



THRIVE

A WELLNESS PROGRAM FOR THE RUSVM COMMUNITY





COMMITTED TO WELLNESS WITHIN THE RUSVM COMMUNITY

Thrive is Ross University School of Veterinary Medicine's university wellness program and is committed to the overall health and wellness of the entire RUSVM community including students, faculty, staff, and administration.

VISION

To create a campus culture that encourages and supports healthy living.

MISSION

To promote the overall wellness of the Ross University School of Veterinary Medicine community in support of the institution's academic mission.

GOALS

- Encourage wellbeing;
- Educate the community on healthy lifestyles;
- Develop wellness activities and programs;
- Maximize campus outreach through collaboration.

VALUES

- The significance of total health—mind and body;
- The potential for growth of all individuals;
- The inherent worth of all people—deserving respect and dignity;
- The importance of collaboration and community.

THE THRIVE WELLNESS PALM



EMOTIONAL



ENVIRONMENTAL



FINANCIAL



INTELLECTUAL



OCCUPATIONAL



PHYSICAL



SOCIAL



SPIRITUAL



CULTURAL

WELLNESS PROGRAMMING FOR THE RUSVM COMMUNITY

Wellness is much more than physical health. At RUSVM, we see total wellness encompassing nine aspects of your life: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, Spiritual, and Cultural.

When you strive to improve these areas of your life, you will have better relationships, handle adversity, more easily, and have a greater sense of purpose—you will thrive. So, strive to thrive!

Although your personal wellness is your responsibility, RUSVM has a variety of ways you can engage yourself to live a happy, balanced life while you are part of our community. Look inside to explore each of these aspects of wellness and the opportunities at RUSVM to get involved.





EMOTIONAL WELLNESS: Having Emotional Wellness is when we are aware of pressure points and we can handle them. It is when we are able to manage life's ups and downs while accepting that they happen. Emotionally well people often take pre-emptive steps against pressures and they know whom and when to ask for help.



ENVIRONMENTAL WELLNESS: Having Environmental Wellness flows from our physical environment. It is when we have healthy lands, waterways, and built spaces that provide opportunities to relax, reflect, and restore all of our senses.



FINANCIAL WELLNESS: Having Financial Wellness is when we have the ability to manage the resources we have in a responsible manner—both short term and the long. It is when we are able to achieve peace of mind about our financial situation and are confident in our future.



INTELLECTUAL WELLNESS: Having Intellectual Wellness is when we embrace learning as an end unto itself rather than simply a means to a specific personal or professional outcome. It is when we move beyond simply making observations; and start developing ideas.



OCCUPATIONAL WELLNESS: Having Occupational Wellness is when we are able to find balance between work and life. It is when we find purpose and fulfillment in what we do for a living. This feeling of wellness is increased when we know we're making a difference with what we are doing.



PHYSICAL WELLNESS: Having Physical Wellness is when we achieve balance between diet, physical activity, and rest. It is when we take care of our bodies through nutrition, exercise, and sleep.



SOCIAL WELLNESS: Having Social Wellness is when we have positive and regular interactions with others people in various settings. Building and maintaining strong relationships is vital to happiness and wellbeing. After all, we are social creatures that occasionally need the right outlet to connect with others.



SPIRITUAL WELLNESS: Having Spiritual Wellness has as many interpretations. Generally speaking, it is when our core values and beliefs tie us to a sense of something larger than ourselves and empower us to act according to those beliefs.



CULTURAL WELLNESS: Having Cultural Wellness is being aware of our cultural background and the rich diversity of other cultures. Cultural wellness includes accepting, valuing, and even celebrating the different cultural ways people interact in the world- always leaving room to learn more about new cultures as they flow in and out of our surroundings.



THRIVE AT RUSVM



RECREATION SERVICES

Provides:

- Manage Gym (and other rec spaces)
- Individualized, Personal Training
- Group Exercise Classes
- Monthly off-campus/outdoor activities
- Weight Management Programs
- Maintain RUSVM Gym Records
- Semesterly Work-Out Challenges



EVENTS, ACTIVITIES, AND PROGRAMS

St. Kitts Community Events and Activities:

- Giant Malt Relay Championships–January
- Nevis to St. Kitts Cross Channel Swim (on Nevis)–March
- Nevis Marathon and Running Festival (on Nevis)–September
- Fittest of the Fit Competition (on Nevis)–September
- Brimstone Hill Run for Fit and Fearless–September
- St. Christopher Children's Home Annual Walk & Run–October
- Breast Cancer Walk–October
- Peninsula Swim–November



