

HOW TO TAKE A WELLNESS DAY

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Did you know “burnout” is recognized as a medical diagnosis by the World Health Organization (WHO)? The official diagnosis states, “a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.” One way to prevent burnout or keep yourself from being mentally exhausted is to take a mental health and wellness day.

An action that has become a part of the modern work culture over the last few years is taking a day to break away from social media, emails, and meetings to help provide a stress-free day. When you are overly stressed, your work and work ethic can suffer. As alumni, many full-time jobs require working more than 40 hours a week. From a student perspective, taking 15-20 hours of classes and studying for said classes, and working a job as a college student doesn't leave much time for wellness. You feel like you need to take a mental health and wellness day but don't know what to do? Here are just a few examples of what you can do.

- Stay off social media
- If possible, put your phone in airplane mode or night mode
- Sleep in and make or grab your favorite breakfast meal
- Get a massage
- Spend time outdoors is possible (hiking, biking, walking)
- Express your artistic abilities by painting, drawing, writing
- Read a book
- Meditate

If these suggestions don't sound relaxing to you, do something that makes you feel relaxed. Maybe it is taking a siesta, watching your favorite TV show, or putting on a movie you haven't seen in a while. Everyone should take time to manage their stress, and adding a mental health and wellness day to your calendar is a perfect way to do it.

The information above is for educational and informational purposes only and is not health or medical advice. Consult a doctor or other qualified health professional with questions you have about medical conditions or health objectives.



THREE THINGS TO KNOW ABOUT SIG TAU THIS MONTH

1

NEW REGIONAL STRUCTURE

The new regional structure will provide an added layer of support for chapters and local advisors and allows for new opportunities to engage alumni across the country. Read more about the structure [here](#).

2

BOARD POSITIONS AVAILABLE

Sigma Tau Gamma is now accepting applications for volunteer board positions, including the [Foundation Board of Trustees](#) and the [WPN Board of Managers](#). Self-nominations are welcomed and encouraged. Apply today.

3

NOBLE KNIGHT CHAPTER CHALLENGE

The Noble Knight Chapter Challenge brought more support than ever to Chapter Funds through a week-by-week giving challenge. Like tournament-style gameplay with head-to-head matchups, we put some FUN in fundraising for our members this March with multiple rounds.



SAGA MONTHLY

1

SIGTAU.ORG

ΣΤΓ

CHI CHAPTER RAISES OVER \$21,000 FOR SPECIAL OLYMPICS

Raising \$21,600 for Special Olympics is excellent, but they hope this is just the beginning of what the Chi Chapter can do.



For Chi Chapter Director of Community Engagement Evan Gray, Western Michigan, his Friday morning started at 5:00 AM, dragging a small pool around the fraternity house in freezing temperatures in the dark. Titled Sigma Tau Gamma Snow Days, the Chi Chapter created a week-long event with various activities planned. The capstone event for Sigma Tau Gamma Snow Days is the Polar Plunge. From the first day he was elected, Gray knew he wanted this event to be special.

“When I was elected in December, we began planning. The week was three months’ worth of planning and working with other organizations on campus to get everyone excited.”

As Snow Days planning was underway, Gray knew everyone’s safety surrounding COVID-19 was paramount. The Chi Chapter was the first fraternity to host a campus-wide event under COVID-19 guidelines at Western Michigan.



"I'm really COVID conscious and wanted everyone to have fun and be safe. Masks were required at all times unless you were the brother jumping into the pool," Gray said. "We only had five people allowed per event time slot during the week, and everyone had staggered time slots throughout the day for participating. It felt somewhat normal to have something and was a safe way to engage everyone on campus."

The week began with the chapter making hot chocolate and having a drive-through at the house where people could purchase it. On Tuesday, the chapter partnered with the local Chipotle restaurant, with part of the proceeds going to Special Olympics. On Wednesday, sororities on campus could paint sections of brick at the house in their letters, and on Thursday, the chapter participated in a grundy run. The week ended with the chapter's Polar Plunge. In 2020, the chapter raised \$12,800, and this year, they almost doubled the total, raising \$21,600 for Special Olympics.

"I believe this event started in 2016, and it has grown every year. I want to broaden our activities and raise more money in the future. I hope the event can become more social after COVID and get more and more people involved."

CITIZENSHIP



NOBLE NEWS

Would you like to share news with the Sig Tau community? Submit your news [here](#).



THE ZETA ASSOCIATE CHAPTER AT NORTHEASTERN
STATE ENJOYS BONDING DURING SPRING BREAK.

BROTHERS FROM THE EPSILON PHI CHAPTER AT ALABAMA RIDE STATIONARY BIKES FOR 24 HOURS SUPPORTING SPECIAL OLYMPICS.



BRACKETS COME OUT TONIGHT!

THE ETA MU ASSOCIATE CHAPTER AT KANSAS
CREATED A BRACKET CHALLENGE BENEFITTING
SPECIAL OLYMPICS KANSAS.

THE EPSILON UPSILON CHAPTER AT VIRGINIA TECH.
PARTNERED WITH PI BETA PHI FOR A SUCCESSFUL
BOOK DRIVE RECEIVING OVER 600 BOOKS.



THE DELTA ALPHA CHAPTER AT EAST CAROLINA
WELCOMES THEIR NEWEST ASSOCIATE MEMBERS.

THE ALPHA CHI CHAPTER AT ILLINOIS
CELEBRATE 100 YEARS OF SIGMA TAU
GAMMA BROTHERHOOD.





FIRST ROW: Ted Cohn, Jerry Fuduric, Gary Weir, Charles Meyer, Joe Kline, Ed Dye, Ron Konieczynski, Byron Edwards; SECOND ROW: Guenther Hoegler, Rex Wolf, Gary Weirich, Ed Peters, Ray Brezic, Jim Feldhouse, Hank Putre.



FROM THE ARCHIVES

This month, we feature the Beta Upsilon Chapter at Cleveland State University. The chapter was officially recognized in 1961 with 10 Founding Fathers and originally started as a local Iota Eta Fraternity in 1926 before becoming a chartered chapter. Beta Upsilon has initiated over 550 men, including Society of the Seventeen Inductee Joe Feldhouse and Marvin Millsap Distinguished Foundation Service Medal Award Recipient Paul Mueller.