

BUILDING UP BROTHERS

DELTA TAU DELTA

SLIDE GUIDES



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DON'T MESS WITH STRESS

Learning Objectives:

- To recognize things that cause stress in your life.
- To understand the different kinds of stress you can feel.
- To evaluate what you can do differently in stressful situations.
- To practice stress management skills

Slide 2:

Introduce the session. Share the title and the learning objectives with your brothers.

Slide 3:

Share the quote on the slide to brothers. Ask them if they agree with it or not.

Slide 4:

Ask brothers to discuss a time in their life when they have felt really stressed and what it felt like with a partner or small group. Give the brothers a few minutes to discuss and then ask for a few volunteers to share what they discussed.

Slide #5:

Share the slide with the brothers. Ask for a volunteer to read the description of what stress is. Ask brothers to scale for you how stressed they feel right now. Give them a measure like 5 is the most stress they have ever felt and 1 is no stress at all. Have all the brothers raise their hand and hold up 1-5 fingers to indicate their current level of stress. If you notice that a lot of brothers feel stressed you can ask them to share why.

Slide #6:

The goal of this slide is to show there is a continuum to stress. We all feel some stress and some stress can be good. However, some of the brothers might have grown up in a difficult situation and stress was a normal part of their life. Review the three kinds of stress.

Slide #7:

The comments on this slide are things we hear in our society about stress. Ask the brothers if they feel like our society is addicted to being overcommitted and stressed out. The busier we are and the more we have to do is a badge of honor or an accomplishment. However, more is always better. Spend a few minutes discussing the pressure to be stressed out in college.

Slide #8:

This slide outlines some common side effects of stress. Ask brothers to read through the list. You can point out a few that you may have experienced during stressful situations. Ask if anyone shared one of these at the beginning when they discussed how stress felt with a partner.

Slide #9:

Another comment we may hear from our peers is that they actually do better in stressful situations. Ask the brothers if they feel there are certain times when they do better because of stress. Stress can be positive, but we want to make sure we aren't experiencing it regularly or ongoing.

Slide #10:

Stress can be a normal part of life and some of us may not even realize the extra burden we are carrying because we are so used to feeling stressed. For your mental and physical health, it is important to start to recognize what causes you stress and to be mindful to try to reduce the burden it has on you.

Slide #11:

Encourage brothers to ask themselves these questions about things that cause them stress. Read over the questions and then give brothers a minute to think about their responses. You can ask for volunteers to share or just move onto the next slide.

Slide #12:

This slide outlines some suggestions for brothers to help them through stressful situations. Ask brothers if they have any other suggestions for things you do when you feel stressed.

Slide #13:

Ask brothers to find a partner in the room, someone who can help them when they are stressed. Have the brothers share something that causes them to be stressed and a strategy they can use to work through it. Let brothers know this is their accountability-buddy. This person should commit to helping his brother the next time he gets stressed.

MENTAL HEALTH VS. MENTAL ILLNESS: HOW CAN DELTS MAKE A DIFFERENCE?

Learning Objectives:

- To compare the differences between mental health and mental illness.
- To recognize the factors that impact college students' mental health.
- To apply strategies Delta chapters can use to improve members' mental health.

Slide #1:

In this presentation, we will discuss the difference between mental health and mental illness, how it impacts us and how we can help our brothers.

Slide #2:

Review the learning objectives of the workshops so brothers know what you will be discussing.

Slide #3:

Read over the definition of mental health. This slide aims to provide brothers with a professional definition for mental health.

Slide #4:

Read over the definition of mental illness. This slide aims to demonstrate that mental illness is a condition that impacts many aspects of our lives..

Slide #5:

Read through the statistics. These statistics emphasize how common mental health issues are, especially at this age, and therefore why we should care about this topic.

Slide #6:

Mental health and mental illness vary person to person. The goal of this slide is to help members understand that mental health isn't always good or bad and that you must proactively take steps to improve our mental health. You just don't have optimal mental health.

Slide #7:

For those with a mental illness (diagnosed and undiagnosed), can range from minimal to severe. The goal of this slide is to show that mental health can vary depending on the diagnosis and what individuals do or don't do to manage their illness.

Slide #8:

Not everyone has a diagnosed mental illness, but our goal is to help brothers to develop strategies and practices to live a life of optimal mental health.

Slide #9:

Read over the case study. Ask members to discuss if they think this student is struggling with mental health or mental illness.

Slide #10:

Read over the case study. Ask members to discuss if they think this student is struggling with mental health or mental illness.

Slide #11:

Even though Zack has a diagnosed mental illness, the situation described relates to his mental health. Sadness related to a breakup is normal and healthy coping strategies will help this student get through this difficult time.

