

# BUILDING UP **DELTA TAU DELTA** BROTHERS

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## GUIDEBOOK



DELTA TAU DELTA





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# WHAT IS BUILDING UP BROTHERS?

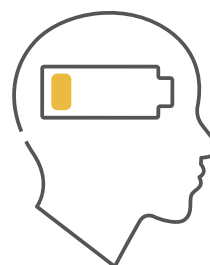
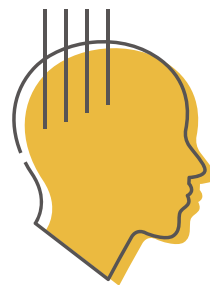
**Building Up Brothers (BUB)** is Delta Tau Delta Fraternity's ongoing campaign to educate members on well-being.

Our goal is to help students and alumni understand what well-being is, learn strategies to improve their well-being, and to help others when they are struggling with their well-being. **BUB** is a vehicle to educate and inform students and alumni on topics related to four domains; mental, physical, social or emotional well-being. Through a variety of tools and resources, the Fraternity provides ways for chapters to integrate the campaign into what you are already doing. This campaign is intended to have a cumulative effect. You don't have to change everything you are doing at once, but once you start making simple changes to improve well-being they accumulate resulting in big rewards.

## WHAT DOES BUILDING UP BROTHERS ENTAIL FOR CHAPTERS?

This guidebook is a great place to start. **BUB** includes a virtual toolkit for chapters to provide education and support to members. We know that wellness and well-being are important to undergraduate members, alumni volunteers, the Fraternity staff and the Arch Chapter. Since 2016, the Fraternity has partnered with national organizations, speakers and resources to educate our members on well-being topics. **BUB** takes all of the work the Fraternity has already started and adds tools, ideas and strategies for you and your chapter to continue the well-being conversation. Remember the cumulative effect, the more we talk about well-being, the more our brothers can hear the message.

This guidebook walks you through a lot of information, but here is a sneak peek. **BUB** is a one-stop-shop for



chapter leaders to begin incorporating the well-being campaign in daily activities. It includes brotherhood building activities, short chapter workshops, access to our national partners (like the Jed Foundation and TalkSpace) and ideas for how to utilize resources on your campus. The best part is **BUB** is evolving and we are excited to be able to add elements to the campaign in the future.

## WHY SHOULD CHAPTERS IMPLEMENT THE BUILDING UP BROTHERS CAMPAIGN?

The Fraternity started to address topics like healthy lifestyle, mental health and happiness in 2016 engaging some undergraduate and alumni members through Karnea, division conferences and leadership experiences. We want to positively impact ALL of members, our families, our communities and beyond with the message of Building Up Brothers.

# WE BELIEVE:

We want members to live a life with **purpose and contribute meaningfully to their communities.**

To do that, we need members to **live healthier and happier lives by cultivating positive well-being.**

To do that, **we need our members to develop greater conscious awareness of their current well-being and increase their sense of self-efficacy to improve it over time.**

# GETTING STARTED

## Step #1 - Use this guidebook

The guidebook is designed to walk you through the material provided in **BUB** virtual toolkit to help you be successful. Take time to read through the information and share it with other key leaders in your chapter.

## Step #2 - Share the Information

Share what you have learned with your executive board and discuss how your chapter could use the campaign in your chapter. **BUB** has many different resources so be prepared to discuss all the ways it can be utilized.

## Step #3 - Develop 3 Goals

Use the Goal Planning Worksheet to develop three goals for **BUB**.

## Step #4 - Start Planning

Use your goals to identify resources, programs or activities that you want to utilize. If you have a brother you want to involve, ask him to help you get started.

## Step #5 - Get Started

Now that you have a plan, it is time to start! We encourage you to “trust the process.” We have included lots of resources and some of your chapter members will love and others may crash and burn. If something doesn’t go well, try again!



# HELP! WHO CAN HELP YOU WITH BUILDING UP BROTHERS?

## Delta Tau Delta Fraternity Staff

The Fraternity staff can help with questions, concerns or ideas on how to get started. The programming team is working in partnership to support and implement the campaign.

