal discovery ... (they) made the classroom environment feel welcoming and created a comfortable space for us to share.”
- “The instructors were very open and answered all of our questions with great wisdom and mindfulness. This course taught me a lot: how to handle stress, how to communicate, how to look at myself and try to improve, and many more. I feel like this is an excellent course for everyone to take because it teaches a lot about life that we were supposed to figure out on our own. If there is a continuation of this course, I would definitely want to take it.”
- “Wow! Let me just say .... I am blown away by this class and these instructors have forever left a mark in my life. I can genuinely say that this class should and NEEDS to be more accessible for both undergrads and grad students (even for faculty, staff, etc.) and frequent class (with more open sections!).... This class impacts the lives of students ... helped us cultivate these skills that I will FOR SURE be using for the rest of my life.”

### **Applied Positive Neuroscience: Skills for Improving Productivity and Well-being**

Piloted in spring 2017 and taught by MindWell pod member and neuroscience researcher Alex Korb, the Applied Positive Neuroscience course (Psychiatry 79) teaches students the scientific theories behind productivity and well-being and how they are influenced by our actions, interactions, thoughts and environment. Importantly, students also learn to apply these theories to take concrete actions to improve their own productivity and well-being. The course fulfills the GE life sciences credit, attracting a wide breadth of non-science students and is the first undergraduate course in the Department of Psychiatry and Biobehavioral Sciences. The course expanded in the 2017-2018 academic year to be offered to 100 students in the fall and 150 students in the spring. Course evaluations are high with students' value of the course rating at 8.79/9 and an overall rating of 8.53/9. Highlights from fall 2017 course evaluations include:

- "The course has helped me so much in being able to manage my own stress better and also understand my emotions/feelings/thoughts better. I feel like everyone would benefit from taking this class!"
- "I'm convinced that all UCLA students could benefit from this course (without exception)."



Students who take Psychiatry 79 learn to apply theories of productivity and well-being to their own lives and studies.

- "Dr. Korb's applied positive neuroscience class might possibly be one of the most beneficial classes I have and will take at UCLA."

The course will be offered again in fall 2018 with the plan to offer the course to 150 students in fall and spring quarter.

### **Personal Brain Management**

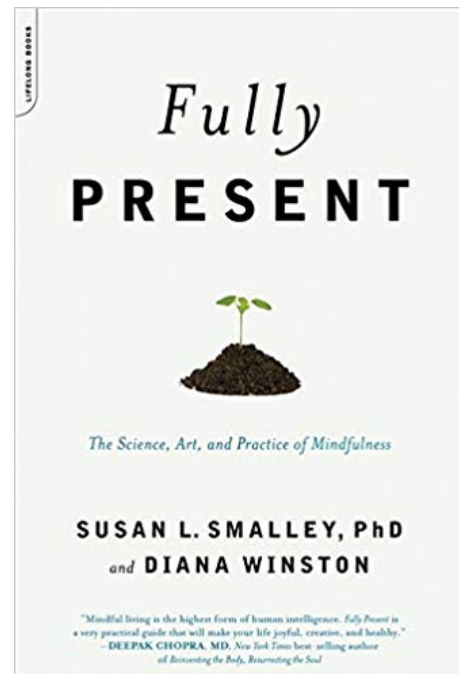
Pod co-leader Robert Bilder will again teach the Personal Brain Management (Psychiatry 182) summer course. Students will learn about cognitive training, habit formation and change, happiness, positive psychology inventions, self-monitoring and the quantitative self, time management, mindfulness and creativity. The course also fulfills an elective credit for neuroscience majors. Course evaluations are high with an average rating of the professor of 8.79/9 and an average overall course rating of 8.38/9. Highlights from summer 2017 course evaluations include:

- "Incredible class!...I was amazed how much I learned about myself by participating in a self-created experiment, monitoring my daily behavior, and making small changes to improve my habits...I plan to continue with my meditation practices (my experiment for the course) and I plan to make other life improvements long after the course ends."
- "I really enjoyed this class! Professor Bilder was a joy to listen to and learn from."
- "I think the personal experience logging was a great way to incorporate what we learned about in class to our daily lives, and made the course more engaging and interactive. I think Dr. Bilder is a very inspiring professor who genuinely cares about us getting the most out of the class."

