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the course:



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Welcome to Strong Arms for Covid-19



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Learning Outcomes

1. Discuss tips for wellness, managing stress, and resilience;
2. Practice key strategies to help you cope and build resilience; and
3. Identify external mental health resources and support through the Sigma Chi Reach Out App.

Strong Arms is a collaboration with the Jed Foundation and sponsored in memory of Michael Keller Zibilich.



Tips for Maintaining Wellness

Advance to the next slide to begin the tips for the maintaining wellness section.



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Undergraduates Define Wellness



Tips for Maintaining Wellness

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Keep a routine
that works for
you.

Wake up and go
to bed at the
same time each
day.

Schedule a
weekly call with
friends.

Tips for Maintaining Wellness

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Keep a schedule
that is varied and
includes breaks.

Schedule time
for work,
learning, rest,
and self care.

Tips for Maintaining Wellness

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Keep moving.
Just keep moving.

Yoga
Cardio
House stairs
Seated stretching
Online fitness classes

Tips for Maintaining Wellness

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Keep drinking
water and eating
healthy!

Drink half your
weight in ounces

Are you
hungry or
just dehydrated?

Carbs and sugars can lead to
irritability and mood swings

Tips for Maintaining Wellness

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Enjoy fresh air!

Find 30 minutes
outside each day.

Open the windows to
breathe in fresh air.



Managing Stress

Advance to the next slide to begin the Managing Stress section



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Managing Stress



Managing Stress

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Create a personal
space plan and find
your own space.

Hold a
“team meeting” to
create a personal
space plan.

Move your
workstation away
from the bedroom.

Managing Stress

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When was the last
time you really
laughed?

Virtual games
Online trivia

Watch comedy together
Share funny videos

Managing Stress

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Notice the good in the world.

Limit news intake.

Identify your stress triggers and avoid them if possible.

Watch the sun rise on a new day

Managing Stress

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Find a healthy
outlet to feel in
control.

Crafting
Cooking
Landscape

Organize your space
Purge your closet
Group toys together



Resilience & Emotional Health

Advance to the next slide to begin the Resilience and Emotional Health Section



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Resilience & Emotional Health

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Resilience is the ability to learn and recover from adversity.

1. Flexibility
2. Growth mindset
3. Hope

Remember,
resilience is not just
bouncing back but
bouncing forward!

Resilient practices include:

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- ✓ Seeking Strong Arms
- ✓ Expressing gratitude
- ✓ Giving help to others
- ✓ Managing emotional wellness

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Seeking Strong Arms



Resilience Practice 1: Seeking Strong Arms

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Strong Arms Team Activity Instructions:

1. List 5-10 people in your life right now who you could call in a moment of need.
2. Write their names down in a journal or in a note on your phone.
3. Reflect on this list in a moment of need and reach out for strong arms.

Resilience Practice 2: Expressing Gratitude

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Gratitude Activity Instructions:

1. Choose 1 or 2 individuals. How have they impacted your life?
2. Reach out with a message of gratitude, check in, or ask for strong arms.
3. Reflect: How does it feel to take time to practice gratitude?

Challenge: Practice gratitude for a week!

Resilience Practice 3: Helping Others

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Opportunities to help others during COVID-19

- Find online mentoring opportunities like [iCouldBe](#) or [iMentor](#)
- [Support local businesses](#)
- [Donate blood for the American Red Cross](#)
- Offer to volunteer your time for a charity as a phone-a-thon caller
- Share accurate information only
- Offer to grocery shop for others
- Call and check in with elderly neighbors
- Express your feelings and empathizes with others
- Share wellness tips with those struggling

Challenge: Write down one action you'll take this week.

Resilient Practice 4: Emotional Wellness

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Emotional Wellness includes:

- Self-care practices
- Relaxation and mindfulness practices
- Handling positive and negative emotions

Emotional Wellness Reminders:

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- ✓ Emotions exist to make you aware of your state of mind.
- ✓ There is no such thing as a bad emotion.
- ✓ Concerning patterns:
 - Too strong in contrast to challenge
 - Go on for too long
 - Prevent you from daily activities

If you or someone you love has some concerning patterns seek resources on the Sigma Chi Reach Out App.