## Each Other

You are the experts of what your members want and need. You know what your brothers are struggling with, you know who needs help and most likely, you know some strategies that could help brothers live a healthy lifestyle. Trust your gut, ask a friend and reach out to other Delt chapters for help and support.

## Delta Tau Delta Volunteers

Our volunteers have knowledge, skills and tools to help you get started, serve as facilitators and or share their personal stories. You don't have to be an expert on well-being to help promote the **BUB** campaign.

## Campus Professionals

Fraternity and sorority professionals are ready and willing to help you embrace this campaign. Set up a meeting with your campus professional to brainstorm and discuss ways your chapter can utilize **BUB**.

## Community Partners

There are many professionals in your community that work in the field of well-being and wellness. From therapists to dieticians, reach out and ask for help. Again, you don't have to be an expert just know where to find them.

## National Partners

Delta Tau Delta continues to engage with many national organizations focused on well-being and wellness. Partners like the Jed Foundation and TalkSpace, are a few that you can reach out to for help with your campaign.

## Delta Tau Delta Arch Chapter

The Arch Chapter is passionate about helping brothers implement and support the campaign. The director of academic affairs leads the initiative on the board, but all members are happy to assist chapters.

# SETTING GOALS

Chapters are encouraged to set SMART goals to help determine how **BUB** will impact its members and its community. Each chapter is different and this will help guide you as you determine what you want you to want to offer your members. Let's get started.

## What are SMART goals?

SMART goals are SPECIFIC, MEASURABLE, ATTAINABLE, RELEVANT AND TIMELY.

## What are some examples of SMART goals?

- Teach 80% of our members coping strategies to deal with stress by May 1.
- Have 80% of our members participate in two health and wellness programs by May 31.
- Educate 90% of our members on common mental health illness by March 1.

## How many SMART goals should we have?

We would recommend developing two to three SMART goals for an academic year. Each goal may require more than one step to accomplish the goal.

**S**PECIFIC  
**M**EASURABLE  
**A**TTAINABLE  
**R**ELEVANT  
**T**IMELY



## **Step 1: Write down your goal in as few words as possible.**

Our goal is to:

## **Step 2: Make your goal detailed and SPECIFIC.**

Answer who/what/where/how/when. HOW will you reach this goal?

List at least three action steps you'll take:

1.

2.

3.

## **Step 3: Make your goal MEASURABLE.**

Add details, measurements and tracking details. We will measure/track our goal by using the following numbers or methods.

We will know we have reached our goal when:

## **Step 4: Make your goal ATTAINABLE.**

What additional resources do you need for success? Items we need to achieve this goal:

Things we may need to learn more about:

People we will need to talk to for support"

## **Step 5: Make your goal RELEVANT.**

List WHY you want to reach this goal.

## **Step 6: Set a TIME to accomplish your goal.**

When would you like this done? Date/Time:

# BUILDING UP BROTHERS VIRTUAL TOOLKIT

We have created this virtual toolkit to help you engage, access and utilize the many resources we are creating for the campaign. A few things you find in the toolkit are:

## Tools for Education

Provide short, engaging and informative lessons on a variety of topics related to wellness. The workshops are in PowerPoint format and can be downloaded and adapted to meet the needs of your chapter. Brothers, alumni, volunteers or campus professionals can use the workshops to educate members. **Facilitator outlines below.**

**Mental Health vs. Mental Illness** - This workshop walks brothers through an overview of mental health and mental illness. Brothers will learn that both are a continuum and there are strategies you can use to achieve optimal mental health.

**Moping, Doping and Coping** - Strategies to Help Your Mental Health - This workshop teaches brothers about coping strategies and how to manage stress and anxiety. Brothers will learn the difference between coping strategies and explore options to help during difficult situations.

**Don't Mess with Stress** - This workshop teaches brothers about the impact stress can have on our physical and mental health. Brothers will explore what causes them stress and practice skills for stress management.

