

Wellness Survey Results

Which health benefits would you like to get out of the wellness sessions? Choose all that apply.

Most Important benefit	Percentage	Least important benefit	Percentage
Relaxation	81.50%	Reading for pleasure	14.90%
Mental Break in the day	77.90%	Exercise	15.40%
Study Time	69.7	Spiritual healing	18.50%

What is the one most important benefit you would like to get out of the wellness sessions?

Most Important benefit	Percentage	Least important benefit	Percentage
Mental break in the day	33.80%		
Study time	24.10%		
Relaxation	23.10%		

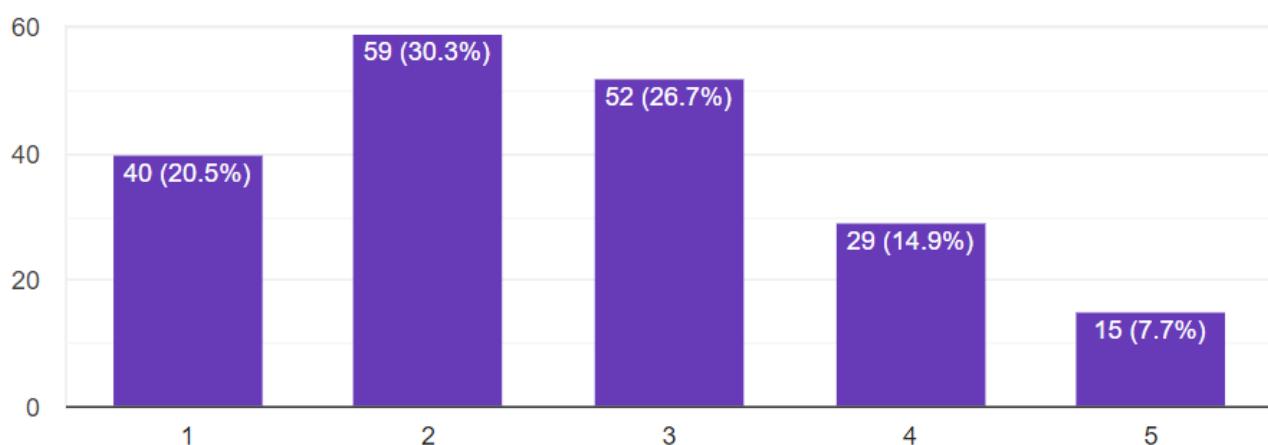
What session(s) do you feel help you achieve your most important health benefit? Choose all that apply.

Most Important benefit	Percentage	Least important benefit	Percentage
Therapy dogs	64.10%	Vision boarding	4.60%
Meditative coloring	28.20%	Movement therapy	5.10%
Playdoh	27.70%	Journaling	6.20%
Guided meditation	27.20%	Zumba	8.20%

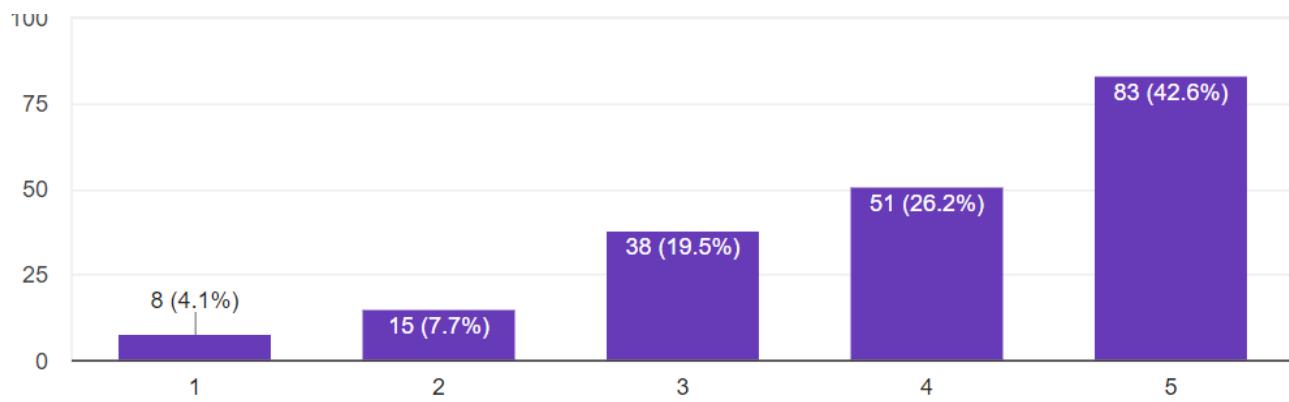
What topics do you think would be important for the student body as a whole to learn about?

