



Well-Being at ECU

Resources to thrive





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Chair of the Well-Being Collective

About the Speaker



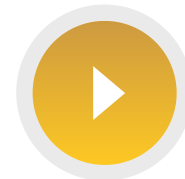


Well-Being at ECU

The Well-Being Collective

By working together as a community and uniting our talents, we create an engaged culture of purpose, resilience, and vitality.

The Plan





Well-Being at ECU

Our Strategic Plan

How we will accomplish it



Communication



Organizational Synergy



Culture



Environment





“

Thrive (ˈthrɪv), verb, to progress toward or realize a goal despite or because of circumstances.

”





Career Well-Being

Career, or sometimes referred to as purpose, well-being is how you occupy your time and whether it is fulfilling.





Social Well-Being

Social well-being is about having strong relationships and love in your life.





Financial Well-Being

Financial well-being is effectively managing your economic life.





Physical Well-Being

Physical well-being is about having good health and enough energy to get things done on a daily basis.





Community Well-Being

Community well-being is the sense of engagement with the area in which you live. It includes how safe you feel and how involved you are in giving back to your community.





Be in the know with campus
and community resources.



Thrive ('thriv), verb, to progress toward or realize a goal despite or because of circumstances.



ECU

WELL-BEING HUB

Coming Soon!

Well-Being Hub

Discover | Explore | Live

ECU



(252) 328-5791

DISCOVER

EXPLORE

LIVE



ECU[®]

WELL-BEING HUB

The logo consists of a stylized purple icon on the left, composed of three horizontal bars of varying lengths and a vertical bar on the right, with a small dot at the bottom left. To the right of the icon is the text "BetterYou" in a bold, blue, sans-serif font.

BetterYou



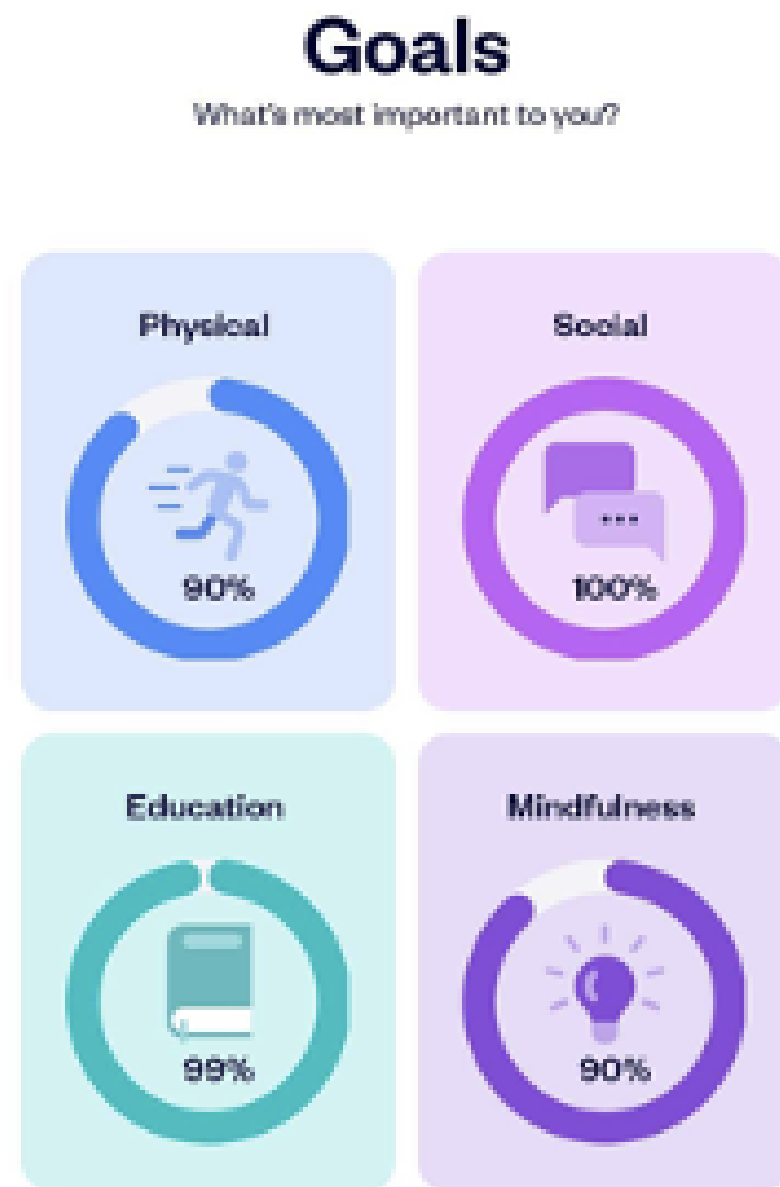
What is BetterYou

BetterYou is a digital coach that helps you achieve your personal wellness goals in the areas of physical, social, education, and mindfulness by providing gentle nudges and reminders that positively influence behaviors.