**Social Media: How does Snapchat, Tik Tok, and Instagram impact my mental health?** This workshop teaches brothers about social media and the impact it has on our mental health. Brothers will learn about the stressors social media can cause and how they can use social media in a positive way.

**The Power of Yet: Understanding Growth Mindset** - This workshop teaches brothers about growth mindset and the importance of a positive outlook. Brothers will learn about fixed vs. growth mindset and how using the power of yet can help brothers succeed.

## Tools for Building Brotherhood

### 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.

## Tools for Building Brotherhood (Continued)

### Get your Stress Out

Stress is an emotion we all face and it is important to develop strategies to cope. This quick 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.

### Mental Health Trivia

This quick, fun activity is intended to educate and inform brothers on the four domains of Building Up Brothers - 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.

### Power of Kindness

Research shows that doing random acts of kindness increases our level of happiness. We also know that when people donate money or time to charity they 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.

### Conversation Cards

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.

## Resources for BUB Education and Building Brotherhood

You can find resources for the above items at [delts.org/BUB](https://delts.org/BUB) or by clicking the resources button

**BUB Resources**

## Tools for Getting Started

The toolkit includes resources like the goal-setting worksheet, sample calendar, and this guide to help you get started. The toolkit also provides information about the Fraternity partners, online resources and tools your chapter can use to educate and inform your members.

# TIPS AND TRICKS

- Our goal is to provide education, but in a fun and meaningful way. Some of the topics might be uncomfortable to discuss, but we encourage you to start with safe and fun projects and build toward some tougher topics.
- Make sure you come prepared. Many of the programs or activities in the ToolKit have work you need to do to prepare. Make sure you do the work ahead of time so you are stressed at the last minute.
- Listen to your brothers and see what they want to learn about.
- Utilize the experts in your community and resources on campus. You don't always have to facilitate or organize the event.
- Partner with another student organization when possible.
- Make sure there is a clear takeaway with each activity. What do you want your members to learn and which goal are you trying to accomplish? No one appreciates random activities thrown in at the end of a chapter meeting.
- Do your research. We don't expect you to be an expert on these topics, but it is important for you to understand challenges your brothers may be facing, trends and resources.
- Ask for help. The more you can get brothers to help organize the programs the more likely they are to participate.

# OTHER RESOURCES:

Chapters have access to resources through national partnerships and organizations focused on mental health and wellness.

## The Jed Foundation

The Jed Foundation is a nonprofit that protects emotional health and prevents suicide for teens and young adults. The Jed Foundation has a partnership with the Fraternity and offers many online resources for chapters. Go to [delts.co/jedresources](https://delts.co/jedresources) to learn more or click the Jed Resource Center button below.

**JED Resource Center**

## Talkspace

Talkspace is the most convenient and affordable way to connect with a licensed therapist — all from the privacy of your device. The Fraternity has a partnership with Talkspace to provide virtual counseling for our members. Go to [delts.org/talkspace](https://delts.org/talkspace) to learn more or click the TalkSpace button below.

**Talkspace**

## National Association on Mental Illness (NAMI)

NAMI envisions a world where all people affected by mental illness live healthy, fulfilling lives supported by a community that cares. NAMI provides online resources and tools about a variety of mental health and mental illness topics. Go to [delts.co/nami](https://delts.co/nami) to learn more or click the NAMI button below.

**NAMI**

## Delt ULifeline

ULifeline is an online community with resources and tools for college students related to mental health. Go to [delts.ulifeline.org](https://delts.ulifeline.org) to learn more or click the Ulifeline button below.

**Delt ULifeline**

## You Can Help A Brother

The You Can Help a Brother program is a custom mental health presentation created by the JED Foundation for Delta Tau Delta. The Fraternity is committed to bettering the health and well-being of members and this is an opportunity to help all your members know how to identify and support each other through a variety of mental health challenges.

**You Can Help A Borthor**



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UP** DELTA TAU DELTA  
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