

Health and Wellness Chair

ACTIVE MINDS

Purpose

- The purpose of this chair is to provide brothers with an outlet for other members to come when they are in need, as well as being someone who is knowledgeable on the various resources on campus so that they can direct brothers to those resources
- I believe that providing this committee will boost connectedness throughout the fraternity and holding weekly/biweekly distress meetings for brothers in need will prove beneficial to the health of this brotherhood

The JED Foundation

- This foundation offers customized, evidence-based resources, tools, and workshops for Greek organizations to strengthen emotional well-being of their members and become a model community of care
- JED offers many resources on their website that we could potentially use at chapter or a brotherhood event
- “Fraternities are in a position to promote a healthy sense of connectedness that can be a powerful protective factor in preventing distress and suicide. Studies show that when in need, students will often turn to a friend first, and with the close-knit culture of fraternities, members are likely to be the first to notice the signs of distress in a fellow member.” - John MacPhee, Executive Director of The Jed Foundation.

Notes from Research

- It is important to note that this chair/committee will not act as a therapist for other brothers
 - Nobody is qualified enough to be a therapist to begin with and brothers would feel awkward talking 1-on-1 with someone they may not know personally
- This committee would work on providing interactive presentations, resources, and meetings to boost brothers awareness on mental health
 - Includes, but not limited to, presentations/resources on physical health and fitness, nutrition, mental health, and stress management
- Meetings would be a time for brothers, who may be going through some stress, to talk about their problems and let some weight off their shoulders
- Start with sharing weekly “highs” and “lows”
- [USC fraternity emphasizes importance of mental health ...The Daily Gamecock](https://www.dailygamecock.com/article/2022/09/u...)[https://www.dailygamecock.com > article > 2022/09 > u...](https://www.dailygamecock.com/article/2022/09/u...)

What I want this committee to look like

- From the research I pulled together, I'd want this committee to be in charge of developing resources and presentations that will provide brothers with extensive knowledge on mental health awareness. This will not limit the committee to mental health as I would also like to provide members with better physical health and fitness habits that could also benefit brother mental health. I want this committee to act as a new way for brothers to connect even if it's just a weekly/biweekly meeting for brothers to talk about their highs and lows during the week so they could get some weight off their chest. As we all know college can get stressful at times and having a meeting with other guys that are open to sharing would act as a great way to decompress. These meetings would be at a brother's house majority of the time and even maybe a little trip to Congaree or other places outdoors. Again I think that this committee will help connect multiple brothers as it will potentially get them out of their shell and create bonds with other guys that may be going through the same thing.