



**MEETING 6:
SELF CARE,
STRESS
MANAGEMENT
AND MENTAL
HEALTH**

SigEp

MEETING 6: SELF CARE, STREE MANAGEMENT AND MENTAL HEALTH

PURPOSE

This meeting should provide members an opportunity to learn about ways to manage and cope with stress and mental health issues.

LEARNING OUTCOMES & OBJECTIVES

Participants will...

- Gain knowledge about on campus resources available for mental health.
- Learn strategies for stress management.
- Understand how to help someone who might be suffering with a mental health issue.

AREAS OF DEVELOPMENT

Intellectual, Physical Health & Wellness.

SESSION FACILITATORS

- Sigma Challenge coordinator.
- Guest speaker/facilitator on mental health/stress management.

SESSION OUTLINE [60 MINUTES]

[5] Welcome.

[10] Understanding stress and mental health.

[30] Guest speaker on mental health and stress management.

[10] Managing stress and promoting mental health.

[5] Session wrap-up.

MATERIALS & EQUIPMENT

- PowerPoint presentation and projector (if needed).

SESSION PREPARATION

- Arrange for campus professional to facilitate a session about on-campus resources and issues regarding mental health and stress management.
- Set up room for challenge meeting.
- Verify with the guest speaker of the date and time of meeting or activity.
- Send out a reminder to challenge participants about the meeting.

1. WELCOME [5]

WELCOME

The Sigma Challenge coordinator(s) should welcome members and introduce today's meeting topic.

GUEST INTRODUCTIONS

- The Sigma Challenge coordinator(s) should introduce today's guests:
 - Campus professional.
 - Strive to include a student affairs professional who focuses on mental health. This could include someone who works in the counseling center.
 - If you cannot engage a campus professional, try to engage a local community mental health professional.

2. UNDERSTANDING STRESS AND MENTAL HEALTH [10]

BEGIN THE SESSION BY HAVING EACH MEMBER LIST THREE THINGS THAT CAUSE STRESS IN THEIR LIFE.

- Members do not need to share their answers if they do not wish to do so.

EXPLAIN THAT STRESS IS A COMMON OCCURRENCE AMONG COLLEGE STUDENTS. TAKING CARE OF OUR MENTAL HEALTH HELPS US ACHIEVE A SOUND MIND.

EXPLAIN THAT FOR THE REST OF THIS SESSION, THEY WILL BE LEARNING ABOUT WAYS TO REDUCE AND MANAGE STRESS, AS WELL AS LEARN ABOUT COMMON MENTAL HEALTH ISSUES AND CAMPUS RESOURCES.

3. GUEST SPEAKER ON MENTAL HEALTH AND STRESS MANAGEMENT [30]

A CAMPUS PROFESSIONAL SHOULD PRESENT ON MENTAL HEALTH AND STRESS MANAGEMENT. THEIR PORTION OF THE SESSION SHOULD INCLUDE:

- The dangers and impacts of stress in college.
- Common mental health issues with college students.
- How to remove the stigma of mental health.
- Stress management techniques.
- How to help others who may be facing stress or mental health issues.
- Campus resources available for students.

ALLOW TIME FOR MEMBERS TO ASK QUESTIONS OF THE GUEST SPEAKER.

4. MANAGING STRESS & PROMOTING MENTAL HEALTH [10]

DIRECT MEMBERS BACK TO THEIR LIST OF THREE STRESSES THEY LISTED AT THE BEGINNING OF THE SESSION.

BASED ON THE CAMPUS PROFESSIONAL PRESENTATION ON STRESS MANAGEMENT, MEMBERS SHOULD DEVELOP STRATEGIES FOR HOW THEY WILL WORK TOWARDS MANAGING THE THREE STRESSES THEY LISTED.

MEMBERS SHOULD ALSO DETERMINE ONE ACTIVITY THEY WILL PARTAKE IN THIS WEEK TO PROMOTE A SOUND MIND AND MENTAL HEALTH.

- **Note:** If possible, schedule a time for members to attend a group yoga class on or off campus. You can also bring in a yoga instructor or use an instructional video to accomplish the activity.

5. WRAP-UP [5]

LESSONS LEARNED:

Provide an opportunity for a few members to share the most important thing they learned from today's meeting.

FOLLOW UP:

- Set expectations for members to complete by the next meeting or event: engage in a strategy to promote stress management and/or practice mental health.
- Set time and place for next week's meeting.
- If guests allow, post/provide contact information for your guest speaker.

QUESTIONS:

Provide an opportunity to answer any questions members have from this meeting and in preparation for the next meeting.