Brady also has mental illness and the situation described relates to his mental illness. His symptoms relate to his mental illness and are signs that he needs help.

Slide #12:

This slide asks brothers to discuss a question. Either have them partner with someone next to them or have them get into small groups to discuss. After they discuss the question, ask them to report back to the larger group.

Slide #13:

After brothers have shared what they discussed, share this slide with a few examples.

Slide #14:

Read this slide to brothers. This slide describes why the Fraternity is committed to helping brothers improve their mental health.

Slide #15:

The aim for this slide is to discuss statistics from the Healthy Mind Study. Mental illness isn't always something you see and brothers may have struggled in high school and you would never know. These statistics are from college students across the country. Read over them to the brothers. Share that based on these numbers many members are struggling with one of more of these illnesses.

Slide #16:

This slide asks brothers to discuss a question. Either have them partner with someone next to them or have them get into small groups to discuss. After they discuss the question, ask them to report back to the larger group.

Slide #17:

After brothers have shared what they discussed, share this slide with a few examples.

Slide #18:

It is very important to remind brothers that they are not therapists or doctors and if they or someone they know needs help it is important to get it.

MOPING, DOPING AND COPING - STRATEGIES TO HELP YOUR MENTAL HEALTH

Learning Objectives:

- Describe what a coping strategy is.
- Identify one daily coping strategy you use to reduce stress.
- Understand the difference between the four kinds of coping strategies.
- Choose one coping strategy you could use during a difficult time in your life.

Slide #2:

Introduce the session. Share the title and the learning objectives with your brothers.

Slide #3:

Read the quote on the slide to brothers. Ask them if they agree with this statement. Ask them what they think Lou Holtz means by “how we carry the load.” Give your brothers a few minutes to discuss.

Slide #4:

Read the title on the slide - What does carrying the load mean? Share some of the examples on the slide and add some of the comments you heard from brothers when you discussed the quote on the previous slide. Then hit the forward arrow key for the statement at the bottom to appear.

Slide #5:

Ask brothers to take a few minutes to share with a partner about a difficult situation they had in their life and how they faced it. Share a personal example like failing a test, parents getting divorced, the death of a loved one, etc. After brothers have a few minutes to discuss, ask for two or three volunteers to share how they coped with the situation.

Slide #6:

Ask a brother to read the definition of a coping strategy. Let's be honest, life can be hard and we will all face bad times. Some people in this room may have already faced some pretty horrible things in life. We are going to spend time talking about coping strategies and how we develop healthy practices to master, minimize or tolerate stress and conflict.

Slide #7:

Review the slide and discuss the points. The goal of this slide is to help brothers understand that coping strategies aren't elaborate techniques they have to invest extra time, money or effort to learn. It is more about understanding what helps you during difficult times and doing those practices.

Slide #8:

Review the information on the slide. The goal of this slide is to introduce the idea that we all have coping strategies we must do to be happy and productive each day.

Ask brothers when they discussed the difficult times in their lives, did they use any of these strategies to cope?

Slide #9:

The goal of this slide is to share there are many different strategies to cope with stress. We will discuss four different ways to think of coping - physical, mental, emotional and spiritual. Review the difference between the four.

- Mental - something to get your mind refocused on other things.
- Physical - a strategy to release the negative energy through activity or exercise.
- Emotional - releasing the stress through our feelings or senses.
- Spiritual - reconnecting with yourself and what you believe through mindfulness activities.

Slide #10:

Share the slide with your brothers. Highlight a few of the coping strategies under each category. Give the brothers a minute to read through them. Ask them if they have any questions about the strategies.

Slide #11:

Share the slide with your brothers. Highlight a few of the coping strategies under each category. Give the brothers a minute to read through them. Ask the brothers if there are any other coping strategies they would add to these lists.

Slide #12:

Ask brothers to partner with a brother and discuss what strategies they would use if they faced a difficult time in life. Give brothers some to discuss and then ask for a few volunteers to share.

Slide #13:

Share the closing challenge with your brothers. You could even have a follow up conversation at a future chapter meeting to see what strategies brothers are using.

SOCIAL MEDIA: HOW DO SNAPCHAT, TIK TOK, AND INSTAGRAM IMPACT MY MENTAL HEALTH?

Learning Objectives:

- To analyze the benefits of using social media.
- To predict the negative aspects of using social media.
- To choose social media in ways that will improve your mental health.

Slide #2:

Introduce the session. Share the title and the learning objectives with your brothers.

Slide #3:

The goal of this slide is to share some data on social media use among college students. Review the data and ask brothers if they agree or disagree with this information.

Slide #4

Read the discussion questions to the group and ask them to partner up or get into small groups and discuss. Give them a few minutes and then have a few brothers share what they discussed. If time allows, you can ask for a few volunteers to share what they discussed.

