

# 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**.

Source: Moyer et al

# QUESTIONS

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

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## **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!