



Stanford Community

July 2019 Wellbeing Report

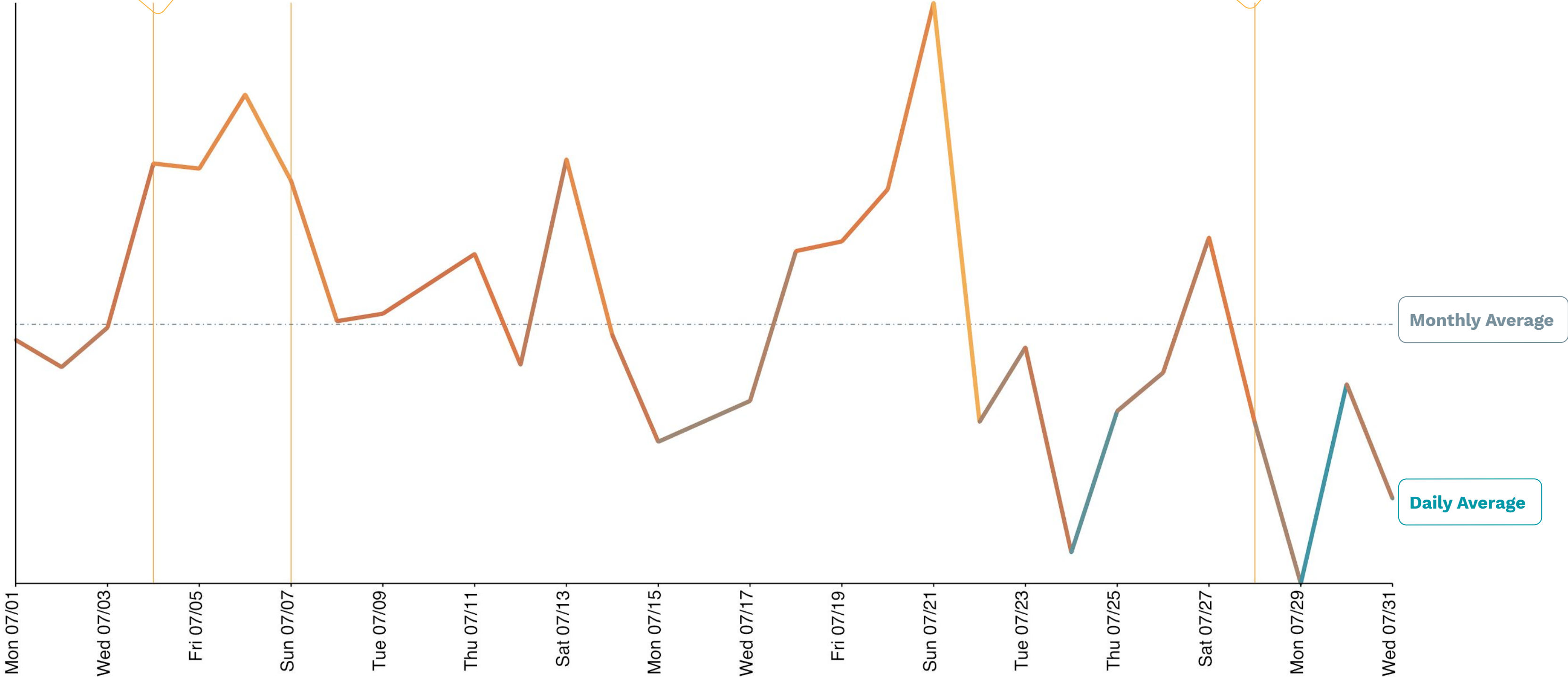
