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New Mental Health and Wellness Room Opens

September 23, 2022

Faculty and staff in the Waters College of Health Professions (WCHP) now have access to a room specifically designed to create tranquility and peace in the workplace. In 2021, Tamerah Hunt, Ph.D., associate professor in the Department of Health Sciences and Kinesiology, was named to the inaugural group of Waters Professors and Waters Faculty Fellows and decided to use her award to launch the Waters Faculty Mental Health and Wellness Room.

“I designed this room based on the response from faculty, staff and student interviews that discussed increased levels of anxiety, mental health distress, burnout, and lack of motivation and engagement in the University across scholarship, service, and teaching prior to and following the COVID-19 pandemic,” stated Hunt. “It appears that levels of mental distress among faculty and staff in the college has risen consistently over the past five years and the number of sick days or lost productivity has increased as well.”

Hunt is hoping the new space will provide faculty and staff with a break from their normal routine and a sanctuary space for peace, rest and rejuvenation while remaining on campus.

The room is located on Georgia Southern University Statesboro Campus in room 1129B in the Hollis Building and includes items that have calming colors, green plants for health and wellness, and supplies that enhance organization and personal wellbeing. While in the room, individuals have access to eye masks, a puzzle and art table, tea cart with supplies, adult coloring books, yoga mats and foam rollers.

Though the room is currently only open to WCHP faculty and staff, Hunt hopes to be able to open the room university-wide in the near future.

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