



For immediate release — Monday, February 10, 2025

Flourishing Week presents University of Lethbridge students with opportunities to enhance well-being

The University of Lethbridge's commitment to student wellness is the focus as Flourishing Week takes over campus.

A week devoted to the five multivitamins of flourishing will present students with abundant opportunities to enhance their well-being and flourish both academically and personally.

What are the five multivitamins of flourishing that help students achieve well-being?

Play — Play is essential to childhood development, but becoming mature does not mean leaving the games behind. Unstructured fun is vital for adults too! Play is about seeking delight, letting your imagination run wild and enjoying the freedom to roam without a goal or outcome. It should be spontaneous, carefree and playful.

Connection — Humans are wired for connection. In the rush of life, we often overlook its importance. Connection is about more than simply being around others; it's about building meaningful relationships that nourish our sense of belonging.

Helping Others — We cannot flourish if we only exist for ourselves. Helping others allows us to connect with something greater and make a positive impact on the lives around us.

Spirituality — Spirituality is not confined to structured religious practices; it's a deeply personal journey of finding meaning, purpose and connection. At its core, spirituality invites us to reflect on the larger questions of life.

Learn — Learning encourages us to satiate curiosity, expand our horizons, and cultivate new passions. Embrace learning with humility and curiosity—don't let fear of the unknown hold you back from exploring new subjects, skills, or even life plans.

Mark Slomp, the University's executive director of Student Services, notes, "Research shows us that we feel better when we are functioning well. People who report that they

regularly engage in play, help others, participate in spiritual practices, learn new things and cultivate caring relationships have much higher levels of well-being. It is vitally important to focus on improving how we are functioning in life according to these critical factors. The goal of Flourishing Week is to educate students about the concrete, and research-based, actions they can take that will lead to improved well-being and enhanced happiness.”

Flourishing Week runs Feb. 10-14 with each day dedicated to another flourishing multivitamin.

Feb. 10 – Helping others, Kindness in Bloom (10 a.m. to 1 p.m. outside Bookstore)

Feb. 11 – Create & Connect (11 a.m. to 3 p.m., Agility/Science Commons); REC Room Mural Unveiling (10:30 a.m. to 12 p.m., Students’ Union Galileo’s Place)

Feb. 12 – Play, Mini Carnival (12 to 4 p.m., Science Commons Atrium)

Feb. 13 – Spiritual, Smudge Box Making (11 a.m. to 3 p.m., Iikaiskini Gathering Centre, University Hall Atrium)

Feb. 14 – Connection, Spread the Love (Free roses, 10 a.m. to 1 p.m., Physical Education Building and University Library)

Media are invited to attend any event throughout the week.

To view online: <https://www.ulethbridge.ca/unews/article/flourishing-week-presents-university-lethbridge-students-opportunities-enhance-well-being>

-- 30 --

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Our University’s Blackfoot name is Iniskim, meaning Sacred Buffalo Stone. The University is located in traditional Blackfoot Confederacy territory. We honour the Blackfoot people and their traditional ways of knowing in caring for this land, as well as all Indigenous Peoples who have helped shape and continue to strengthen our University community.