July 2019 - Wellbeing Trends**



Above Average

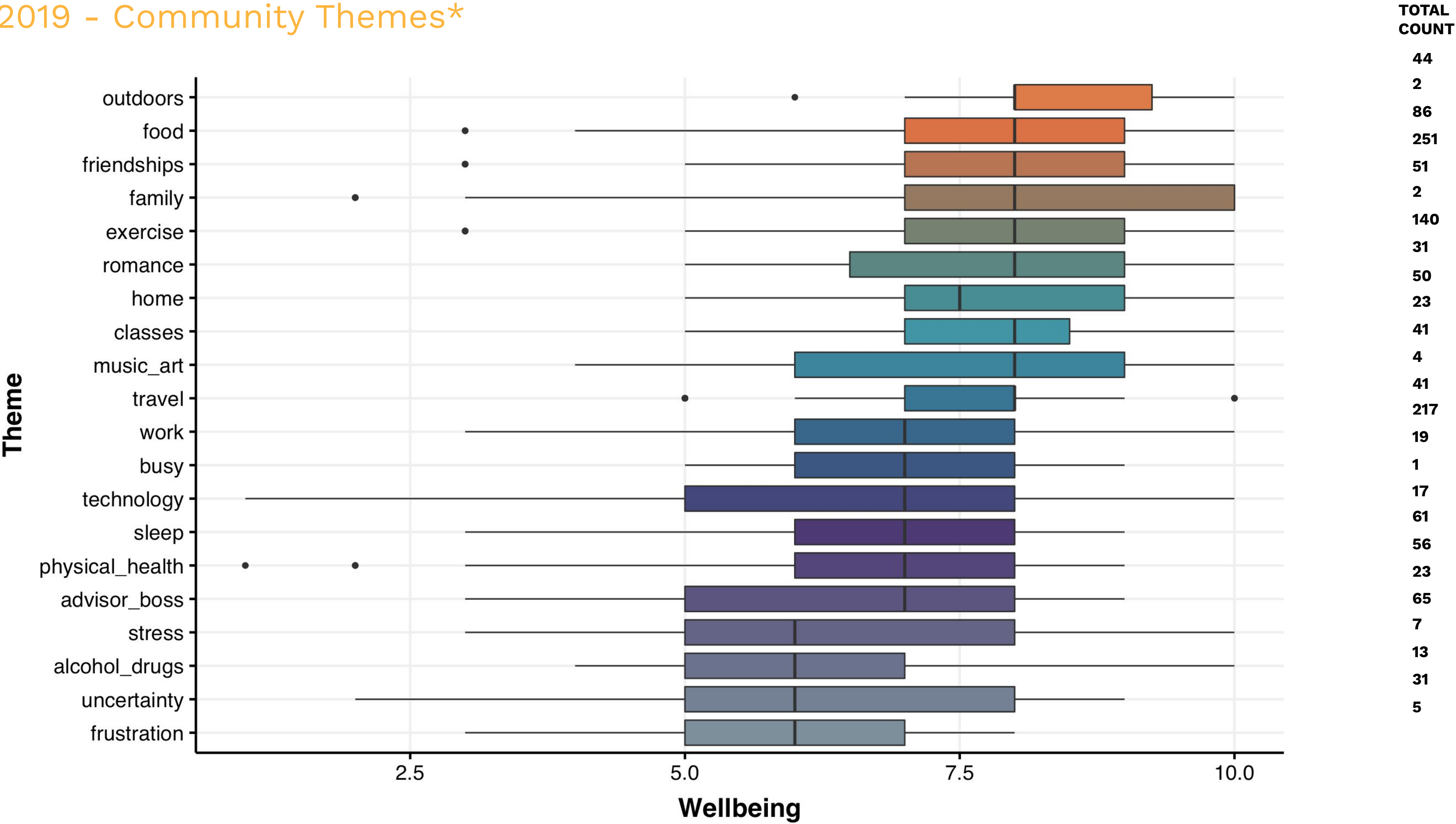
Below Average

Wellbeing



