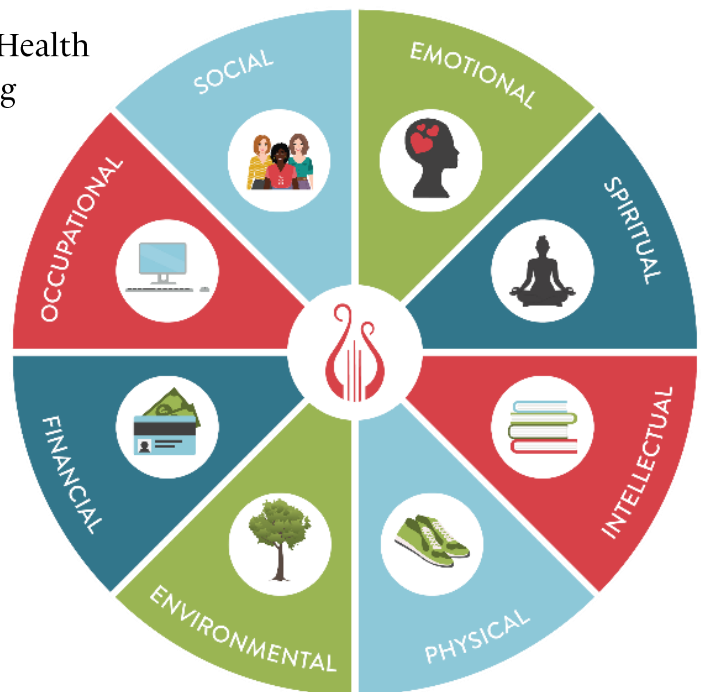


Mental Health Awareness Month 2022

COLLEGIATE PROGRAMMING GUIDE

Join Alpha Chi Omega in recognizing Mental Health Awareness Month (MHAM) this May! Learning how our everyday habits can positively or negatively influence our wellness is key to understanding how to best care for our own mental health and that of our sisters.

Each week in May, Alpha Chi Omega will be encouraging collegiate members to explore the dimensions of their holistic wellness to help foster a healthy relationship with their mental well-being. Review the following event recommendations, programming ideas and educational resources to assist you in creating mental health education for your chapter.



WEEK OF MAY 1-7: MENTAL HEALTH IS MULTIDIMENSIONAL

We invite collegiate members to kick-off MHAM 2022 by assessing their personal well-being through the Eight Dimensions of Wellness: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual.

By completing the MHAM individual wellness activity on the [mental health education page](#), members will be able to:

- Self-examine their current relationship within each dimension of wellness
- Assess their everyday behaviors using the Wellness Wheel Inventory
- Distinguish strengths and areas of growth to advance their mental health

WEEK OF MAY 8-14: SOCIAL AND EMOTIONAL WELLNESS

Your ability to develop healthy relationships with others, cope with stress or traumatic life events and express your feelings are core components of your social and emotional wellness. Ways to promote social and emotional wellness within your chapter include:

- Hosting a self-care event with the risk management committee (e.g. [Alpha Chi Omega coloring pages](#), side-walk chalk, vision boards, PlayDoh, tea time, pajama party)
- Leading a journaling or breathing exercise during a scheduled chapter meeting
- Highlighting members in university clubs or organizations on social media
- Sharing campus counseling center contact information and the [crisis text line](#) (text HOME to 741741) for free, confidential support with a trained mental health professional
- Developing a stress management workshop using the [Mental Health is Health emotional well-being tips](#)
- Creating a de-stress playlist for sisters
- Planning a [sisterhood activity](#) with VP membership programming (e.g., movie night, bowling, roller skating, ice cream social, DIY photo booth, karaoke, sporting event, campfire and s'mores)
- Partner with your local [Active Minds chapter](#) to host a tabling event

