CALL FOR MENTAL HEALTH & WELLNESS DAYS

WHEREAS, the University of Wisconsin-Eau Claire Student Senate is the official voice of the student body; and
WHEREAS, mental health has been a rising concern for not only the university, but also the entire country as a whole; and
WHEREAS, therapy and counseling—in-person or tele-therapy—cannot be the sole solutions for student well-being and care; and
WHEREAS, there has been a large increase in demand for counseling services; and
WHEREAS, the University has been neglectful to take on action items or initiatives that could benefit student well-being; and
WHEREAS, well-being is a combination of mental, emotional, physical, and social belonging in every facet of health and must be considered ever-changing and constantly requires support from the environments of human behavior\(^1\); and
WHEREAS, The University of Wisconsin-Eau Claire has claimed to commit to wellness on campus but have not considered wellness days as an alternative to student, faculty, and staff stress; and
WHEREAS, while college is an environment to create relationships and learn, it must also be a place to relax, recharge, and understand the needs and desires of one’s own mind and body; and
WHEREAS, solutions cannot rely entirely on counseling and must take holistic approaches to wellness for student mental health\(^2\); and
WHEREAS, the authors and the University of Wisconsin-Eau Claire Student Senate acknowledge the efforts made by Counseling Services and Governor Evers to provide students with accessible counseling; and
WHEREAS, the University of Wisconsin System and the University of Wisconsin-Eau Claire must go further to combat and maintain positive student mental health; and
WHEREAS, it is the belief of the University of Wisconsin-Eau Claire Student Senate and the authors of this resolution that wellness weekends and mental health days can benefit students by providing them

\(^1\) https://www.cdc.gov/hrqol/wellbeing.htm
\(^2\) https://www.cdc.gov/mentalhealth/learn/index.htm
with the space and time to take breaks from classes, focus on themselves, and maintain the peace and

care required to remain health, safe, and considerate of their lives; and

BE IT THEREFORE RESOLVED, the University of Wisconsin-Eau Claire must plan wellness days

where all classes, including labs, are not in session and provide students with opportunities to take time

for themselves, explore resources on campus, and share their time with other students on campus to

build relationships and connect with others; and

BE IT FURTHER RESOLVED, the University of Wisconsin-Eau Claire has the capacity to take two
days out of the Fall semester and two days out of the Spring semester; and

BE IT FURTHER RESOLVED, the University of Wisconsin-Eau Claire Academic Affairs and Provost
must work with respective departments to investigate the attached proposed solutions and ideas/plans

for mental health/wellness days for the University of Wisconsin-Eau Claire; and

BE IT FURTHER RESOLVED, on the passage of this resolution, the authors shall follow an
appropriate course of action to communicate with respective individuals and departments; and

BE IT FINALLY RESOLVED, that upon passage of this resolution, President Gaitán will transmit a
copy of this bill to Dr. James Schmidt, Chancellor; Gregory Heinzelman, Dean of Students; Dr. Patricia
Kleine, Provost and Vice Chancellor, Academic Affairs; Grace Crickette, Vice Chancellor, Finance and
Administration; Billy Felz, Interim Vice Chancellor, Enrollment Management; Teresa O’Halloran, Interim
Assistant Chancellor of EDI; Selika Ducksworth-Lawton, Interim Executive Director for EDI Engagement;
Evan Weiher, Chair, University Senate; Riley McGrath, Ph.D., Director, Counseling Services; Quincy
Nesgoda, Student Body President, UW Eau Claire-Barron County; Gary Wheeler, Interim Campus Director,
UW Eau Claire-Barron County;

AUTHORED BY:

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Attachment A

Proposed Ideas for Mental Health Days/Wellness Weekend

1. A Wellness Weekend
   
   i. A wellness weekend shall be defined as an extended weekend (from 8AM on Friday to 8AM on Tuesday).
   
   ii. Attendance is not a requirement; lectures will not be held; all classes form 8AM to 10PM shall not be held; students will not be required to attend classes or labs and can use the time to participate in a campus-wide wellness fair with activities and resources.
   
   iii. Professors will hold a student hour(s) during the time of the scheduled period to be available to students for extra assistance on course assignments and content.
   
   iv. Utilize other campus events, departments, and areas to collaborate on events during a Wellness Fair (University Activities Commission; Activities, Involvement, & Leadership; Counseling Services; SPARC; Dean of Students Office; Multicultural Student Services; etc.).

   1. Delegate different areas of a Wellness Fair to organize consistent and demographic-based activities & resources (different areas of campus delegate different areas for students of color, queer students, students with disabilities, etc.)
   2. List of similar events to provide during a wellness fair: UAC Rage room, Library After Dark, Bark Break, etc.

1. Individual Mental Health Days

   i. In the chance that the University of Wisconsin-Eau Claire decides to pursue individual days, rather than a weekend, the aforementioned ideas shall be considered.

   ii. New events possibilities: Flowerpot painting and planting, Affirmation board in Davies, Choir/A Cappella performances, Club activities/demonstration (Yoga, Dance, Players, etc.), Painting and art groups, Mental health presentations.