Slide #5:

Share the statement. Ask brothers - do you think that social media has caused the increase in mental health concerns we see on campus?

Slide #6:

Read through the statistics. These statistics emphasize how common mental health issues are, especially for college students. Whether social media has caused an increase or not, we still know our brothers' mental health has been impacted by social media. This presentation is intended to help us understand the negative and positive impacts it has on us and develop new strategies when we use social media.

Slide #7:

Ask brothers to partner up or get into small groups and discuss how social media has impacted their mental health. Give them time to discuss and then have a few brothers share what they discussed.

Slide #8:

The goal of this slide is to share four stressors that brothers may or may not realize they experience through social media. Bailey Parnell delivered a very popular Ted Talk about the impact of social media on our mental health. In the presentation, she highlighted these four.

Slide #9:

The goal of this slide is to share the first stressor, which is the highlight reel. Read the description on the slide. The highlight reel is very real. Ask brothers if they have a tendency to share only the good stuff on their social media. Share a personal example of how you might have felt by only seeing positive things happening in other people's lives.

Slide #10:

The goal of this slide is to share the social currency stressor. This concept relates to the fascination we have with how many likes, friends and followers we have. Share an example of time when you posted something and it didn't get many likes. What was like for you and how did you respond?

Slide #11:

The goal of this slide is to share the FOMO stressor. Most brothers will know what FOMO is, but is important to relate it to social media. FOMO is also jealousy. Ask brothers what jealousy feels like and how it impacts how we see ourselves?

Slide #12:

The goal of this slide is to share how people can be harassed through social media. This is a very serious negative consequence of using social media. You may want to share a personal story or find an example that brothers can relate with to demonstrate how this can impact us.

Slide #13:

Point out to the brothers that research has shown, social media does negatively impact us. Share the bullet points with the brothers and connect those to comments they have already made from their discussions.

Slide #14:

It is important to emphasize there are positive aspects to social media. You can even share a personal story about something positive that has happened to you over social media.

Slide #15:

Read over the bullet points about how social media can be positive. Add personal experiences here as well that relate to the points.

Slide #16:

Highlight the points on the slide about how you can use social media to actually improve your mental health. Ask brothers if they have any other examples of how social media can improve mental health.

Slide #17:

Close with a challenge to brothers to find a social media page like Linked In or a group that is related to a personal or academic goal and try to get involved.

THE POWER OF YET: UNDERSTANDING GROWTH MINDSET

Learning Objectives:

- To define what mindset is.
- To identify the difference between growth mindset and fixed mindset.
- To apply the Power of Yet.

Slide #1:

In this presentation, we will discuss the Power of Yet and how a growth mindset can truly change your outlook and success in life.

Slide #2:

Review the learning objectives of the workshops so brothers know what you will be discussing.

Slide #3:

Ask brothers to work in pairs or small groups and discuss a time when they wanted to try something new, but didn't because they were afraid they would fail. Give brothers time to discuss and then ask for a few volunteers to share with the entire group.

Slide #4

Read the quote by Carol Dweck - becoming is better than being. Ask the brothers if any of them have heard of Carol Dweck. She is the author of *Mindset: The New Psychology of Success*. She is a leader in the growth mindset movement. Ask brothers what they think Carol Dweck means with this quote. The goal of this slide is to emphasize that the journey is more important than the destination and we learn and grow by doing, even if we don't succeed.

Slide #5:

Share the definition of what a mindset is. Read it to the brothers. See if anyone has any questions about what mindset is.

Slide #6:

Share the examples of phrases they may have heard or even said themselves that reflects their mindset. Ask brothers if they have any other examples of things we hear people say that reflect their mindset.

Slide #7:

Explain that there are many different mindsets, but today you are sharing the difference between fixed mindset and growth mindset. Go over the examples of the two. Ask brothers what the general themes are between the two mindsets.

Slide #8:

Share the slide and discuss the benefits of a growth mindset. Ask brothers what other benefits there are of having a growth mindset.

Slide #9:

Explain that like exercising our body, we must exercise our brain to change our mindset. Acknowledge that all of us have times when we aren't growth minded, but we can retrain our brain. The concept of neuroplasticity has been studied and shows that repeating a skill, practice or thought develops new neural pathways and changes the way we think, feel or act.

Slide #10:

Our hardest critics are usually ourselves. To retrain our brains, we must reflect and be aware of self-talk. This is the talk we say in the quiet of our minds. These comments can be disparaging or negative and are often based on emotions like fear or anxiety. To change our mindset, we must change our self-talk.

Slide #11:

Read over the challenge outlined to encourage brothers to change their self-talk.

Slides #12-15:

Read through the examples

Slide #16:

Close by highlighting the points on the slide about the Power of Yet.