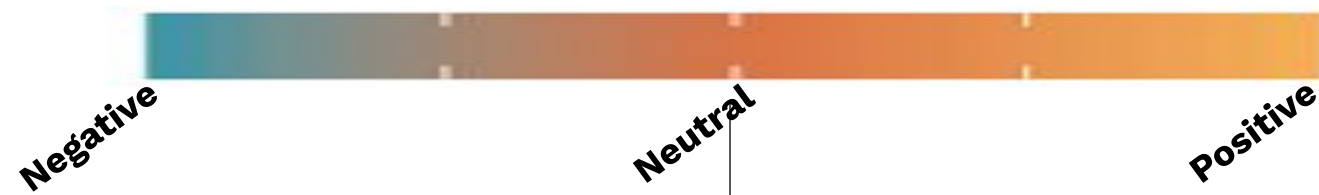
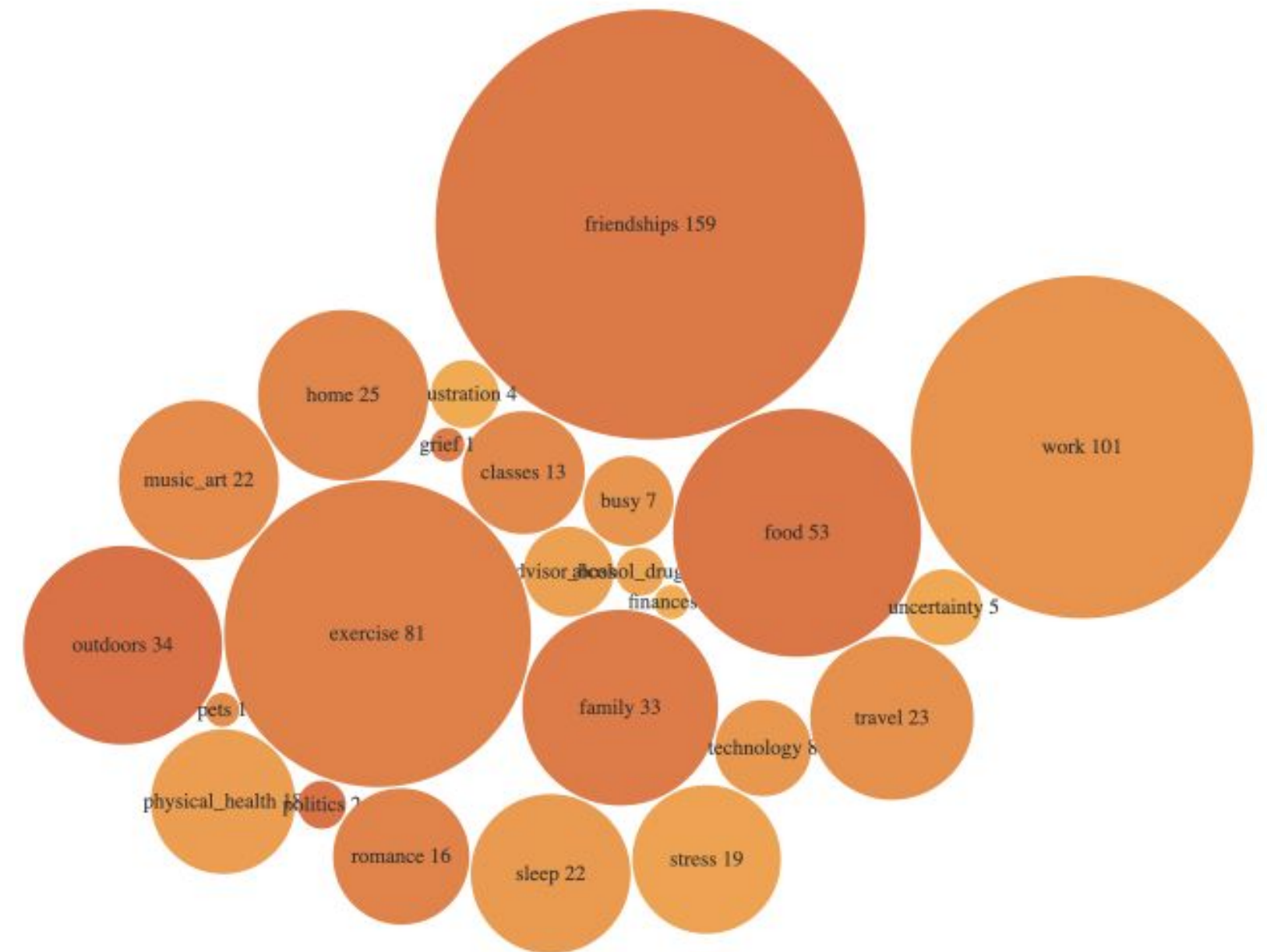
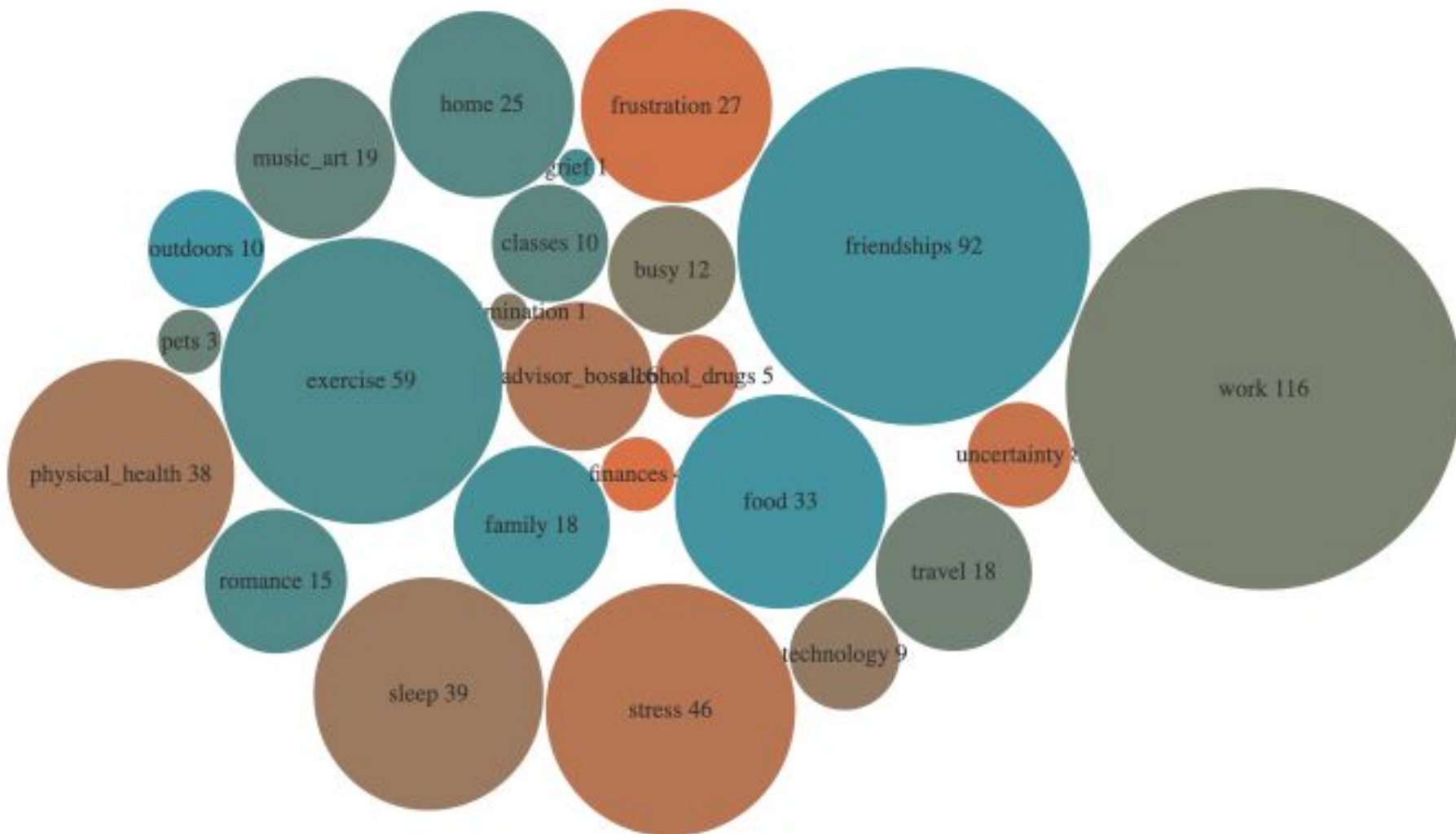
* Aggregate data for all 90 pilot participants
 ** Based on self-reported wellbeing scores

