

Center for the Advancement of Well-Being

The **Center for the Advancement of Well-Being (CWB)** aims to create a world that's thriving together. We catalyze human well-being by promoting the science and practices that lead to a life of vitality, purpose, resilience, and engagement. We support the six dimensions of well-being described in Mason's strategic plan: purpose/career, social, financial, community, physical, and psychological. Our goal is to enhance individual and organizational well-being. We educate, advise, and inspire the Mason community to prioritize research-based well-being practices and policies. On our website, students can find well-being information, resources, tools, and events to help them create their best selves.

Sample of Well-Being Resources, Programs, and Events

- [BIPOC Well-Being](#) - Grow, heal, and celebrate with our diverse Mason community through events such as BIPOC Well-Being Week and Rx Racial Healing Circles and resources like the Racial Trauma Toolkit.
- [BurnAlong](#) - Access on demand virtual fitness classes and well-being videos for free.
- [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.
- [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.
- [Resilience Badge](#) - This program explores the science of resilience to enhance self-awareness and build resilience through six online modules.
- [Thriving Together Well-Being Weekly](#) - 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.
- [Well-Being Learning Community](#) - This inclusive learning community allows students to live on campus and explore well-being topics through reflective learning and shared experiences. Time is devoted to exploring techniques for managing stress along with increasing mental, emotional, and physical well-being.

Find more programs and resources on our website, wellbeing.gmu.edu.

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