

# BUILDING UP **DELTA TAU DELTA** BROTHERS

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Brotherhood Building Tools



DELTA TAU DELTA



## ACTIVITY #1:

# MINDFUL MEN

Mindfulness is being aware of our thoughts, feelings and emotions. When we practice mindfulness, we are focused on the present moment rather than rehashing the past or imagining the future. This guided meditation activity will teach brothers how to practice mindfulness and get in tune with themselves.

### **WHY?:**

Research has shown there are many benefits to mindful meditation.

- Mindful meditation relieves stress. It is healthy to have some level of stress in our lives, but we all have times when our stress level is too high and this is a healthy practice of relieving it.
- It can help us focus and concentrate. There are many distractions in our world and slowing down and meditating retrains the brain to focus on one thing at a time.
- It improves our emotional state and helps us be present in the moment. It allows us time to focus on what we are feeling.
- It increases our level of creative and problem-solving skills.
- It improves our ability to sleep.

### **MATERIALS AND BUDGET:**

There are many Mindful Meditations available on YouTube. Simply search for options you think your brothers would enjoy. You can also utilize apps like Headspace or Calm to lead the brothers in a short mindful meditation.

### **TIMELINE:**

Spend time a week or more prior to researching mindful meditations. Schedule a time with chapter leaders to incorporate this short activity. It could be easily done before or after another meeting or meal.

### **TIP:**

Mindful meditation can feel uncomfortable and silly and first. Start with a short meditation, 5 minutes or less, and really set the stage for your brothers. Encourage them to stay silent, close their eyes and see if this works. If you want to process after you can or just ask brothers individually what they thought.

## ACTIVITY #2:

# GET YOUR STRESS OUT

Stress is an emotion we all face and it is important to develop strategies to cope. This quick and dirty activity is designed to be fun and give members a tool they use to reduce during stressful times. This activity can be modified to make something else to help brothers cope with stress or anxiety. You are welcome to make fidgets or other tools.

### **MATERIALS:**

Enough balloons for each member to have at least one, large bags of rice, and several small funnels (we recommend 1 for every 7 members participating in the activity).

### **INSTRUCTIONS:**

Give each member a balloon. Have them blow up the balloons to stretch them out.

- Have students then put the funnel into the balloon and fill the balloon with rice.
- Pull the balloon tight and tie the balloon together once enough rice is inside the balloon.
- Brothers can write inspirational sayings on the balloon.

### **TIMELINES:**

Preparation time for this activity is a few days. You will need to go to the grocery to find rice and a dollar store to find plastic funnels. This activity can take 20 minutes or longer.

## ACTIVITY #3:

# MENTAL HEALTH TRIVIA

This quick, fun activity is intended to educate and inform brothers on the four domains of Building Brothers UP - mental, physical, social, or emotional. This game is designed to be played in a similar format to Jeopardy, but participants don't have to answer in the form of a question:)

### **MATERIALS:**

Prizes for winners. White board, flip chart paper or PowerPoint slides would be helpful to share the questions and record the points.

### **INSTRUCTIONS:**

Depending on the size of the group, divide members into teams of 3-4 people. You may need to break the chapter up into different rooms and play several games depending on the size of your chapter. There are four categories - mental, physical, social, or emotional. Each category has five questions and with values of 100 - 500 points. Randomly select one group to select the first question and then the team that answers correctly selects the question from there. The team with the most points at the end of the game wins.

### **TRIVIA QUESTIONS:**

#### **Mental**

- 100 - Name one resource that may be helpful if someone is experiencing stress. (answers = talking with a friend, using a coping strategy like yoga, listening to music, speaking with a therapist, etc.)
- 200 - What percentage of American adults experience mental illness? 10%, 20%, 30% (answer = 20%)
- 300 - A person with this diagnosis often has the feeling of being anxious or nervous. (answer = anxiety)
- 400 - True or False: There is no evidence to suggest that a certain race or cultural group is more susceptible to having a mental health challenge. (answer = true)
- 500 - A person with this diagnosis has a hard time focusing and sitting still making finishing things very hard. (answer = ADHD)

## Physical

**100** - Name one physical benefit of regular exercise. (some possible answers = reduces anxiety, helps us sleep, lowers blood pressures, helps control weight, lowers risk of heart disease, helps prevent cancer, etc.)  
**200** - According to the Mayo Clinic, how many minutes of moderate aerobic activity should you do per week? 100 minutes, 150 minutes or 200 minutes (answer = 150)