July 2019 - Community Themes*



Themes from the rough days

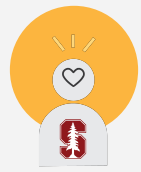
Themes from the good days



July 2019

Reflections From The Highs And Lows*

*All reflections in this report are included with explicit permission by the author.



Amazing therapy session. Got exercise. Pretty productive.

July 11



“Went on amazing hikes, laughed with people until my abs hurt, saw beautiful trees and all shapes and sizes, hugged an old friend until it felt like home.”

July 21



“I made a somewhat major research breakthrough today, but I don't feel like I have any support from my advisors. I feel like I'm dragging myself through my PhD and there's no end in sight. I feel like I can't even celebrate making progress because I'm so stressed about making deadlines. Today was such a Monday.”

July 8



“Even though I am with friends I feel emotionally distant from them. They are both in serious relationships and talk about it a lot which makes me feel very alone.”

July 1

July 2019

Work Is A Common Theme On Good Days And Bad*

*All reflections in this report are included with explicit permission by the author.



“I had to spend a lot of time today doing **work** alone/emailing. I would rather be around people.”

July 1

“Put in good hours at **work**, messed up multiple times but got to know someone I wanted to know better! Also had a good dinner with friends.”

July 1

“I had a lot of good meetings with great social interaction. I think my best weekdays are the ones where I spend at least 4 hrs **working** with other people.”

July 1

July 2019

Updates From HQ



July was the second month of our pilot ([June's report available here](#)). Here's what's new and some questions for you!

- **Increased the pilot community by 45 people with a total of 90 with 1105 Check-ins.**
 - 👉 Should we create a name for our users? Karuners?
- **Testing out new questions and ways to frame the high and the low**
 - 👉 Have you noticed? Do you like it?
- **Asking users to share information about their school of study.**
 - 👉 Why we do this? It helps us better understand and pinpoint themes, both negative and positive, and help inform programming and policy changes.
- **Building a community dashboard so this *fingers crossed* should be the last community report sent out in this format**
 - 👉 Have some ideas of what you would want to see in a dashboard? Email us!
- **Developing natural language processing to identify themes and trends in the community**
 - 👉 This was the low hanging fruit, version 2.0 is already in the works.



Bouchon, Chief Officer of Emotional Support and Silliness

Invite others to join the pilot by texting "Karuna" to (855) 340-9055 (feel free to share the report)!



Stanford Community

June 2019 Wellbeing Report

June 2019 - Sometimes dips happen



“Lots of work done and three solid workouts”

June 3rd

“Bad meeting with advisor”

June 4th



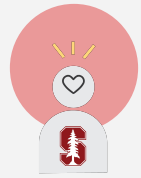
“Fun time working out with the team this morning and loved hanging and bbqing with the Ed folk. I could use a bit more sleep and giving my body a bit of time to recover physically”

June 1st

“It sucks dealing with a broken medical system. It's amazing how quickly I lose it when I lost my physical health.”

June 2nd

June 2019 - And bouncebacks too



“Commence weekend makes me feel crappy and existentially lonely, and I am about to start my period.”

June 3rd

“Biked in the morning, hiked with friends in afternoon, and I liked those things”

June 4th



“Stressed about job hunting but got to relax a bit with loved ones”

June 1st

“Found some hope in issues I have been stressed out about”

June 2nd

June 2019 - Reflection Highlights*



Well, I'm struggling real hard to finish work on time and having to lie about why it's not done because people at the lab don't know about my depression. Buuut, I actually made some progress and was less harsh on myself for not having gotten as much done as I wanted this week. So, I'd say those two things bring the day up.

Got back to running which was nice, but couldn't find the motivation to do much else. Overall still a decent day.

June 2nd

June 10th

June 20th

June 5th

June 19th

Slept in, played volleyball in the sun, had lunch with a friend, and then spent some quality time with the triathlon team. Would've been a 9.5/10 other than a looming academic supervisor issue that is causing long term low level stress and anxiety

Was productive with research, felt good about going to the gym. Have to leave my bf's place tomorrow to go to campus. I don't like being in my apartment because it's lonely.

