

Minding Minds



Below is some more information on my Governor's Project!

“Minding Minds” is an inclusive and comprehensive project focused on mental health easily packaged in a four part initiative!

In the fast pace, technology rich lives we all live today, something always takes priority over personal health. Even for those who focus on improving their health, many often neglect their mental health. But mental health is just as important as physical health, and the two actually go hand in hand!

In 2016, it's estimated that 18.3% of adults aged 18 or older in the United States have a type of mental health illness and of those only 43.1% received treatment.- National Institute of Mental Health

“Mind” your mental health and the mental health of others with this four part initiative.

District Changes/Goals

- ◇ Increase Club and Membership Education
 1. Extensive Club Officer Information Sheets
 2. Pre-recorded informative videos for officers and members
 3. Interclub Mentorship Program
- ◇ Increase District Communication
 1. Reintroduce FLACKI Update Videos
 2. Require District Board Members to submit Kapers articles
 3. Governor-President Introductory Phone Call
- ◇ Decrease Inefficiencies
 1. Revamp District Board

Lend a compassionate hand to those affected

Increase the awareness of resources

Fight the stigma

Encourage others to prioritize mental health

Encourage others to live to see a better day because everyone's mind and L.I.F.E is important!