RUSVM COMMUNITY EVENTS AND ACTIVITIES

- Semester Olympics– Various competitions the 1st week of each semester
- Friday Night Volleyball–Friday nights throughout the semester
- Weekly Basketball
- Weekly Football (Soccer)
- Weekly Yoga
- Wednesday Farmer's Market on campus
- Biggest Shredder Event (semester)
- Self-Defense Classes (semester)
- Puppy Therapy
- AAVMC Wellness Conference
- One Health Fair
- Green Initiatives
- Salsa dance classes
- Food for Finals (**student only**)





THRIVE AT RUSVM



HEALTH SERVICES

- General Health Care
- STI Screening
- HIV Screenings 2-3 times per year
- Breast Cancer Awareness
- Cold & Flu Prevention
- Vaccinations
- Travel Medicine
- Giant Malt Relay



COUNSELING CENTER

- Individual and Group Counseling
- WIVC Wellness Presentations
- Introduction to Applied Wellness (Elective)
- QPR and eCPR Trainings

Groups:

- Art Release (Art Therapy)
- Start Your Day Mindfully (Mindfulness Workshop)
- Men's Group
- Circle of Healing (Survivors of Sexual Assault)
- Create Your Own Calm (Anxiety Workshops)
- Life After Loss (Grief Group)
- Feeding the Soul (Eating Disorder Recovery Group)
- Movement Therapy (Yoga with Mental Health Focus)

Psychoeducational Workshops:

- "Managing Stress and Financial Debt"
- "Professional Boundaries"



STUDENT SUCCESS CENTER

Interactive Learning Workshops:

- How to Succeed in Vet School
- Memory and Metacognition
- Test Prep and Test Taking Strategies
- Practicing a Growth Mindset
- Overcoming Test Anxiety

Seminars for students, faculty & staff:

- Coping and Resiliency
- The Neuroscience of Empowerment
- Utilizing Stress and Anxiety to Build Inner Strength and Motivation
- Using your Why to Create Ongoing Success





THRIVE AT RUSVM



RUSVM FACILITIES

- Gym: Weight Training Mixture of free weights and machines
- Gym: Aerobic Exercise (Cardio) treadmills, climbers, elliptical machine, and bikes
- Gym: Yoga/Stretch/Zumba space
- Basketball Courts
- Football (soccer) Field
- Dog Park

Proposed Additions:

- Expanded Gym
- Sand Volleyball Court
- Walking Trail
- Meditation/Mindfulness Space
- Off-Campus Gym Locations
- Ropes Course/Rock Climbing Wall



FINANCIAL AID

Financial Aid provides:

- One-on-One Consultations
- Presentation to Vet Prep
- Presentation to 1st Semester

Proposed Additions:

- Open Presentation to Campus on Budgeting and Finances



ONE HEALTH INITIATIVES

Health Care for Humans, Animals and the Environment:

- Master of Science in One Health
- One Health Center for Zoonoses and Tropical Veterinary Medicine
- One Health Week
- One Health Club
- Beach and Road-Side Clean Ups
- Lectures and Presentations
- Sea Turtle, Spotted Ray, and Coral Monitoring





THRIVE AT RUSVM



STUDENT ENGAGEMENT

Student Engagement provides:

- Diversity Committee
- SAVMA (Student Government)
- Clubs and Organizations
- New Student Orientation
- Thrive Committee



OTHER WELLNESS OPPORTUNITIES

- Health and Wellness Committee
- RUSVM Diversity Committee
- SAVMA Activities Directors
- SUP Yoga–Standup Paddleboard
- Ross Runners
- RUSVM Swim Club
- Ross Vet Basketball
- Ross Ultimate Frisbee
- RUSVM Intramural Soccer League
- Ross Snorkelers
- Ross Softball League
- The Hike Club
- Ross Beach Volleyball
- St. Kitts Hash House Harriers
- Go Ventures SKN
- Alcoholics Anonymous (AA)



PROPOSED NEW INITIATIVES

Ideas from cross-department brainstorm meeting:

- Vendors: Healthy Options
- Vendors: Sustainable Packaging/Utensils
- Vendors: Nutritional & Macro Information
- Campus Bookshelf for Exchange Library
- Board Games and More Outdoor Games
- Outdoor Chairs on Campus (Adirondack)
- Relaxation Space
- RUSVM Monthly Walk
- Food/Diet Class/Presentation
- Financial Health Training for Colleagues



HEALTH CHECK SHEET

This sheet can be used over the course of the semester to keep your health on track. Simply check a box each time you participate in an activity that pushes that area toward positive health. Try to check off four boxes for each area of wellness each month. For areas of your life that you are trying to improve you health, add more boxes so you can push further.



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	EMOTIONAL	ENVIRONMENTAL	FINANCIAL	INTELLECTUAL	OCCUPATIONAL	PHYSICAL	SOCIAL	SPIRITUAL	CULTURAL
WEEK 1	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 2	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 3	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 4	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 5	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 6	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 7	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 8	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 9	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 10	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 11	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 12	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 13	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
WEEK 14	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>