



Wellbeing Factors and Resilience Elements

University of Louisville's Health Promotion Wellbeing Central (HPWC) is an award-winning national model for promoting wellbeing, sustainability and resilience. HPWC concentrates on eight key wellbeing factors and incorporates the elements of resilience in all services and programs. Informed by the socio-ecological model, HPWC collaborates with our UofL units and community partners to address the full range of wellbeing factors. We envision a UofL campus community that systemically influences the determinants of health by engaging the entire campus community in activation of wellbeing factors that produce resilient people and environments.

Examples of partners collaborating with Health Promotion to connect students with Wellbeing Factors and Resilience Elements:

Alcohol & substance resilience	<ul style="list-style-type: none"> • BRICC Coalition • Housing & Residence Life (Campus Housing)
Safety, violence & sexual assault prevention (Community Resilience)	<ul style="list-style-type: none"> • PEACC Center • LGBT Centers • Title IX Office • SGA • UofL Police Department
Sustainability and built environment	<ul style="list-style-type: none"> • Sustainability Council • Speed School Phoenix House & FirstBuild
Faith and spiritual practice	<ul style="list-style-type: none"> • InterFaith Center • Compassionate Healthcare Constellation
Financial wellbeing	<ul style="list-style-type: none"> • Financial Aid Office • REACH • Women's' Center
Recreation and physical fitness	<ul style="list-style-type: none"> • Student Recreation Center • HSC Fitness Center • RSOs
Medical/physical health	<ul style="list-style-type: none"> • Campus Health Services (CHS) • VOA STOP HIV Program
Mental/behavioral health (Emotional & Cognitive Resilience)	<ul style="list-style-type: none"> • Campus Health Medical Services (CHS) • Counseling Center • Psychological Services Center • Disability Resource Center • Active Minds RSO • CardSPEAK Suicide Prevention • TrIO Student Success Program • Psychological & Brain Sciences Mindfulness Lab
Community Action (Community Resilience)	<ul style="list-style-type: none"> • KentuckyOne Health • SPHIS • PAL Coalition
Connectedness (Interpersonal & Social Resilience)	<ul style="list-style-type: none"> • Engage Lead Serve • CONECT • Living Learning Communities (Campus Housing)

Resilience Elements (RE) *Resilience = retention.*

Operationalized wellbeing factors increase students' capacity for perseverance, meaningful connections, physical vitality, and academic excellence...all measures of resilience.

Table below is derived from research published by Donald Meichenbaum, PhD. The Resilience Elements (RE) are called "protective factors" by other researchers.

Resilience Element	Definition	Resilience is Operationalized by UofL Health Promotion Wellbeing Central's Programs and Services
Physical & Behavioral Resilience	Health behaviors and physical activities that affect wellbeing; the ability to form and implement behavioral action plans, to be flexible and adaptable in the face of change, and to make maximal use of abilities and resources.	<ul style="list-style-type: none"> • U-Fit • Nutrition Navigators • Wellbeing Coaching • Cooking Workshops and grocery store tours • Flash Nap Workshops • Smoke-free campus • Tobacco Cessation Coaching • Alcohol & Substance Resilience • Cold & Flu Prevention • Massage • Yoga (Integrative and YogAnatomy) • Random Acts of Health (RAH!) • Sexual Health & Relationships • Free HIV Testing • Koru Mindfulness and Meditation
Interpersonal & Social Resilience	Capacity to foster, engage in and sustain positive relationships and to endure and recover from life stressors with the assistance and support of others.	<ul style="list-style-type: none"> • RAH! • BRICC's Voice of Reason Initiative • Medical Amnesty • Wellbeing Coaching • Sexual Health & Relationships • Stress Resilience Workshops
Emotional Resilience	Ability to enhance positive emotions, self-regulate and transform negative emotions, and change one's relationship with emotion using acceptance strategies, meditation and mindfulness activities.	<ul style="list-style-type: none"> • Stress Resilience Workshops • Wellbeing Bingo and PBSS • Koru Mindfulness & Meditation Workshops • Mindful Eating Workshops • 20 Mindful Minutes network • Body awareness & body appreciation (BABA) • Yoga (trauma-informed) • Massage • Wellbeing Jams (Intentional Music)
Cognitive Resilience	Ability to be psychologically flexible and mentally agile, to be an effective problem-solver, optimistic, and produce a "healing story" that contributes to one's resilience.	<ul style="list-style-type: none"> • Critical Thinking, Elements of Thought, i2a • Health Advocate Leaders • Stress Resilience Workshops (PBSS) • Koru Mindfulness & Meditation Workshops • Mindful Eating Workshops (MB-EAT) • 20 Mindful Minutes Network • Alcohol Edu/Haven • RAH!
Spiritual Resilience	Search for a meaning and purpose in life- helps individuals implement their core values into social actions.	<ul style="list-style-type: none"> • Koru Mindfulness & Meditation Workshops • Yoga (trauma-informed) • RAH!
Community Resilience	Capacity and factors within the environment and community to nurture resilience: people, safety, resources, institutions, policies, built environments, high expectations, etc.	<ul style="list-style-type: none"> • <i>BRICC Coalition's Partners, Committees & Funders</i> • <i>Healthy Campus Network (HC2020)</i> • <i>Policies</i> • <i>Volunteer & Student Engagement and RAH!</i>