Most Important topics	Percentage	Least important topics	Percentage
Stress management	62.60%	Drug awareness	20.50%
Anxiety	53.80%	Smart social media presence	24.60%
Healthy relationships	53.80%	Mindfulness	25.60%
Pre-college tips	52.30%	Empathy	29.20%

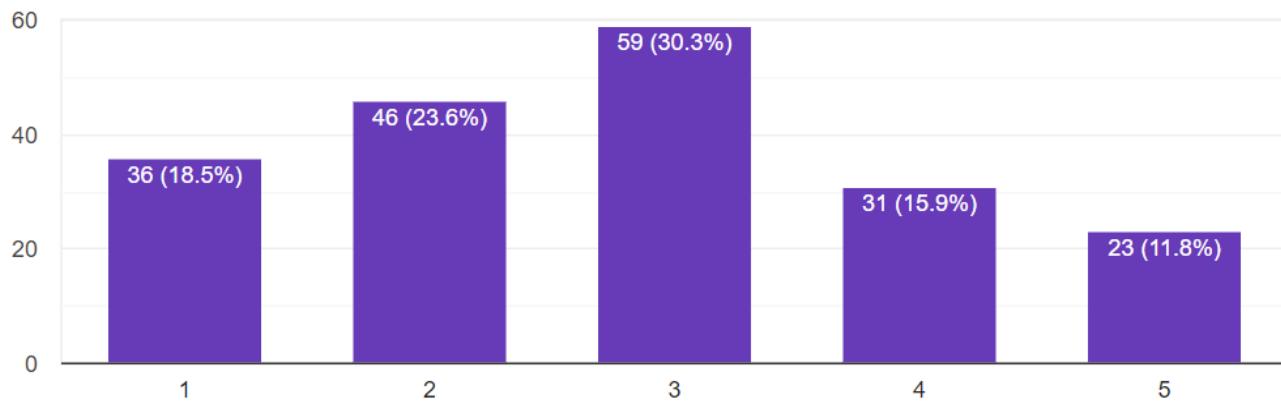
I feel less stressed after the wellness sessions.



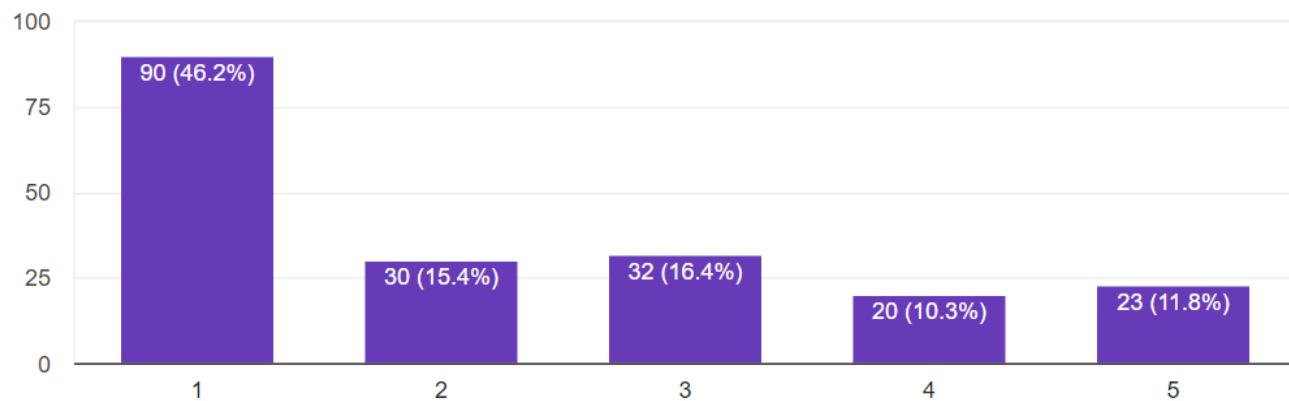
Wellness sessions make me feel more stressed about my day.



