

ADDRESSING MENTAL HEALTH AS A CHARTER

How to Have Meaningful Discussions

- Pick an environment where the person will feel comfortable so you can talk without distractions.
 - Try and find a quiet place with a relaxed atmosphere.
- Start the conversation by telling them that you have noticed that they don't seem their usual self.
 - Describe the changes you've noticed in their mood or behavior.
- Tell them you are worried about them and ask about what is bothering them.
 - "I'm concerned _____, are you doing okay?"
 - "I've noticed that _____, do you want to talk about it?"

Resources

- **How to Start the Conversation**
 - <https://www.thinkmentalhealthwa.com.au/supporting-others-mental-health/how-to-help/how-to-start-the-conversation/>



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What Can a Supporter/Mediator Do?

- Reassure them that they are not alone and there is hope that things can get better.
- Be patient and understanding. It is important to remember that setbacks will occur.
 - Help them overcome any setbacks and ask questions such as "What can I do to support you with this?"
- Encourage them to maintain self-care practices such as regular exercise, eating well, facials, quiet time, etc.
 - Offer to do these activities with them if they feel comfortable with that.
- Check in with them frequently to see how they are doing.
 - This shows that you care about them and it provides you with an opportunity to talk.



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Check In Questions

- At the beginning of every chapter or associate meeting, have a check in question.
 - 1-5 scales on how individuals are doing
 - Discuss things (e.g. school, personal, or association) that may be bothering individuals

Resources

- **Mental Health Check Chart**
 - <https://www.goodmorningamerica.com/wellness/story/teacher-created-mental-health-check-chart-students-now-62169283>
- **Embed Mental Wellness into Classroom Culture**
 - <https://everfi.com/blog/k-12/6-ways-to-embed-mental-wellness-into-classroom-culture-for-high-school-students/>



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Mediator Activities

- Read the Creed at the end of Chapter Meetings
- Share highs and lows
- What was the moment you realized you loved DKD?
- Name a time with sisters that you laughed so hard it hurt
- **Positive Affirmations:** Say something nice about the person on your right/take turns so everyone is included
- Favorite association memory?
- How do you like others to behave when you are hurt?
- What keeps you motivated?
- If you could be a celebrity for a day who would you be and why?
- **Meyers-Briggs Personality Test:**
<https://www.16personalities.com/>
 - Take the test beforehand and discuss your communication/conflict/love styles.
- What is your favorite childhood TV show? Why?
- How can I improve? Suggestions provided by group for each individual
- What is something I do a great job on? Suggestions provided by group for each individual
- What do you wish we did more of as a sisterhood?
- What is the most annoying thing your siblings/friends do?

