

BENEFITS OF A WELLNESS ROOM

our minds
matter

Why do we need a wellness room at our school?

- School can be a stressful environment and it can become **overwhelming** when folks are coming in with stressors from other areas of their life too.
- Recent studies have shown that wellness rooms or calming spaces can have a **significant impact on the mental wellbeing of high school students**. Check out some quick stats from this 2022 study of a large Utah high school:
 - Students, parents, and teachers surveyed overwhelmingly agreed that the **wellness space helped students develop positive coping skills**. They also reported that they believe all high schools should have wellness rooms.
 - 80% of students were ready to return to class **after 20 minutes** in the wellness room.
 - Students of color reported a higher use of the rooms than white students, and Black students reported **academic improvement in correlation with wellness room usage**.
 - Women and Gender Queer students reported high usage of the room as well, signaling that **marginalized students needed & benefited from a space to feel calm and safe**.

QUESTIONS

Here's a few questions we know need to be considered and hope to find answers to in collaboration with school leadership

how will this room be paid for?

The Our Minds Matter club at our school plans to utilize our club funds, work with the PTA/parent groups, and work with school leadership to fundraise, get donations, find money in the budget to cover costs of the wellness room.

how do we create rules around going into the room?

This is something we'd like to work with you on figuring out! We want this space to be a calm, safe, and comfortable place for everyone to use and we know that coming to a shared agreement with school leadership, teachers, the counseling department, and students is necessary for that.

what if someone is in crisis?

We'd like to work with the counseling department to figure out how to handle this. There will be plenty of fidget toys and calming items in the room, along with self-care cards and mental health resources, but it's important to have a plan in place in case someone is actively experiencing a mental health crisis and we want to include school counselors in developing that plan.

what even goes in a wellness room?

Lots of different things! Some other OMM clubs have started wellness rooms that include yoga mats, beanbag chairs, fidget toys, self-care cards courtesy of OMM, mental health resources to seek more support, noise-canceling headphones, and more. We can decide as a team what makes sense for our school. If you'd like to see an example, check out the [Calm Cafe at Robinson Secondary School](#) which was created by their Rams Minds Matter club!