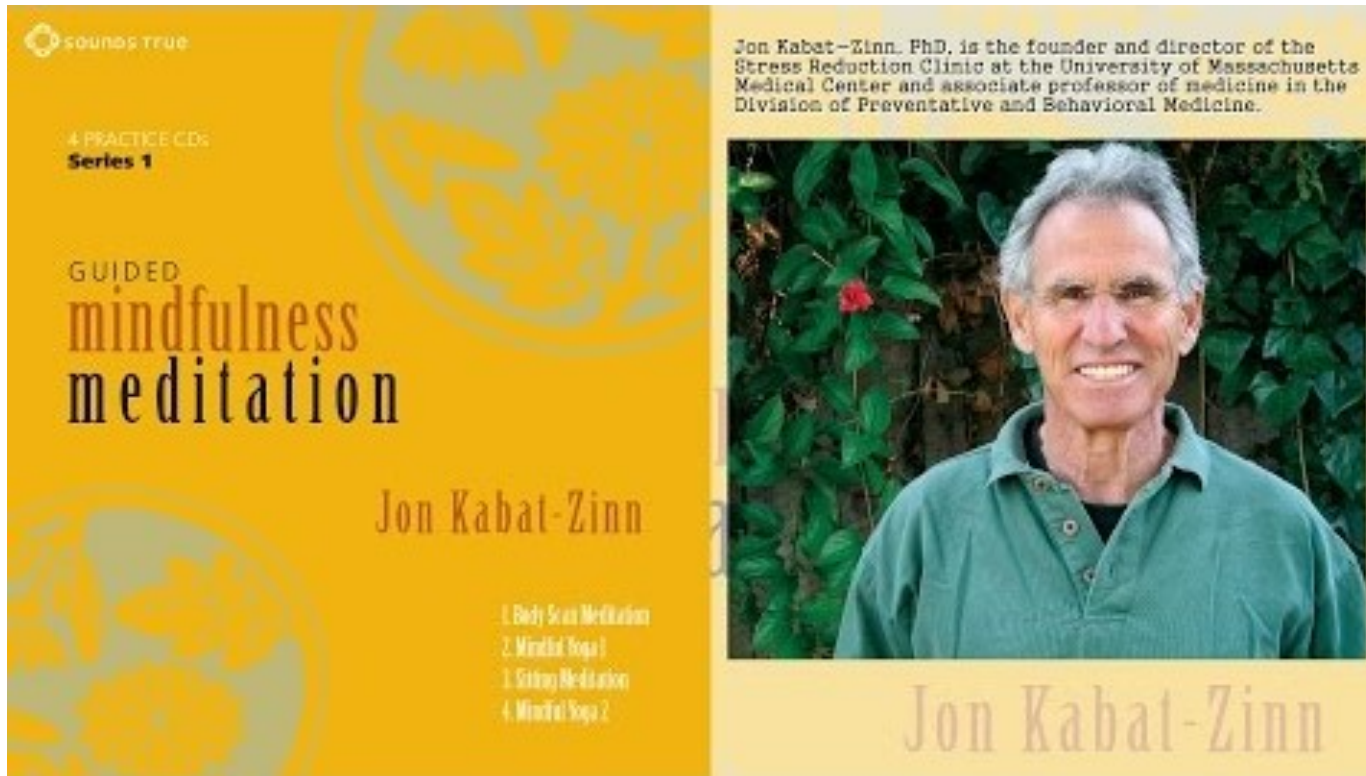
Resilience Practice 4: Emotional Wellness

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Relaxation and Mindfulness Activity Instructions:

Note: there are moments of silence in this video to help you relax deeper – the audio will return.



Check out mindfulness apps like “Calm”, “Breathe”, and “Insight Timer.”