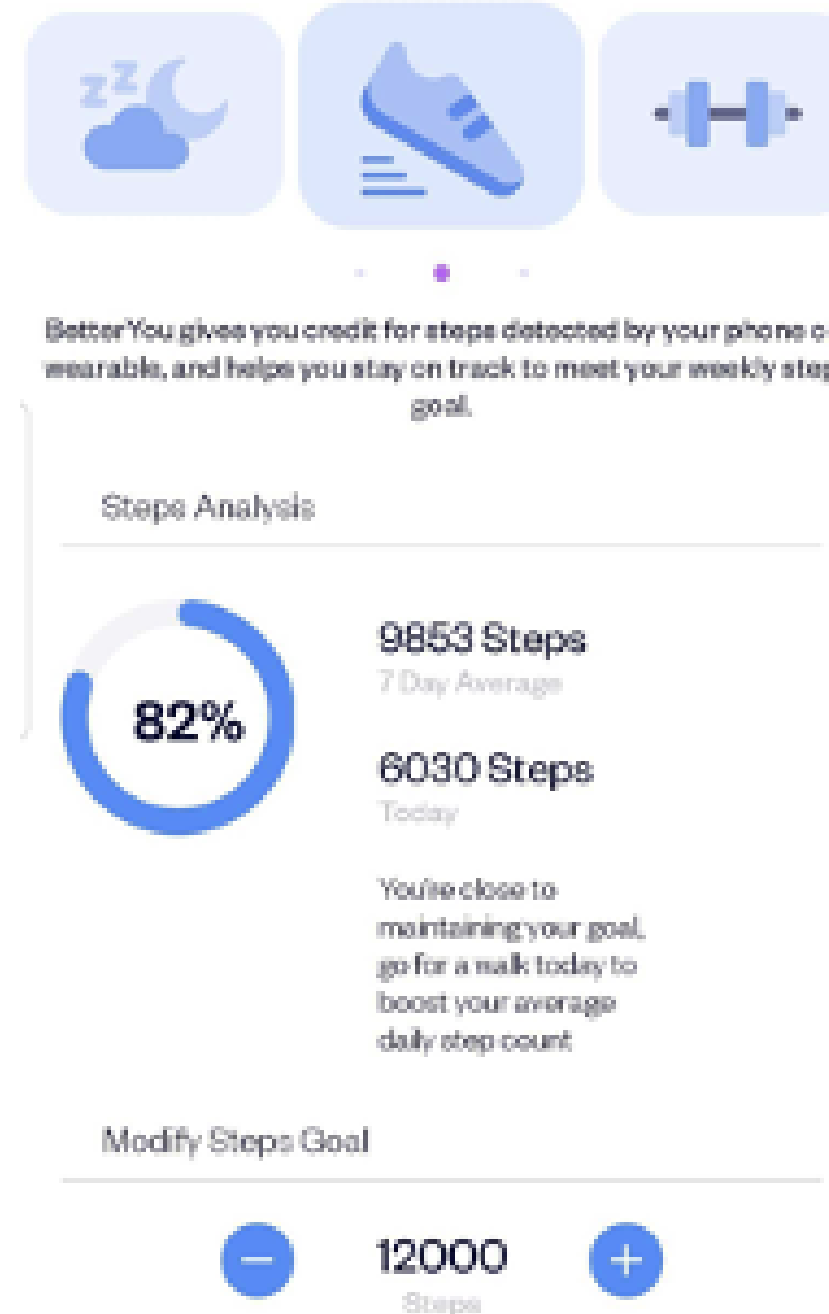
BetterYou



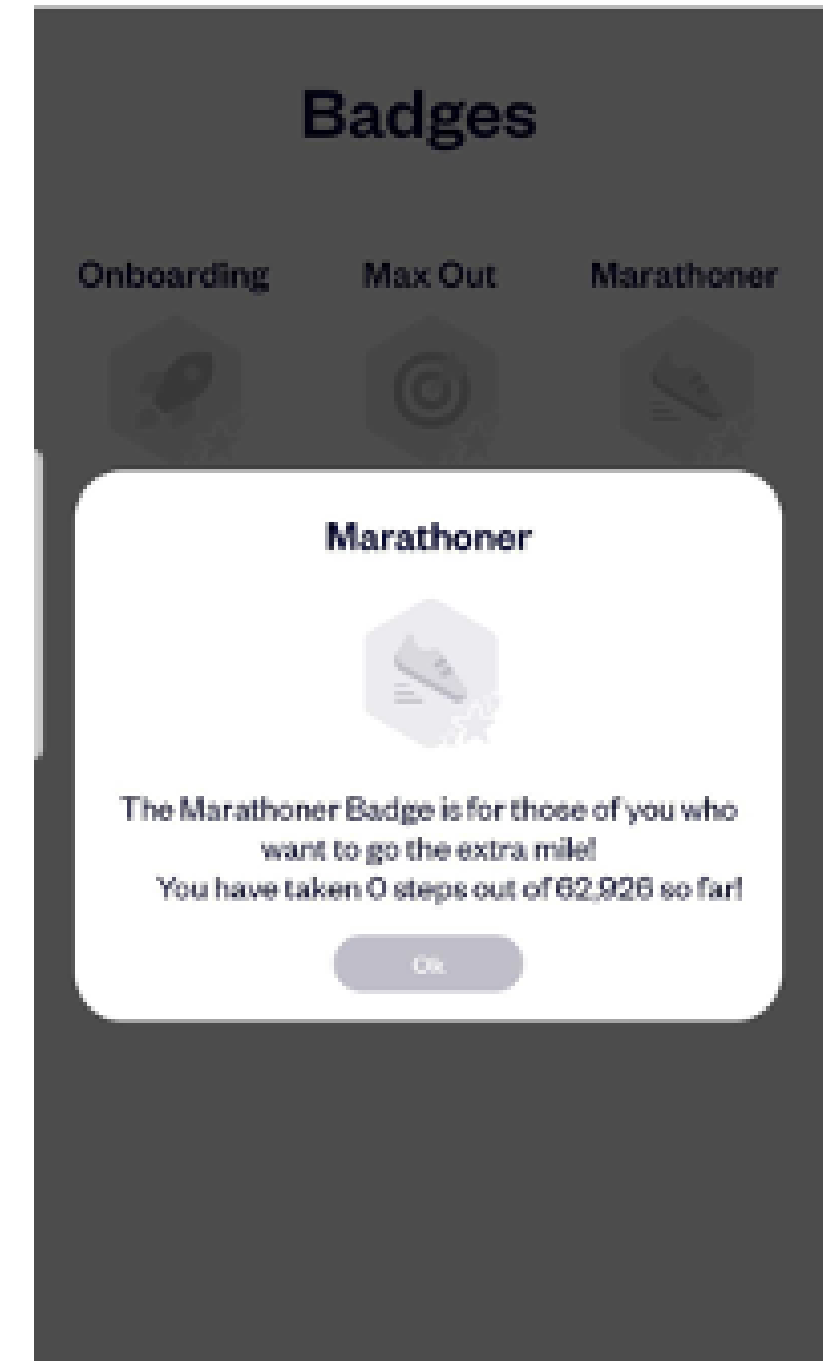
Maps how you spend your time



Detailed goals show exactly what's left to do



Badges to track your progress



Goals

What's most important to you?