WEEK OF MAY 15-21: ENVIRONMENTAL & PHYSICAL WELLNESS

A balanced diet, sleep pattern and exercise routine are essential to your physical wellness. Your environmental wellness is influenced by your interactions with microenvironments (where you live, learn, play and work) and macroenvironments (community, culture, technology, geographic location). Consider these ideas for cultivating both environmental and physical wellness with your collegiate members:

- Organize an outdoor fitness activity with your campus recreation center or a trained instructor (yoga/Pilates on the lawn, cycling class, chapter walk, etc.)
- Invite a licensed dietitian or nutritionist to lead a healthy food cooking class
- Offer a healthy snack bar (fruit, veggies, granola bars, popcorn, trail mix, etc.) for the last day of the classes or during finals week
- Share [Active Mind's healthy sleep techniques](#) during your officer updates
- Set a chapter "H₂O goal" to encourage hydration and track water intake on an app
- Adopt-a-highway in your local community
- Identify how to create chapter events that [reduce waste](#) and reuse resources with your executive board
- Research your campus's recycling and sustainability initiatives

THURSDAY, MAY 19: MENTAL HEALTH ACTION DAY

Save the date! Alpha Chi Omega is empowering collegiate members to commit to improving their mental health in one of the dimensions of wellness for [Mental Health Action Day](#) on Thursday, May 19! Encourage your sisters to act on their mental health and advocate for their well-being on this day by:

- Facilitating one of the [collegiate Behind Happy Faces lessons](#)
- Creating a social media campaign using the [Mental Health Action Day graphics](#) and Alpha Chi Omega's MHAM posts
- Asking sisters to share their commitment on their own social media using the hashtag #MentalHealthAction
- Watching this [Mental Health Action Day video](#)
- Leading a chapter discussion on members' individual wellness activity results
- Taking a [mental health screening](#)
- Seeking out help from [trained counseling professionals](#) to improve your personal mental health

WEEK OF MAY 22-28: OCCUPATIONAL & FINANCIAL WELLNESS

Your financial circumstances and professional opportunities have a direct impact on your mental health and well-being. Several strategies for addressing occupational and financial wellness are:

- Facilitating the [Managing Your Finances in College and Beyond](#) Programs with Purpose and sharing the "A Month in your Financial Life" spreadsheet
- Encouraging members to participate in [Alpha Chi Omega's Women & Wisdom program](#)
- Having members attend the [Women & Wisdom Series: Preparing for Summer Internships](#) on Thursday, May 19 at 9 p.m. EDT/ 8 p.m. CDT/ 7 p.m. MDT/ 6 p.m. PDT
- Providing positive points to members who attended a career/internship/major fair during the Spring 2022 term
- Planning an in-person or virtual professional networking night with alumnae for Fall 2022 term
- Posting tips from [The Jed Foundation's How to Deal with Financial Stress](#) in your chapter's GroupMe, MCR or Facebook page

WEEK OF MAY 29-31: SPIRITUAL AND INTELLECTUAL WELLNESS

Providing opportunities to grow your knowledge and creative interests as well as discover your purpose in life are parts of your holistic health. Approaches for creating spiritual and intellectual wellness include:

- Participating in a [guided mindfulness meditation](#)
- Completing a community service project as an academic class
- Exploring personal values through podcast, books, community events and organization involvement
- Traveling to expand worldview
- Coordinating a group study session with VP intellectual development
- Organizing a chapter-wide book club for the summer
- Offering a workshop on a new hobby (e.g., flower arranging, photography, dance, candle-making, crafting, cooking or baking)

Contact [Rachel Haley](#), assistant director of harm reduction, for support in planning your Mental Health Awareness Month 2022 programs and educational efforts.

You can share your mental health initiatives throughout the month of May using the hashtag #AXOMentalHealthMatters on Facebook, Twitter and Instagram. Don't forget to tag Alpha Chi Omega headquarters (@AlphaChiOmegaHQ) and share your photos at photos.alphachiomega.org for the opportunity for your chapter to be featured on social media!