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Beatles Made with KINEMASTER

Let It Be

Click above to listen

Emotions will pass.
This too shall pass.
Let it be.

*“And when the brokenhearted
people
living in the world agree...
There will be an answer, let it be...
For though they may be parted,
there is still a chance
that they will see..
There will be an answer, let it be”*

“Let It Be,” The Beatles



Resources

Advance to the next slide to begin the last section and review resources .





Download the
Sigma Chi Reach
Out app:

Available for iOS and
Android

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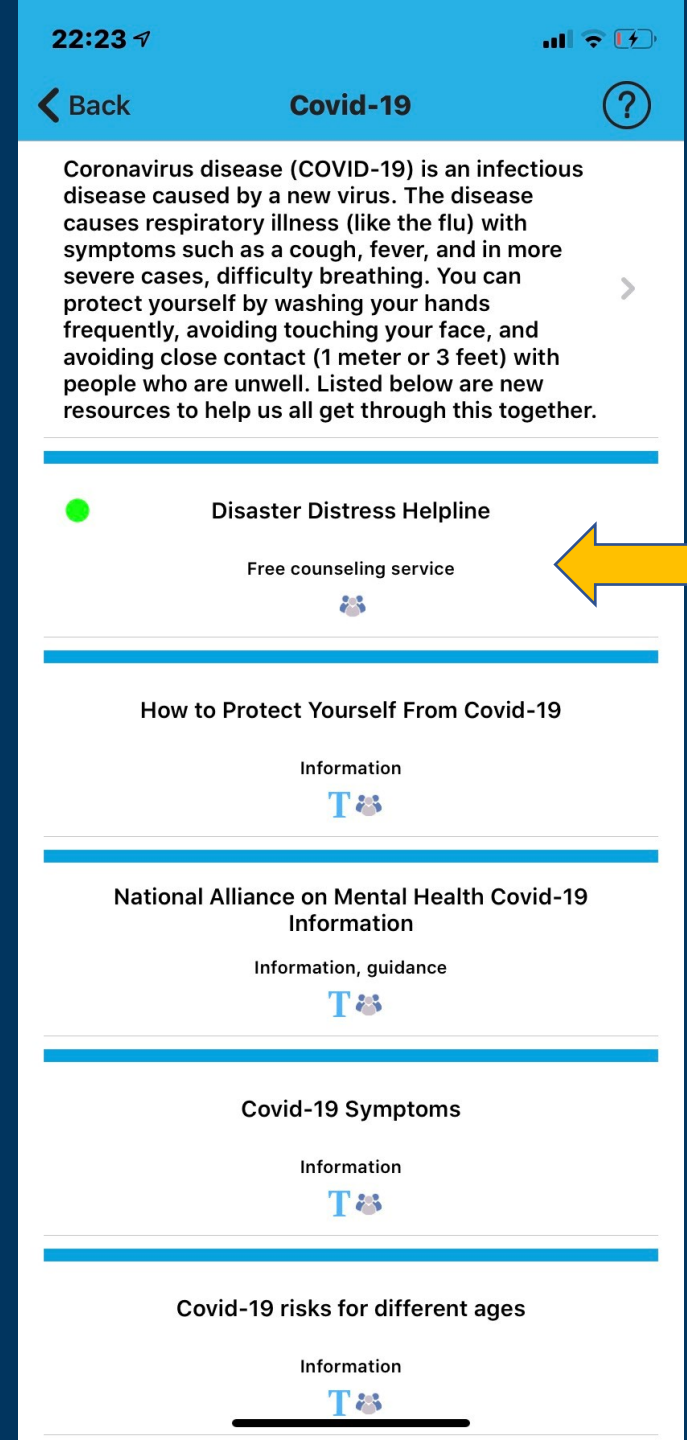
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How to find COVID-19 Information



Available for iOS and Android





Disaster Distress Helpline:

Call 1-800-985-5990

Text “*TalkWithUs*”
to 66746

Click to Listen



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Additional Resources

Volunteering Resources:

- [How you can Help During the Coronavirus](https://www.washingtonpost.com) (Washingtonpost.com)

Mindfulness and Diet Resources:

- [Free Mindfulness Apps](https://www.mashable.com) (Mashable.com)
- [Eating During Covid-19 To Improve Move and Lower Stress](https://www.health.harvard.edu) (Health.Harvard.edu)

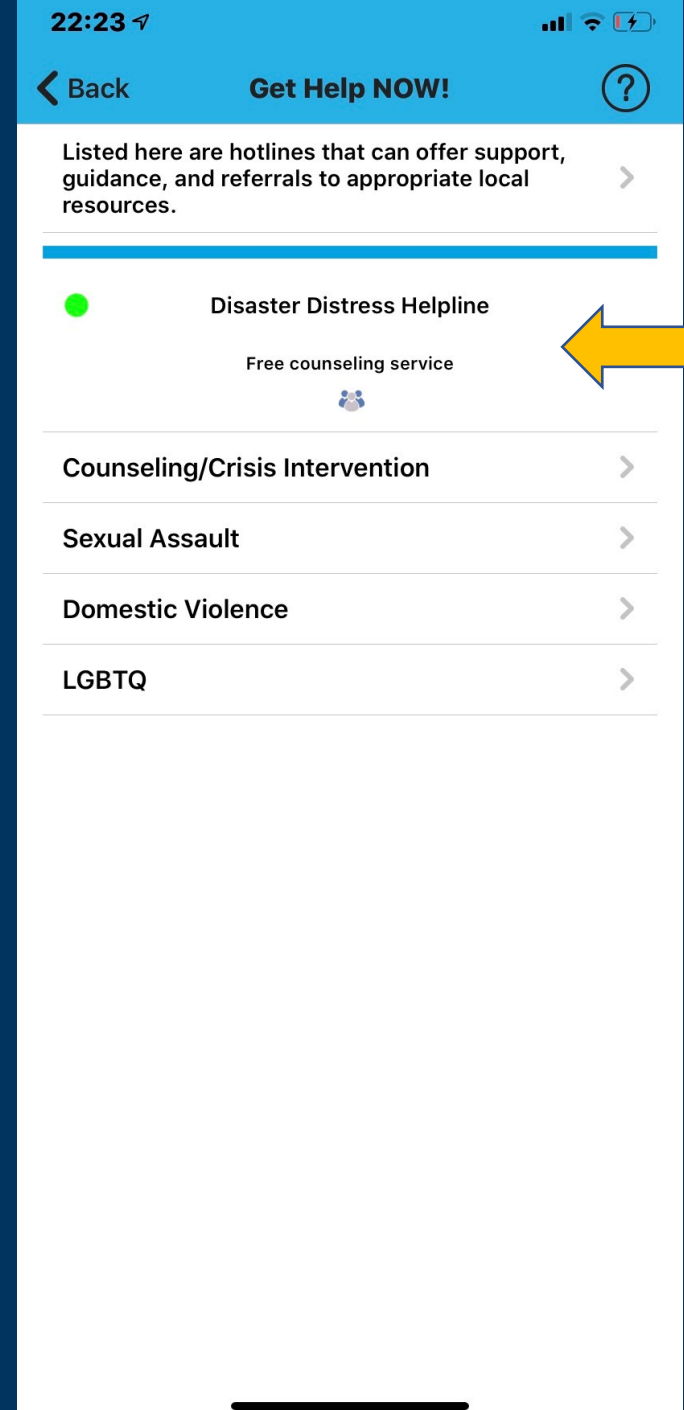
Online Learning Resources:

- [Tips for Taking Online Classes](https://www.northeastern.edu) (Northeastern.edu)

How to find Additional Resources



Click through to see additional steps on the app.



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Thank you!

Summary:

1. Tips for Wellness
2. Tips for Managing Stress
3. Tips for Seeking Arms
4. Resilience Practices
5. External Resources and supports

Questions or comments can be sent to:
leadershipinstitute@sigmachicago.org

Works Cited



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