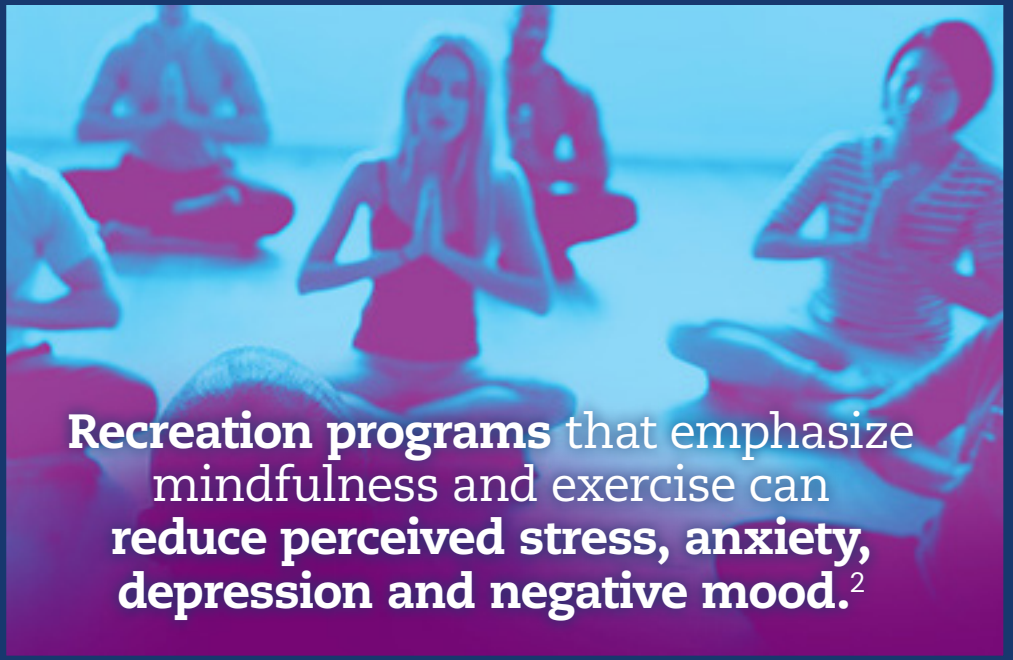


# Recreation *for* Wellbeing



Recreation participation enhances students' sense of belonging.<sup>1</sup>



Recreation programs that emphasize mindfulness and exercise can reduce perceived stress, anxiety, depression and negative mood.<sup>2</sup>

## College students who actively participate

in instructor-led group fitness or exercise classes, intramural sports, open recreation, outdoor adventure activities and/or trips, and sport clubs have greater resilience and a higher sense of belonging compared to their peers who do not actively participate in those recreational activities. Recreation centers on campus provide meaningful opportunities for students to engage with each other, improve their resilience, and become integrated into their institutions...<sup>3</sup>



See more data points at [nirsa.org/rec](https://nirsa.org/rec)

<sup>1</sup> Miller, J. J. (2011). Impact of a University Recreation Center on Social Belonging and Student Retention. *Recreational Sports Journal*, 35(2), 117–129. • Phipps, C., Cooper, N., Shores, K., Williams, R., & Mize, N. (2015). Examining the Relationship between Intramural Sports Participation and Sense of Community among College Students. *Recreational Sports Journal*, 39(2), 105–120.

<sup>2</sup> Fenton, L., White, C., Hamilton-Hinch, B., & Gilbert, R. (2018). The Impacts of Recreation Programs on the Mental Health of Postsecondary Students in North America: An Integrative Review. *Leisure Sciences*.

<sup>3</sup> Soria, K. M., Boettcher, B., & Hallahan, K. (2022). The Effects of Participation in Recreational Activities on Students' Resilience and Sense of Belonging. *Recreational Sports Journal*, 46(2), 184–192. <https://doi.org/10.1177/15588661221125201>

# NIRSA *for* Wellbeing

**NIRSA: Leaders in Collegiate Recreation** comprises over 4500 members on nearly 900 campuses throughout the United States and Canada, serving an estimated 10.3 million students annually.

NIRSA's Strategic Plan prioritizes wellbeing. With this plan, NIRSA will continue its work with partners to pursue the aims of the inter-association commitment to wellbeing. NIRSA's Health & Wellbeing Task Force will continue to produce key resources and educational content.

## Promising Practices

Promising Practices are multi-modal learning opportunities that highlight collaborative or integrated wellbeing initiatives and campus-wide efforts that support the campus community. These initiatives are driven and realized by the efforts of campus recreation leaders and their campus partners.

► [nirsa.org/promising](http://nirsa.org/promising)

## Wellbeing Briefing

The Briefings communicate the collective work in the wellbeing field; share research; connect members to existing wellbeing resources, tools, and surveys; and communicate training and development opportunities in the wellbeing space. This resource curates content to minimize information overload and reduce the research rabbit hole!

► [nirsa.org/briefings](http://nirsa.org/briefings)

## Inter-association wellbeing work

"We believe it is time to transcend reactive, siloed, programmatic approaches to health and establish foundational, proactive, wellbeing initiatives for the campus community."

Since 2017, NIRSA has been working closely with NASPA, ACHA, and other higher education associations to work together in pursuit of wellbeing in higher education.

In addition to co-authoring "Health and Well-Being in Higher Education: A commitment to student success," the organizations have hosted several thought leadership gatherings. These gatherings have led to the "Inter-association Definition of Well-Being" and a joint research grant, among other things.

► [nirsa.org/hands-in](http://nirsa.org/hands-in)