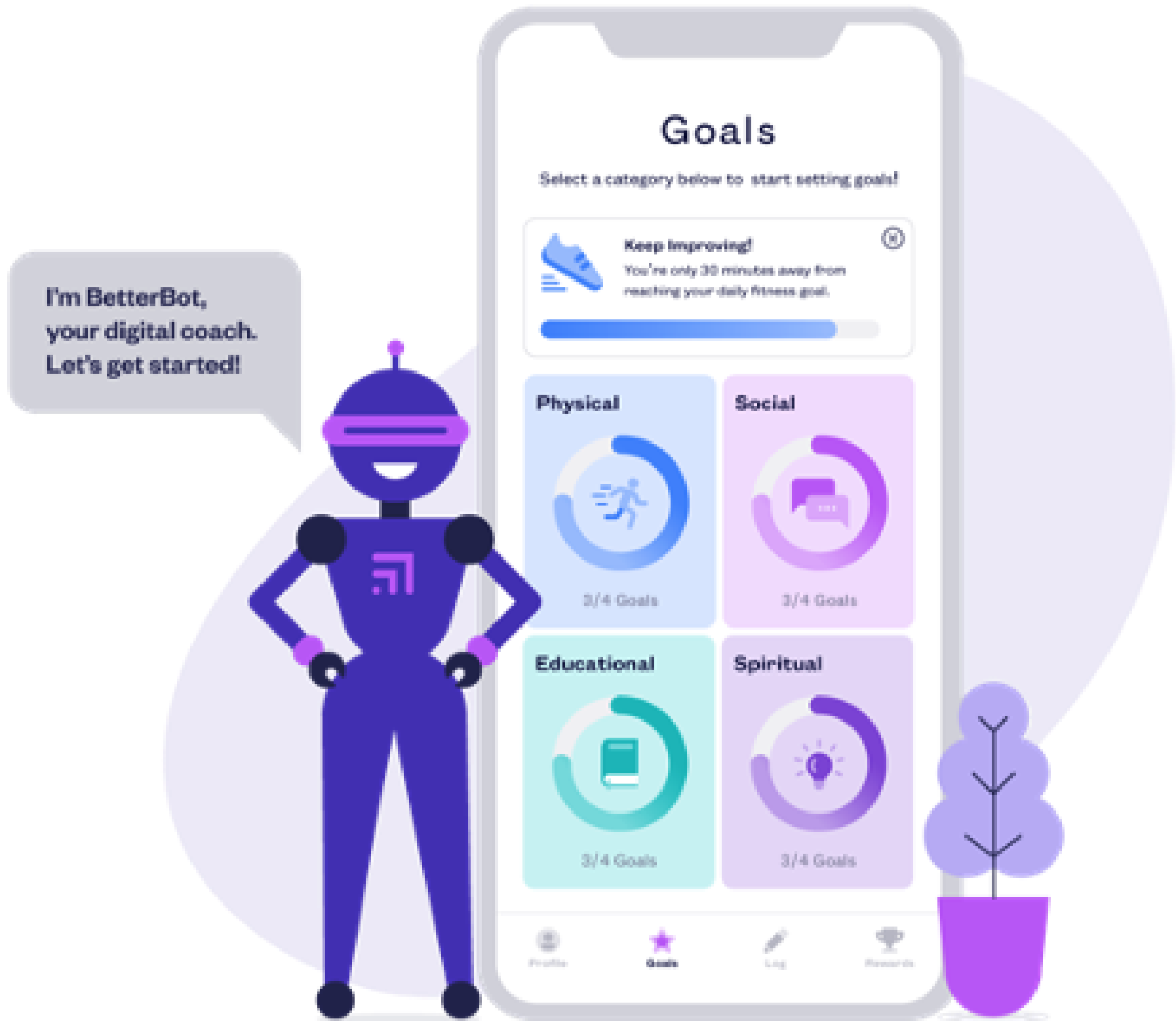


Ready to become your BetterYou?

Register with your university email address and download the BetterYou app today!

