

Center for the Advancement of Well-Being

The Center for the Advancement of Well-Being (CWB) serves as a catalyst for human well-being to create a world that thrives together. We educate, advise, and inspire the Mason community to prioritize research-based well-being practices and policies. We promote practices that foster a life of vitality, purpose, resilience, and engagement across a variety of well-being domains, including physical, career, social, psychological, financial, and community. We encourage you to explore your well-being and engage with Mason's efforts by participating in one or more of the programs listed below.

Sample of Well-Being Resources, Programs, and Events

- [BurnAlong](#) - Access free on-demand virtual fitness classes and well-being videos and track your well-being habits and goals.
- [CliftonStrengths](#) - Discover and maximize your most powerful natural talents so you can learn how to apply them to your work, life, academics, and more.
- [Intro to Mindfulness](#) - Explore mindfulness, meditation, and stress management through this evidence-based curriculum designed with young adults in mind.
- [Mason Chooses Kindness \(MCK\)](#) - Help create and sustain a kindness revolution at Mason by intentionally engaging in positive action that is friendly, caring, and compassionate towards self and others.
- [Minor in Well-Being](#) - Develop personal practices that foster deeper self-awareness, resilience, mind-body wellness, the regulation of stress factors, and an emerging sense of meaning in life through this minor that is open to all undergraduates.
- [ProjectConnect](#) - Build relationships and strengthen community with other students in a small-group setting over five, 1-hour sessions.
- [Resilience Badge](#) - Enhance self-awareness and further develop your resilience through science-backed strategies with these six online modules.
- [Sophrology](#) - Learn how to practice this dynamic relaxation technique to alleviate stress and fatigue and improve your confidence, concentration, and memorization capabilities.
- [Thriving Together Series](#) - Discover a wide variety of science-backed practices that you can engage to strengthen different aspects of well-being.
- [Well-Being Residential Learning Community](#) - Join this inclusive learning community to live on campus and explore topics like mindfulness, meaning, purpose, and self-awareness through reflective learning and shared experiences.

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