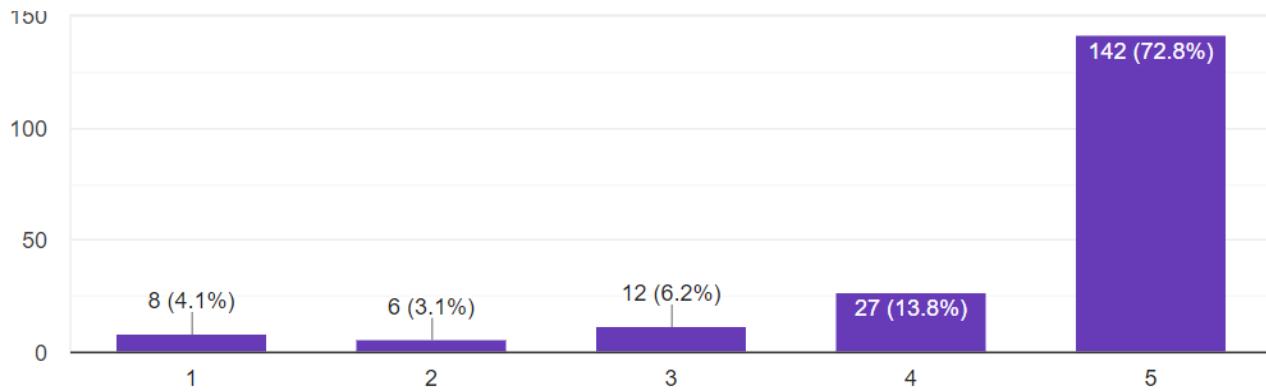
I feel like my time is being well used during wellness sessions.



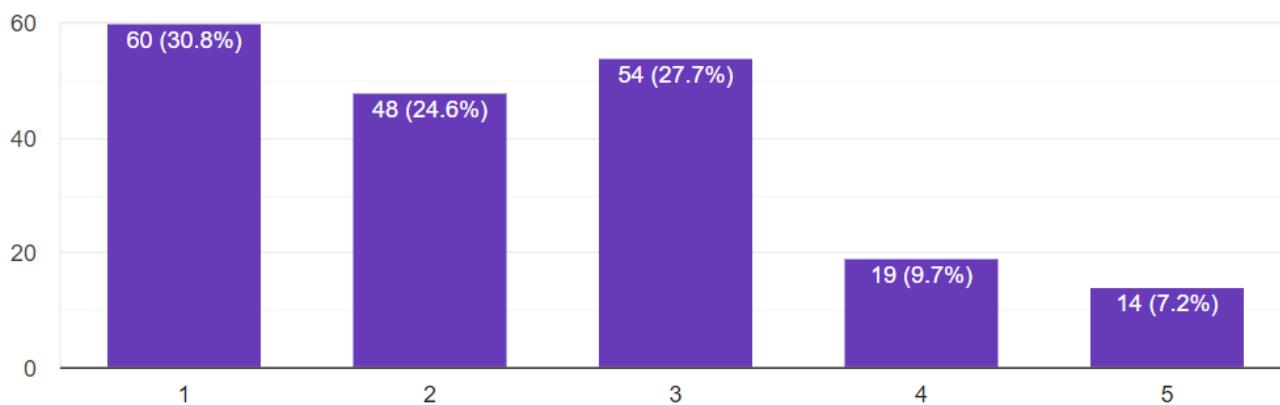
I would like more wellness sessions per month



I would prefer to have house during flex instead of wellness sessions



I would prefer to have office hours during flex instead of wellness sessions.