### **Mindfulness Practice and Theory**

Marvin G. Belzer, associate director of the Mindful Awareness Research Center, teaches the undergraduate summer course "Mindfulness Practice and Theory" (Psychiatry 175), now in its sixth year. In summer 2017, more than 60 students enrolled in the course. The course immerses students in the practice and theory of mindfulness, including sitting and moving meditation, ways to deepen positive emotions like gratitude or joy, relational mindfulness, and methods for integrating awareness and creativity into ordinary activities. Students also examine the science of mindfulness for mental and physical health, including reduced stress, improved attention and greater mind-body awareness. Highlights from summer 2017 course evaluations include:

- "This class truly inspired the way I want to run a medical practice some day and generally how I want to live my life."
- "The mentorship and support during this course has meant the world to me."
- "How does Prof. Belzer make meditation so much fun?"



One of the texts used in Marvin Belzer's Psychiatry 175 course.



## Objective 4: Organize and execute special events to support well-being and enhance psychological resilience

### **2018 Eudaimonia Award**

Aristotle distinguished hedonia (the brief, fleeting happiness derived from immediate satisfaction of drives) from eudaimonia (the sustained happiness that comes from living a life rich in purpose and meaning; human flourishing). In the 2016-2017 academic year, MindWell honored Meb Keflezighi, Eritrean refugee and Olympic athlete, with the inaugural Eudaimonia Award to recognize a life rich in meaning and purpose. In the 2017-2018 academic year, MindWell opened up the nomination process to involve the whole UCLA community.

### ***Eudaimonia Committee***

MindWell convened a community of diverse students, staff and faculty to develop the Eudaimonia Award as an annual recognition of meaning and purpose at UCLA. Committee membership included representatives from Semel HCI, the Department of Psychology, UCLA Recreation, Student Wellness Commission, Graduate Students Association, Occupational Health Services, Alumni Affairs, the Arthur Ashe Student Health and Wellness Center and the Semel Institute for Neuroscience and Human Behavior.



A full house at the 2018 Eudaimonia Awards.

### ***Open Nomination Process***

In the fall quarter, MindWell opened the nomination process to the entire UCLA community to identify diverse examples of eudaimonia. MindWell received 28 nominations representing UCLA students, staff, faculty and alumni.

### ***2018 Eudaimonia Award Recipient***

UCLA mechanical engineering alumnus Louis Tse was selected as the 2018 award recipient. In order to fulfill his desire to provide shelter for students at UCLA experiencing homelessness, Louis lived out of his car so he could use his rent money to establish Bruin Shelter, which launched in fall 2016. Bruin



Louise Tse is the 2018 Eudaimonia Award recipient.



Shelter is the first shelter in the nation that is completely student run and exclusively for individuals pursuing a degree in higher education. As a student, Louis dedicated his free time to building community on the UCLA campus, forging partnerships between student organizations such as Swipe Out Hunger and building connections with students at the UCLA Fielding School of Public Health so the shelter could become a safe haven for 10-12 students per quarter. While also working as a thermal engineer at NASA, Louis remains actively involved in Bruin Shelter as the executive director, working to expand the facility to accommodate more students and build the pool of resources needed to sustain its growth. Inspired by a lifetime of volunteering, Louis represents a blend of Bruin optimism and innovation.