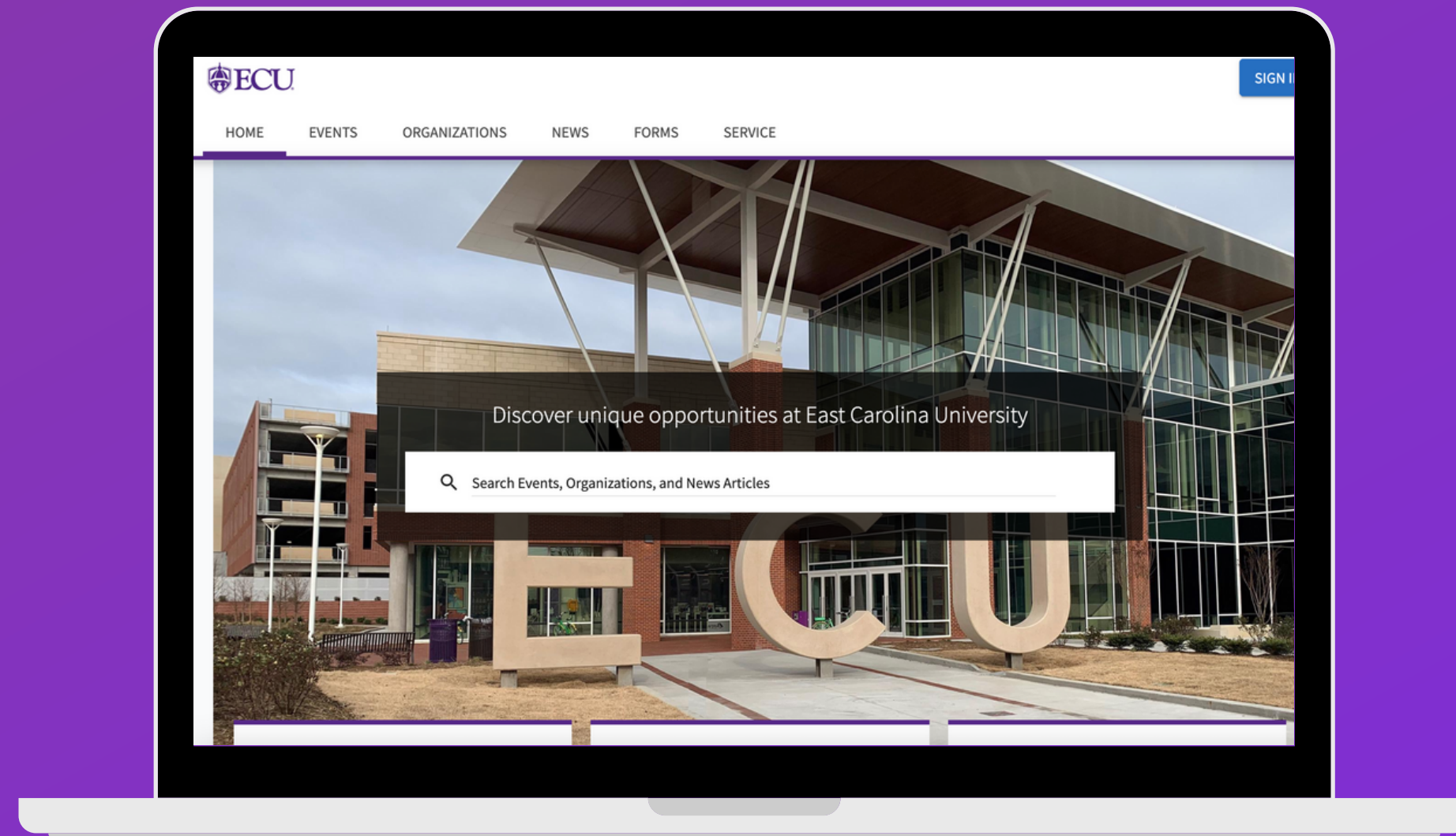
register.betteryou.ai

Go!



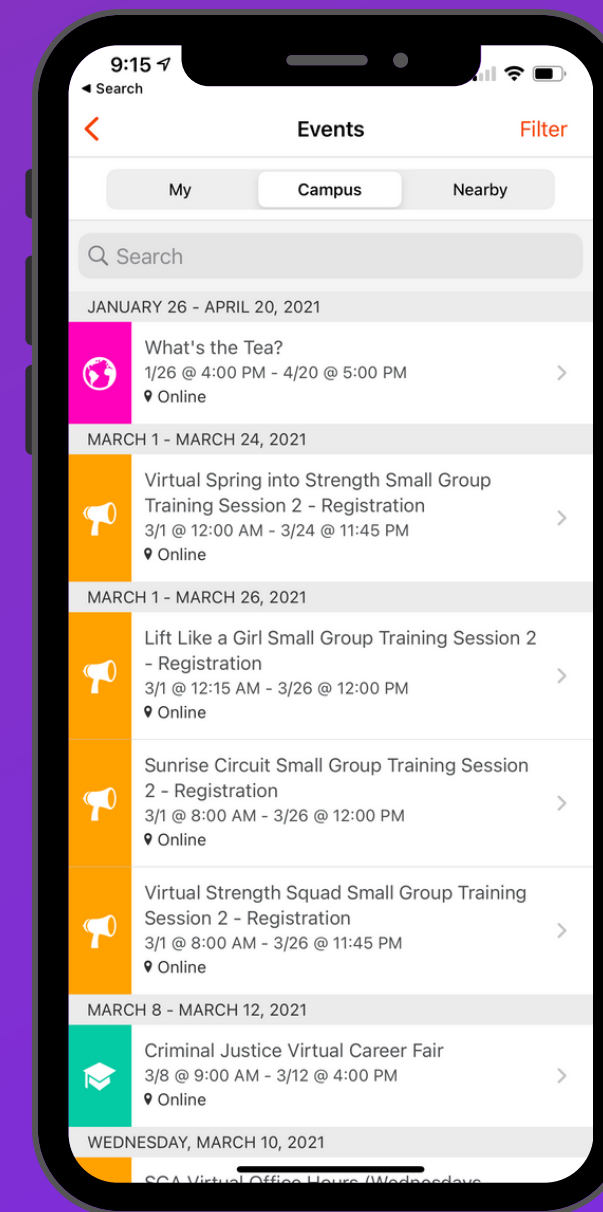


How ECU students get involved...



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Engage



CORQ



Welcome to Well-Being Coaching

from Campus Recreation & Wellness

How can we help?

| *Your first steps to thrive.*



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WELL-BEING HUB

campuswellness@ecu.edu