PhD uncertainty. Need to train and gtfo

June 2019 - Life is full of ups and downs

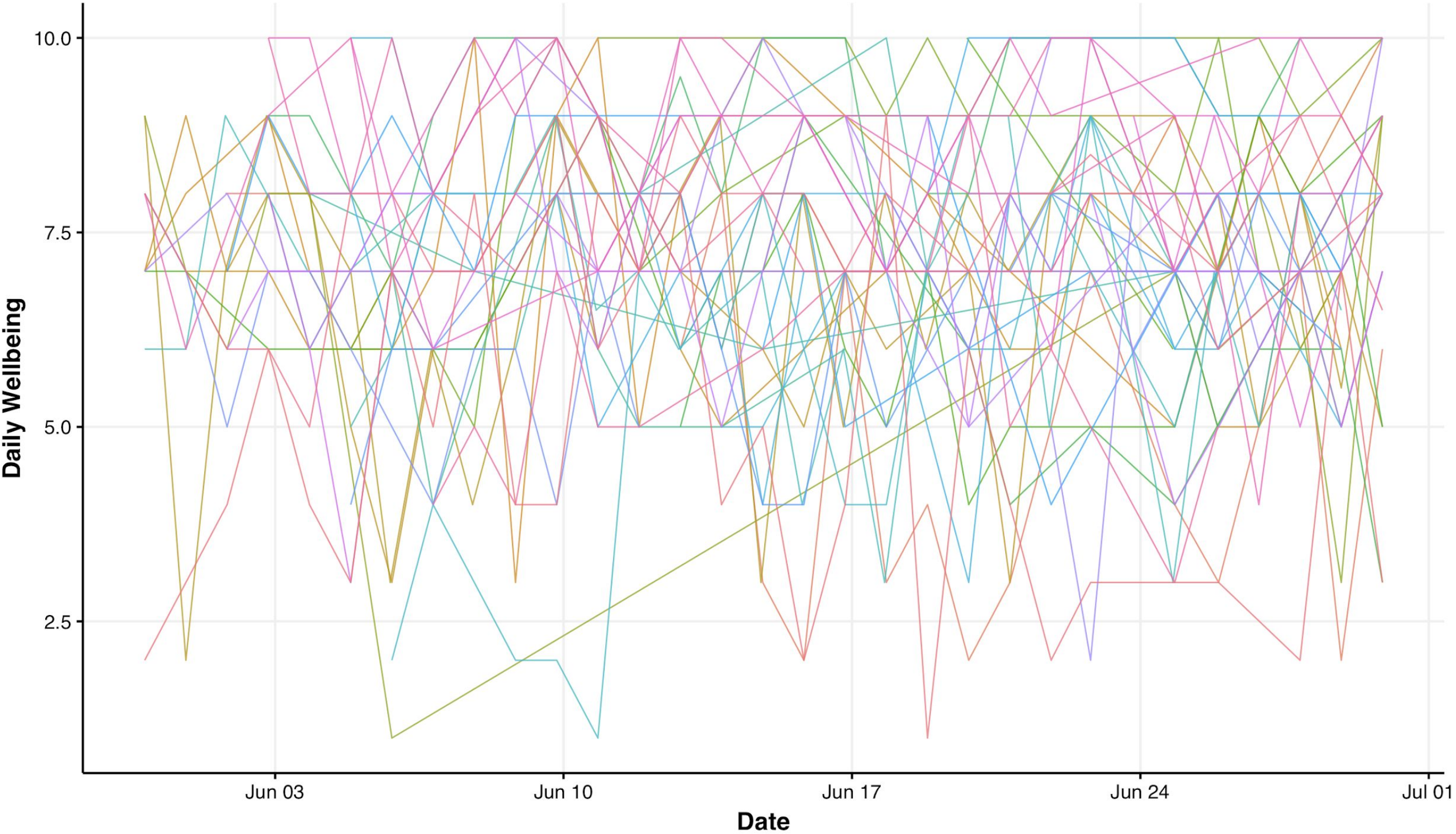


21 out of 59 students experienced a 4 or below at least once

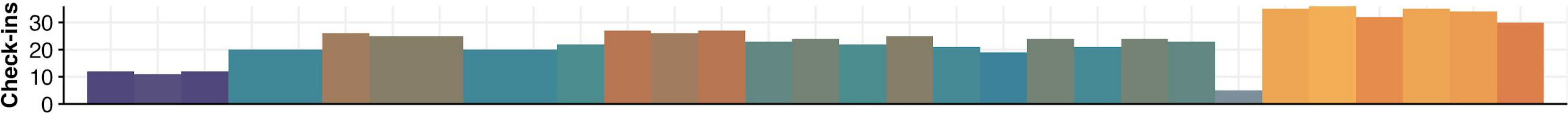
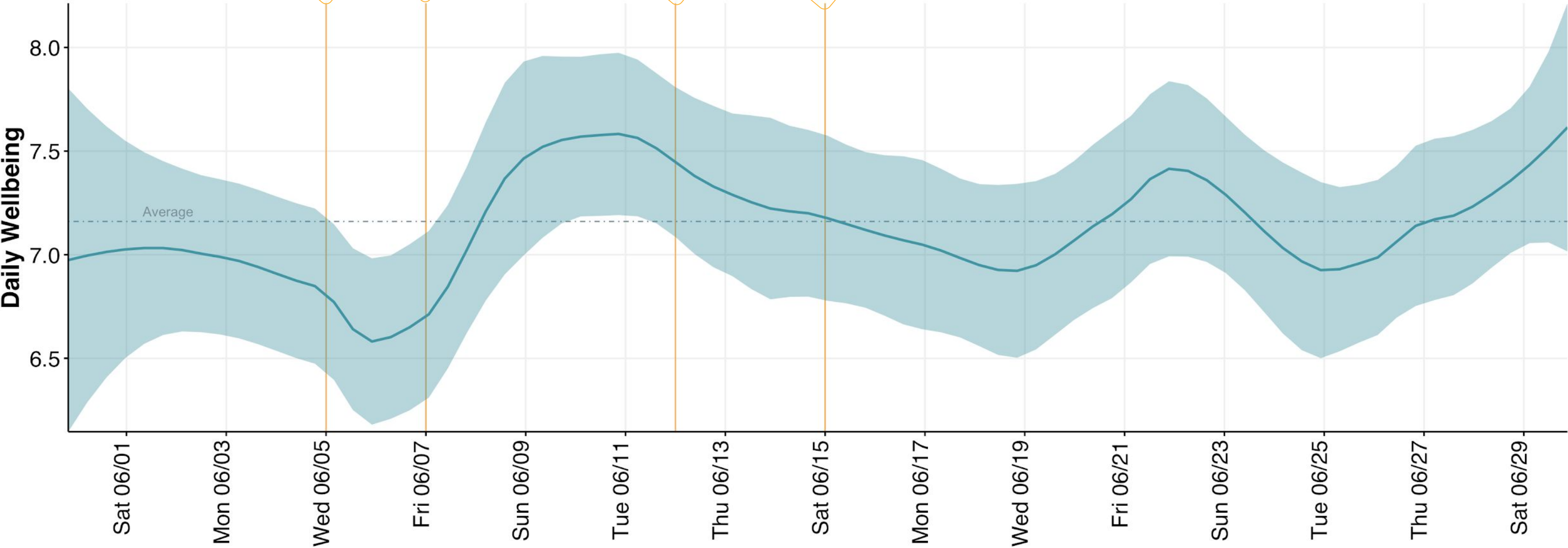
35 out of 59 students experienced a 9 or above at least once

Per User Range
Smallest: 0
Largest: 8

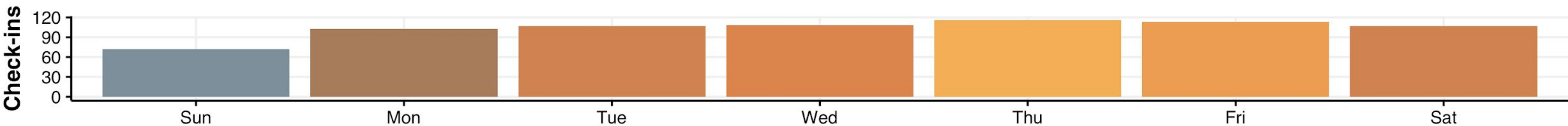
Community Range
Median: 4



June 2019 - Trends in Wellbeing



June 2019 - Days of the Week



Thank You

We so appreciate the feedback, insight and ideas that you have given us so far this pilot. Here are a couple of the many ideas we are considering for future iterations of the community wellbeing report.

Our goal with these reports is to give voice to the reality of student wellbeing at Stanford.

Imagine natural language processing that identifies the recurring themes affecting student wellbeing, both negatively and positively.

Imagine seeing student wellbeing across campus broken down by school, department, year, residence, etc... updated every week.

We envision these community reports planting the seed of cultural change within the Stanford community. Let's see if we can bring that seed to life.

We currently have 60 students in the pilot, 52 graduate students and 8 undergraduates. We would love to reach 200 for our summer pilot. **Please help us spread the word and invite others to join the pilot by texting "Karuna" to (855) 340-9055.**