

UNIVERSITY of HOUSTON

STUDENT GOVERNMENT ASSOCIATION

Label: SGAR-57010

Date introduced: November 18th, 2020

Author(s): Speaker Cheng

Sponsor(s): Chief of Staff White

Draft: Final

Mindfulness

Whereas, UH Wellness's mission is to contribute to student success by empowering the campus community to make healthy choices across the nine dimensions of wellness; social, financial, emotional, intellectual, spiritual, cultural, occupational, environmental, and physical¹;

Whereas, the Mindful Coogs Student Organization at UH advocates for mindfulness, compassion, present-moment awareness and contemplation in order to combat the increasing rise of mental health disparities amongst college students and promote a sense of connectedness and well-being on our campus²;

Whereas, the mission of the Yoga and Mindfulness Lab at UH is to spread mindfulness as a lifestyle that can be embraced by all cultural backgrounds, so that people can become more, peaceful, aware of their options, responsive to life (instead of reactive), purposeful, resilient, change agents (for inner and outer dimensions)³;

Whereas, mindfulness is a purposeful way of living life with a constant strive towards cultivating a nonjudgmental awareness of internal and external experiences occurring in the present moment⁴;

¹ https://uh.edu/wellness/about_us/

² <https://uh.campuslabs.com/engage/organization/yogakernels>

³ <https://www.mindfuluh.org/our-mission>

⁴ <https://www.mindfuluh.org/>

Whereas, the cumulative affect of the pandemic has created an elevated environment of stress for people that can become detrimental to their health and well-being, affect their families and communities, and disrupt their work and learning;

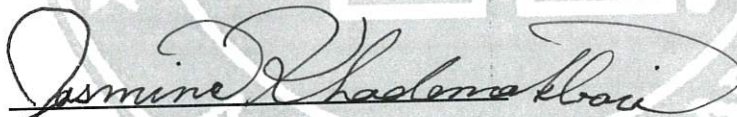
Whereas, taking care of one's mental and physical health is important to their well-being, especially during this dark winter.

Therefore, be it resolved the Student Government Association of the University of Houston:

That the 57th Student Government Association supports the UH Wellness, Mindful Coogs, and Yoga and Mindfulness Lab in their endeavors to fortify the mental health of the student body;

Be it further resolved, that the 57th Student Government Association champions for the student body to take care of their well being, facilitate an heir of compassion, and work towards a welcoming environment for all students by cultivating a culture of inclusion and diversity;

Be it further resolved, that the 57th Student Government Association supports collaboration between SGA and Mindful Coogs to be a proponent in the UH Wellness, Mindful Coogs, and Yoga and Mindfulness Lab's missions to strengthen the well being of the student body.

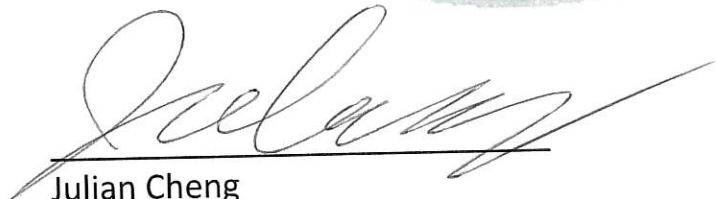


Jasmine Khademakbari

Student Government President

Date of President's Approval: 12/25/20

APPROVED



Julian Cheng

Speaker of the Senate

Date of Senate Approval: 12/25/20