**300** - True or false - There is a decline in physical exercise for college students from high school. (answer = true)

**400** -According to the US Centers for Disease Control and Prevention, this percentage of American adults are obese. 40 %, 65% or 78% (answer = 65%)

**500** - True or false - Studies show that the amount of exercise you have each day does not impact your quality of life. (answer = false)

## Social

**100** - True or false - Social well-being is when you have good relationships, social stability and feel socially aware and confident.. (Answer = true)

**200** - Name one benefit of having a strong social well-being. (Answer -have friends to talk to, have positive outlets for fun, people you can laugh and have fun with, connections with others)

**300** - What percentage of millennials on average spend 12 hours on their phone per day? 8%, 13% or 18% (answer 13%)

**400** - Name one negative aspect to texting versus face to face communication. (possible answers = improper use of grammar, it is hard to understand tone, lose personal connection with others, and don't develop social skills)

**500** - True or false - Research has shown that positive relationships with friends during college do not impact academic performance. (answer = false, sociological research demonstrates that spending time with your friends improves your academic performance. Numerous studies find that social support buffers stress and helps people maintain physical and mental health.)

## Emotional

**100** - True or false - In the Growth Mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. (answer = true)

**200** - This quality involves the ability to recover quickly in the face of adversity. (answer = resiliency or grit)

**300** - True or false - Brain-imaging studies suggest that lack of sleep reduces the ability of the prefrontal cortex which helps us control our emotions. (answer = true)

**400** - Name two ways to manage stress. (possible answers = meditation, exercise, therapy, drawing or doodling, listening to music, or writing.)

**500** - Circumstantial factors such as health, marriage, socioeconomic status, or geographic location, are only responsible for this percentage of happiness. 10%, 13% or 16% (Answer = 10%)

## ACTIVITY #4: **POWER OF KINDNESS**

Research shows that doing random acts of kindness increases our level of happiness. We also know that when people who donate money or time to charity you get a boost in a feel-good part of the brain. Kindness helps others, but it also helps us improve our well-being. This activity can be modified to be done within your chapter or your community.

### **INSTRUCTIONS:**

Select a week to recognize brothers for their kindness. The National Random Acts of Kindness week is typically in February. The week prior, brothers can nominate others to be recognized. These should be brothers who have gone above and beyond and shown kindness to others. During the week you are recognizing brothers, pick a few each day to give a thank you note, certificate or small gift to thank them. Do a shout out to them on your chapter social media accounts. Give them a special perk or privilege for the week. Just do something so they can feel what they are doing makes a difference.

### **MATERIALS:**

Thank you notes, certificates or other material used to recognize the brother. Token or gifts if possible.

### **BUDGET:**

This activity could be done with a limited budget and shouldn't exceed more than \$100.

### **TIME:**

This activity will take about 4 weeks to get organized. The first two weeks will be informing and promoting the week of recognition and getting the materials to recognize the brothers. The third week is collecting nominations. The fourth week is the week of recognition.

## ACTIVITY #5:

# CONVERSATION

As brothers, we spend time talking, texting and just hanging out. You may know a little bit about each other, but how many times do you really engage in a conversation about feelings. It doesn't always have to be about doom and gloom, but true honest conversations about feelings.

### **INSTRUCTIONS:**

If you have access, you can share this short video - <https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health/talk-about-your-feelings>

Divide the chapter into small groups of 6-8 members.

Give each member one card.

In the small group, each member should share the question on the card and the small group members should answer the question.

### **MATERIALS:**

Print and cut the attached cards. Make sure there are enough sets of questions to give each participant a card.

### **TIMELINE:**

Prepare for this activity a few days in advance. Make copies of cards and cut apart. Organize a time when brothers will attend and be emotionally open to sharing.

### **QUESTIONS FOR CARDS:**

- Can you control your emotions? Why or why not.
- What makes you feel good?
- What is the saddest movie, song or story you know?
- What happens when you feel nervous? How do you calm your nerves?
- When do you feel most energized? What do you do when you need to energize yourself?
- Have you ever been in love? What did that feel like?
- What is the best way to deal with feelings of anger?
- If you are feeling down, how can you make yourself feel better?