Comments or suggestions on established wellness sessions.

Positive

maybe have a study hall dedicated for seniors especially because we have college apps first semester. i enjoyed the bible study with ms. barclay and ms. dalba.

more spaces for each activity so students don't end up with one that they don't want to do which will simply stress them out and be counterproductive

Negative

The wellness should be changed back to office hours. Not being able to use that time for studying makes me more stressed out. - *the most common comment*

I see wellness sessions as a waste of time that can be used to study and improve grades. Also, my friends and I have not seen or felt any personal improvement from these events.

I would appreciate more chances to get therapy dogs/animals. -*the most common comment*

I think it is extremely beneficial especially during long, intense class days.

I think that we should try to get people to do more than one thing every time because some people don't get to try some of the wellness sessions they want to because they are always filled.

Comments or suggestions for future wellness sessions.

Positive**nap time- most common comment**

Please bring back Study Hall! It really helps me because I am an athlete and missing school without having time to work on my homework stresses me out.

maybe make sure there's at least one friend for each person so they're not alone in their wellness session

A good addition would be a video games session, or something similar to that. My friends and I really like video games and it would be really really cool to have something about them for wellness!

let seniors have first pick because everything fills up so fast. study hall for seniors only. i would really like a nap time.

It would be nice to have a session linked to performing arts.

I think having it more often than house can benefit our student body's mental health. I think it's important for us to have a small break during our stressful weeks of hours of school, homework, sports, etc. I am really glad that Rosary has established this and I can't wait to see it further develop.

I would like an estimated time of when the wellness sign ups are going to go out because I try to get therapy dogs but I'm always too late and I dont get to enjoy my wellness time.

It may seem like a silly suggestion but adding either a "nap time" as a wellness option (preferably if possible w/o a spot limit) or a collective one where students can lay down for 45 min - hour... however long flex is ... and be allowed to fall asleep, to physically and mentally rest if wanted/needed would really be beneficial. I know it is not just me who tends to very frequently not get the right amount of sleep and everyone knows a tired mind is not a very capable mind especially when it comes to retention and focus in class.

Negative

have study time!! so many girls will feel more well if they can have time to get homework done. i'm not paying \$15,000 to play with play-doh. teachers give 7+ hours of homework a night and study hall would help immensely! also, nap time in a dark room would be nice because I know some girls sign up for adoration just to sleep. thank you for taking into consideration my ideas.

I think there needs to be more office hours and wellness sessions. I don't really enjoy going to house, so it would be more effective if we went to house less and began focusing on class or bettering ourselves. In the future, there needs to be more wellness and office hours in the coming weeks before finals. I was really upset we had house one day when it would have been better spent having office hours.

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choose all that apply.

n more about? Choose all that apply

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Freshmen related

more talks to the freshmen because they are super mean to each other and i am worried for them.

Freshman related

Try having a talk about self love to all the students because i worry about the freshmen and how they act to one another and themselves. Over all, i just want everyone to spread more kindness and love and try not to hate on one another because sometimes i feel like they are going to kill each other one day. That's all, have a good day.

i feel as if the freshmen are not eating right and are bulling each other. i also feel like they do not show enough respect to their peers in fact they need to learn to say please and thank you more because one of them was not very kind when i tried to give her her money back she looked at me as if i was going to keep it and then just took it and left. i am pretty sure that one of them also paint bombed someone in the hall way because on of the girls was covered in paint as well as the hallway and when i asked if she was okay she only mentioned that someone popped a balloon behind her and that she was fine even though it looked like she was going to cry. i just want them to learn how to have proper etiquette maybe even take a class because some of them purposely try to bother the upper class men (over heard them talk about it in a photo class) and act as if they are above everyone else. please put them in some sort of class wear they learn manners because they are starting to bother some students and teachers.