### ***2018 Eudaimonia Society***

In addition to selecting one award winner, the Eudaimonia Committee chose to feature a wide breadth of examples of eudaimonia by creating a Eudaimonia Society. The 2018 class of the Eudaimonia Society consisted of six additional honorees:

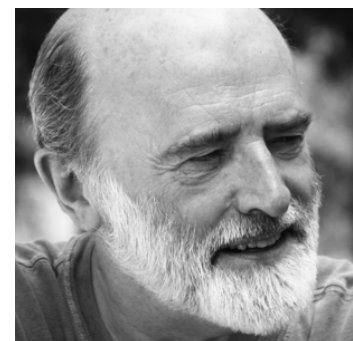
#### **Student Honorees:**

- **Madison Feldman:** A third-year undergraduate student at UCLA studying geography, the Semel HCI undergraduate coordinator, and an active member of the Jane B Semel HCI Community Garden, Madison actively supports the needs of her fellow students sharing her enthusiasm, positivity and passion.
- **Mackenzie Clay:** A Ph.D. student in the school of engineering, Mackenzie showed perseverance in overcoming new physical limitations after a wrestling accident in high school, including learning to play wheelchair rugby and following his dreams of becoming a professor. Mackenzie continues to astound his fellow students with his kindness including opening up his home to a fellow student when the Skirball fire hit to provide shelter and support.



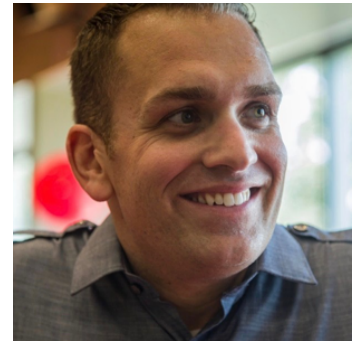
#### **Faculty and Staff Honorees:**

- **Peter Whybrow:** Director of the UCLA Semel Institute for Neuroscience and Human Behavior, a distinguished professor and executive chair of the Department of Psychiatry and Biobehavioral Sciences, and CEO of the Resnick Neuropsychiatric Hospital at UCLA, Peter Whybrow has spent much of his scholarly career focusing on how we make meaning, purpose and happiness in contemporary societies and cultures. Two of his books ("American Mania: When More is Not Enough" and "The Well-Tuned Brain: The Remedy for a Manic Society") focus on the importance of currying peace and purpose in an increasingly bewildering, technologically obsessed culture. Perhaps most important, "The Well-Tuned



Brain” offers a clear call to action that emphasizes the critical value of social connectedness and purpose-driven action toward long-term goals that are the hallmarks of eudaimonic well-being.

- **Josh O’Connor:** An assistant director for UCLA Residential Life, co-curator of TEDxUCLA and co-advisor of the housing government program, Josh cultivates students’ appreciation for health, education, well-being and confidence and teaches them skills that will help them reciprocate those goals to others. Using laughter, authenticity and generosity, Josh works as a mentor to many to ensure his peers stay both mentally engaged and personally fulfilled.



#### Alumni Honorees:

- **Ryan Arroyo:** Ryan beautifully exemplifies purpose in life and personal growth through his personal journey of overcoming a traumatic challenge. After a severe car accident four years ago, Ryan overcame grueling months of recovery, rehabilitation, weight gain and mental trauma, and he faced it head on with an inspirational and positive spirit to heal and help others. Ryan is now a thriving and healthy fit man who shares his experience with others and participates in Spartan races and CrossFit fitness competitions for charities. Ryan took his personal struggle as a lesson for living every day to its fullest and always championing the power of the human will.
- **Andrew Nicholls:** In 10 years of army service in Iraq and Afghanistan, Andrew earned many leadership awards and medals. Devastated after his combat experience – where he lost friends, and suffered personal injury and trauma – Andrew grew to teach a course at UCLA titled "Fast Cars and Battle Scars" on what it is like being trained to kill, to be in combat and face reentry into society. Andrew is now a licensed social worker who works at the VA providing services to vets, and he is a new father. Andrew exemplifies resilience and a life of meaning and purpose. A hero in more ways than one, Andrew is someone who found meaning and purpose by caring for others at UCLA.



