



BEHIND HAPPY FACES PROMPT IDEAS

SUMMARY

Create a series of prompts that chapter members can use each week to check in with themselves as individuals or as a chapter. The prompts will continue the learning objectives of Behind Happy Faces in order to continue to foster an open mental health culture in chapters.

UNDERSTANDING MENTAL HEALTH

- We need to work on our mental health the same way we work on our physical health. What is one thing you are working on for your mental health this week and how are you doing that work?
- Write down something your sisters don't know about you and think about a way that you can let someone know this information.
- What are 3 steps you can take to focus more on your personal wellness?
- What steps can you take this week to take better care of your mental health?

YOUR MENTAL HEALTH

- What is one thing in the environment of this chapter that has a positive impact and one thing that has a negative impact? How can we work together to change the negative aspect in the chapter?
- How does our chapter deal with significant events in a member's life? Do we treat significant events that affect our mental health the same as we treat those that affect our physical health?
- The mental health spectrum includes; able to balance, difficult to balance, using help to balance, needs constant assistance to balance and unable to balance. Where are you on the spectrum this week and what is something that could change your place on the spectrum?
- List 3 things that help you stay mentally healthy in your life.
- What are two things that your chapter/members/friends do to support your mental health?

CHANGING INEFFECTIVE COPING

- List 3 causes of stress, 3 feelings from those causes of stress and 3 coping mechanisms for those feelings or causes. For example someone's cause of stress may be remote learning, they feel overwhelmed and the cope with both of those by crying.
- What is an ineffective coping mechanism that you use in your life? What are some steps you can take to change that coping mechanism?
- Think about a challenge you are facing this week. What would you say to a friend who is experiencing that challenge? What can you do to make sure you treat yourself in the same way?

TALK TO A BROTHER/SISTER

- Write down as many things as you think of that can support someone else's mental health.
- What are the warning signs you notice when you or other members are feeling stressed/anxious? What types of support can be in place to help minimize these triggers?

BEFORE THE BREAKDOWN

- Are there any situations that are triggering mental health concerns for you this week? How can you address them?
- What events/experiences are ahead that could potentially trigger some difficulty for your mental health?
- List the names of everyone who is in your corner to support you through this?

ACUTE STRESS VS. CHRONIC STRESS

- Separating our causes of stress can help us gain clarity on what we need to address in our lives. When all of our causes of stress are in one place, it's hard to know what steps to take and we feel overwhelmed. Write down all of your causes of stress. Rank each one from 1-5 with 1 being low amount of stress and 5 being a high amount. Determine which cause is hitting you the most right now and how you can cope with it.
- Reframing a stressful situation can help us turn it from bad stress into good stress. For example, when someone says something like this test is going to be so hard my goal is to not fail or I really like this person, but I'm sure they will never like me, this person is framing situations in a manner that causes bad stress. What is one thing that is causing you bad stress this week and how can you reframe it?

GOOD STRESS AND STOPPING PROCRASTINATION

- There's a huge difference between good stress and bad stress. What are some things that are causing you good stress and bad stress this week? What can you do to change your bad stress?
- Is there anything you are procrastinating about this week? What are the emotions you feel about doing that task? Addressing your emotions can often help you achieve tasks and not procrastinate.
- Have you noticed your stress level decreasing your ability to do school work? What can you do to manage your stress?

SYMPATHY, EMPATHY, AND COMPASSION

- Sympathy is acknowledging that people have emotions. Empathy is feeling with their emotions. Compassion is taking action to help them. How have you shown sympathy, empathy or compassion this week?
- Motivation is the key to addressing our mental health. What are 3 things that motivate you to take care of your mental health? How can your chapter support you?

NEUROSCIENCE OF HAPPINESS

- Write down 5 things you are grateful for this week and share them with a member in your chapter.
- Write down 3 emotions you feel right now. Do any of those emotions need to be explored further? How can you take those steps?
- How many hugs are you getting each day? We need 8 hugs a day to help us. Make sure you take some time to connect with your members, friends and family.
- Not having control over aspects of our life causes us more stress. Make a list of the things you have control over and the things you don't have control over. How can you focus on what you have control over more?
- What is one thing you are proud of from this past year? Share it with your chapter.