Where Wellness Lives
Non-Clinical Explorations of Emotional and Community Well-being

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Intentions
Wellness
The intersection of:
Sitting with, holding, meeting suffering
&
Supporting access to and expression of joy
Deep Listening
- 3 mins each -

What are the ways you are currently sitting with, holding, meeting your students’ suffering?

How are you helping them access and express their joy?
Deep Breath
Storytelling
Motivational Interviewing

Compassionately “being with” in conversation space to resolve ambivalence & strengthen commitment to change

Mindful Inquiry

Learning through the experience of the present moment; opening to what is here in this space now
Clinical
Assess-Diagnose-Treat
Individual only
Charting

Non-Clinical
Sit with-Listen-Reflect
Individual, Group, Environment
No charting
Space
Support | Rest | Play | Learn
Tea Time | Support
Fall 2019 Survey

n=233 (61.8% Undergrad; 36.1% G&P; 2.1% Other)

“Does having access to the GLC improve your overall mood / well-being?”
93% responded yes / positively
Fall 2019 Survey
n=233 (61.8% Undergrad; 36.1% G&P; 2.1% Other)

89% “I would recommend the GLC to other students”

80% “I feel safe and supported at the GLC”

78% “The aesthetics and atmosphere of the GLC space make me feel calmer and less anxious”

67% “The GLC helps students to manage stress and anxiety”

65% “The GLC is helping to improve mental health on Yale’s campus”

52% “I feel that the GLC equips me with the tools to navigate the stresses of everyday life”

49% “I come to the GLC as a refuge”

47% “The GLC helps students feel more connected and less lonely”
“In the few months since I have started attending GLC events, I have seen myself become a calmer, less lonely person. Thank you so much for offering workshops and a peaceful place to hold them in!”

“I think that being able to go into a space and be able to quietly sit and think or chat with friends is a positive thing to have. I go to the GLC when I want to decompress and feel peaceful. It always helps.”

“The GLC is such a safe haven in the midst of all the stress of grad school. It is immensely helpful! The simple notion that this is a resource is encouraging and comforting.”

“The GLC is a crucial part of Yale. Just knowing that it exists reminds me that there is a network here that will help me.”
Be a Guide on the Side, Not a Sage on the Stage
Deep Listening
- 3 mins each -

What opportunities do you have to sit with, hold, meet your students’ suffering and/or help them access and express joy in ways you haven’t done so already?
Let’s Breathe
Questions / Reflections