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Inclusive-Uni: *Promoting Inclusive Campuses for Equity and Diversity*

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Module 2 – Mental Wellbeing

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Mental wellbeing perspective

Inclusive professional practice contributes to psychological wellbeing by reducing unnecessary barriers and creating environments where people feel respected, supported and able to participate.

Clear expectations

Lower uncertainty

Less avoidable stress

More confidence

Participation

Belonging

How can my everyday professional practice contribute to psychologically safe and supportive environments?

Evidence says: Predictable, respectful and accessible practices can support confidence, motivation, participation and belonging. [Source: EUROSTUDENT 8 Well-being Report 2024 ↗](#)