TO PROMOTE GOOD HEALTH, DALLAS AREA COLLEGES REALIZE NEED FOR MEDITATION ROOMS

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<https://studentaffairs.unt.edu/sites/default/files/counseling-and-testing-services/images/self-help-resources/meditation-infographic.png>

Even though college is rewarding and fun, it sometimes can be stressful for students, faculty and staff. Among other schools, the University of North Texas – Denton, Texas Woman’s University – Denton and Dallas Baptist University, in an attempt to promote good health, provides meditation rooms as a solution.

UNT’s Coordinator of Spiritual Health Elijah Cumpton describes UNT’s quiet/peaceful meditation room as occupying a big two-room space with a large outside modern type stained glass window located on the fourth floor of the Union Building. “No reservation is needed and it is open during Union Building hours to students, faculty, staff and visitors,” he shares.

Oftentimes, busy schedules deter students from taking time to be still and meditate. Authorities say “Time crunches are stressing us all out these days. But taking a pause from the rush- rush-rush may just help you use your time better.”

TWU – Denton recently opened its new wellness room for students, staff and faculty, which is located on the third floor of its beautiful library. Jennifer Morton-Riggs, Manager, Library Events & External Relations describes it as a swipe access space specifically designed to offer a quiet place for meditation, reflection and prayer. It offers a water feature, prayer cushions, storage cubicles and large windows to allow openness and natural light.

The concept, Riggs says, is to provide a wellness room with a collaborative vision to provide the TWU community with a place for yoga, meditation and a quiet place for students to pray.

Dean of TWU Libraries Suzanne Sears adds “We believe in providing our students with a space that not only promotes their physical and emotional wellbeing but a place for spirituality if students choose.”

For the past 30 years, DBU has provided students with special locations for not only academic study but spiritual quietness. There is a designated campus room where students, faculty and staff can pray.

DBU President Dr. Adam C. Wright says “We encourage the DBU Family to engage in a well-balanced healthy lifestyle and offer a variety of workout options on campus. Our Wellness Program provides options and benefits for employees to engage in exercise and other fitness programs.”

Many colleges recognize a need for a meditation room or quiet place(s) for students to take a break from stress. “Mental pain and anxiety are a background noise that can underline much of what we do. “A quiet/peaceful place allows students to see firsthand what is causing it,” agree experts.