



Center for the Advancement of Well-Being

The Center for the Advancement of Well-Being catalyzes human well-being by promoting the science and practices that lead to a life of vitality, purpose, resilience, and engagement. As an interdisciplinary center at George Mason University, we are dedicated to helping individuals and organizations thrive in a world of complexity and uncertainty. We serve university populations and external audiences. Our senior scholars and scientists are engaged in research that deepens our understanding of the science of well-being and evidence-based practices. CWB offerings include programs and resources for students, faculty, and staff along with executive education programs for organizations, agencies, and individuals. On our website – wellbeing.gmu.edu – our Mason community can find information to help us all thrive together.

Sample of Well-Being Resources, Programs, and Events

- [Mindful Mason Moments](#) — Mindful Mason Moments online mindfulness sessions give you an opportunity to take midday breaks in ways that can deepen your mindful awareness and overall well-being.
- [Mason's Resilience Badge](#) — 6 instructional modules, fully online, this program teaches the science of resilience in order to develop deeper self-awareness and build resilience. You'll also learn about resources that can support your resilience and well-being at Mason.
- [Thriving Together Series](#) — This feature covers a different well-being topic each week. Find the resource on our website or [sign up](#) to get it delivered to your inbox every Wednesday during the semester.
- Access on demand virtual fitness classes and well-being videos for free through [BurnAlong](#).
- [Mason Chooses Kindness](#) — The goal of this university-wide initiative is to ensure that there are ongoing activities and resources for our Mason students, faculty/staff, alumni and community to explore, engage in, and spread kindness.
- [Well-Being Learning Community](#) — The Well-Being Learning Community is an inclusive community where students are encouraged to explore well-being topics through reflective learning and shared experiences. This holistic experience includes traditional academic study, experiential learning, personal practices, and opportunities to learn how to pursue well-being.
- [Minor in Well-Being](#) — This minor is open to all Mason students. Through the required coursework, students develop an ability to implement personal practices that foster deeper awareness, regulation of stress factors, and an emerging sense of meaning in their lives.
- [Music and Well-Being Minor](#) — The minor is designed to allow participation by students with minimal formal musical training. The coursework allows students to explore the connections between music and consciousness and between vibration, mindfulness, and well-being.
- [Rx Racial Healing Circles](#) — Circles are designed for community building and racial awareness. This framework is rooted in spiritual and community-sustaining models in many indigenous cultures. The power of the RHC experience comes from sharing stories – telling personal stories (taking us to the heart space) rather than simply relating to an event (the mind space).
- [Mental Health First Aid](#) — [Mental Health First Aid training](#) for Mason students and employees teaches how to reduce the stigma of mental health struggles and how to help people who are experiencing a mental health crisis.

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