

MONDAY MEDITATION

FROM STRESSED TO BLESSED: WELLNESS UT'S JOURNEY TO MINDFUL MASTERY

The Peaceful Vibes

Balance UT is an amazing organization on campus that provides a place for students to unwind and decompress after long hours of studying and working. Meditation by definition is, “a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.” I was given the opportunity to speak to Camille DeBeary, the leader of Wellness UT. She gave incredible insight into the club's workings and operations. Wellness UT hosts events like Monday Meditation, vision board makings, and more. Camille has worked her way up to becoming president and leading a group with such a positive change. First, one of the main questions walking into meditation would be how experienced is everyone here, or, do I need to have prior knowledge of meditating to be here? Camille says that for Monday Meditation they keep it pretty simple to accommodate people who have never meditated before. She says “We generally do relaxing, destressing, manifesting, and grounding meditations that are easy for all levels of meditators to do.” Meditating is a very healthy experience for all people to be involved in.



In college, students are constantly surrounded by stressors like school work, jobs, clubs, and the first few experiences of living on their own. She says that there have been very positive responses to being a part of a club like this one! She has heard from others that Monday Meditation gives people a sense of structure and a start to their long week ahead of them. She says “It also helps people understand their emotions and know how to alter their thoughts if that makes any sense.” Not only is Monday Meditation a great start to the week, but it can also teach people who might not know much about meditating, more about how they can practice on their own time, outside of the club. Expanding on Camille's insights, it's clear that Wellness UT is more than just a club; it's a pivotal part of the campus community that fosters an environment of growth, learning, and mental health awareness. The organization not only offers a reprieve from the daily grind but also educates its members on the fundamental principles of mindfulness and meditation. By integrating these practices into their routine, students can significantly enhance their quality of life, achieving better focus, reduced stress levels, and improved emotional resilience. Camille also claims that she never thought she would ever become a president of a club. She says that she joined with intentions of becoming a part of the club in some way, but not head leader. She says, “I was promoted to Event coordinator to prepare me for being President. With all my roles involved with Balance, for me, it was important to make an impact on students. Whether it was mentally or just making their days a little brighter. Especially with Event coordinating, I wanted students to have a gateway from school, and have a community to interact with. Now as president, I still want to make an impact on UT's student body, but also the growth and bettering of the rest of the Balance Board; setting up the Exec board for success.” Monday Meditation is an amazing community filled with people who want to impact the community in a positive and chill way.