#### ***TEDxUCLA Salon on Altruism***

The TEDxUCLA Salon on Altruism, hosted at the Pavilion Club in Pauley Pavilion, featured live talks by neuroscientist Marco Iacoboni and by Manal Aboelata of the Prevention Institute, as well as videos of TED mainstage talks by Mark Bezos and Hannah Brencher. Marco Iacoboni shared the neurological basis for altruism, and Manal Aboelata shared how we can use altruism to advocate for healthier communities. The event began with a live Mindful Music performance and healthy refreshments, and attendees participated in table discussions and a Q-and-A session with our live

speakers after the talks. Following the TEDxUCLA Salon, the Class of 2018 Eudaimonia Society and 2018 Eudaimonia Award winners were recognized. The event received high levels of interest, reaching our RSVP capacity of 450 people a week before the event, and our room was at maximum capacity the day of the event.

### **UCOP Stigma-Free UC Campaign**

Maura McLoughlin of the UC Office of the President launched a new UC-wide [Stigma-Free UC](#) campaign to increase awareness of emotional well-being and decrease the stigma facing mental illness through informative webinars, discussions and links to resources. MindWell pod co-leader Robert Bilder and MindWell pod member Ross Szabo contributed to this campaign by leading two interactive webinars titled “[Positive Psychology - Tools to Support Resilience, Well-being and Creative Achievement](#)” and “[What is mental health awareness and what can we do better?](#)” respectively.



David Baron, MindWell pod co-leader, talks with TEDxUCLA Salon speakers Manal Aboeleta and Marco Iacoboni.

### **Participation in Semel HCI Center 2018 Celebration**

At the Semel HCI Center 2018 Celebration, MindWell contributed both to the pre-show activities component and the live-show component. Guests were invited to write gratitude letters, a positive psychology practice to increase positive emotions and strengthen relationships. More than 100 students, staff and faculty wrote gratitude letters at the MindWell table and learned more about our activities, courses, services and opportunities for involvement.



Participants in the Semel HCI 2018 Celebration write letters to express gratitude to people in their lives.

MindWell additionally participated in the show staged in Pauley Pavilion. Pod co-leader Robert Bilder was the master of ceremonies, a Mindful Music performance featured live musicians and dancers and Eudaimonia Society honoree Mackenzie Clay participated on a student panel that discussed social well-being.



## Goals for the 2018-2019 Academic Year

### 1. Services

- Campus Resource Mapping Project
  - Continue to collaborate with university administration to establish the necessary capital and human resources to invest in the development of a web-based campus resource map. By overseeing the development of the functional specification for an online resource tool and a request for proposals, MindWell hopes to create a new interactive web source that will meaningfully assist students, staff and faculty in navigating the wide breadth of available resources at UCLA.

### 2. Research

- Mind Lexicon Project
  - Complete analysis of the Mind Lexicon Survey and disseminate our findings through academic journals, presentations to campus stakeholders in mental health and an educational campaign
- Stress and Resilience Assessment
  - Provide the Depression Grand Challenge check-in survey stress and resilience measures, curated resources and further information developed in the 2017-2018 academic year with the goal of offering stress and resilience feedback and resources alongside additional mental health screening tools
  - Reduce stress on campus and improve resilience by combining our feedback and resources with the Depression Grand Challenge survey, ultimately driving an increase in use of resilience promoting resources

### 3. Academics

- Mind-body courses
  - Expand enrollment numbers and reach more students through the highly successful Life Skills for College Students and Applied Positive Neuroscience courses by supporting more teaching assistants and increase the class size and frequency of offering these two courses at UCLA. Summer session courses on Personal Brain Management and also on Mindfulness Practice and Theory plan to be offered again in the next year.

### 4. Special Events

- 3rd Annual Eudaimonia Award
  - Continue the Eudaimonia Award in the 2018-2019 academic year as an annual recognition award for UCLA students, staff and faculty. MindWell will continue coordinating a Eudaimonia Committee, an open nomination process, and a special event in the spring with informational speakers to recognize the 2019 class.
  - Host a speaking engagement with 2018 Eudaimonia Society member Peter Whybrow in the fall of 2018 to promote the next call for nominations for the Eudaimonia Award and increase campus discussions on the subject of eudaimonia