



Continuing the Alumnae Chapter Experience Virtually

It is important that we continue engaging our members during times when we cannot be together in person. We want you to continue to build an adapted chapter experience for members. Phi Mu has many opportunities that don't require meeting face-to-face.

The list below is by no means exhaustive and we encourage you to be creative in finding the best ways to connect with your members. Give yourself grace as we all navigate this new normal (for now).

If you have already found successful ways to engage your members, please share with us [HERE](#). You can also visit the live doc to get ideas. We would love to hear from you!

The Headquarters staff and your Alumnae Engagement Team are ready to help you through this. Although the Headquarters building is closed, we are available by phone and email.

Topics to be covered in this resource:
(Click topic area to jump to section)

Executive Committee Meetings (return to table of contents) 3

- **Hosting Virtual Meetings..... 3**

Member Engagement 3

- **Virtual Activities 3**

Personal Care (return to table of contents) 4

- **Mental Health 5**
- **Self-Care 6**

Executive Committee Meetings ([return to table of contents](#))

- If you would like to hold virtual Executive Committee meetings in order to check-in and communicate with each other, you are encouraged to do that.
- Above all during this time, the Executive Committee should be utilized to check-in and care for chapter members. Consider checking-in informally with members that are having a particularly challenging time, who you know could use extra support from Phi Mu or with members randomly as a way to keep the pulse of the chapter and promote sisterhood.
- Below are some ways to easily host a virtual meeting:
- **Hosting Virtual Meetings**
 - **Google** is making the premium paid features in its Hangouts Meet video-conferencing features free until July 1. It has the ability to host a meeting for up to 250 people.
 - **Zoom**: Free accounts can host meetings for up to 40 minutes. A paid subscription is a small monthly fee and gives the ability to host longer meetings with more people.
 - **Microsoft Teams**: If you use outlook, you have access to this
 - **Shared Whiteboard**: A fun tool for brainstorming or drawing
 - **Mentimeter**: A tool that allow real time polling and presenting

Member Engagement ([return to table of contents](#))

As we list ideas for how to keep your membership engaged, let's practice *physical separation not social separation*. Even the terminology we use during this time is important to help members feel less isolated. Below are ideas and resources to help you stay connected. Ultimately, you know your chapter best, and we empower you to create small groups and to select the ideas that will work for your members.

- **Member Recruitment**
 - If members are home and have time, utilize "zip lists" from the HQ to find alumnae in the area who may not know about or be a member of your alumnae chapter.
 - Reach out to them to offer encouragement through our shared sisterhood.
 - Suggest that they follow your chapter on social media and also follow National Fraternity platforms.
- **Virtual Activities**
 - **GroupMe** can be utilized to stay connected generally and also to promote structured engagement. Some ideas for structured engagement are below:
 - Question/poll of the day/week
 - Favorite recipe

- Binge-worthy show
- Brag of the Day
- Watch Party
 - Select a TV show or movie and watch together.
 - [Netflix Party](#) is a fun tool to watch Netflix content together.
 - [Facebook](#) also offers a Watch Party tool to create groups and watch content together.
- Book Club
 - Select a book and meet virtually to discuss it.
 - [Bookclubz](#) is an optional tool for the organization of a club.
- Social Media Spotlights
 - Start or continue highlighting sisters on social media.
 - Utilize a profile form to capture fun information and pictures from sisters.
- [Hangouts](#)
 - Utilizing Google or Zoom, set up regular times that sisters can pop in and “see” each other to catch up.
- [Museum Tours](#)
 - Have members tour a museum and then schedule a time to talk about it.
 - Create a Zoom call or a Hangout and tour a museum together by having someone share their screen.
 - Have members who have studied abroad lead virtual tours of places they have visited.
- Share, or ask members to share, their favorite item from the [Phi Mu archives](#)
- [Virtual Volunteering](#)
- **Sister Pairings**
 - Use a randomizing tool like [this one](#) to pair sisters. Mix it up weekly to engage everyone! Sister Pairings can:
 - Have a phone call
 - Send each other a note via text, mail, social media
 - Give each other shoutouts on social media
 - Be creative!

Personal Care ([return to table of contents](#))

We know that with everything going on, this can be an overwhelming time. Your well-being is of the utmost importance to us. Here are some resources to support you and your mental health through this crisis.

- **Mental Health**

- Don't overload on news
 - Find one source and stick to it. We recommend the Center for Disease Control ([CDC](#)) or World Health Organization ([WHO](#))
 - Check your chosen source one to two times a day
 - Know when you need to walk away
- Separate what you can control from what you can't
 - Don't get wrapped up in things happening outside of your sphere
 - You can control your own hygiene and your interactions with others
 - Know that the precautions put in place are for both you and your community
 - Decide what makes you feel safest and adhere to it
 - Don't chastise yourself for worrying
- Pay attention to your basic needs
 - Getting adequate sleep
 - Keeping up with proper nutrition
 - Drink lots of water
 - Getting outside as much as possible
 - Engaging in regular physical activity
- Accentuate the positive
 - Take this time to be present & live in the moment
 - Engage in mindfulness or meditation practices to stay grounded
 - Virtual meditation guides:
 - Calm
 - Free App and found online at www.calm.com/take-a-deep-breath
 - Meditations, sleep stories, music, talks, resources
 - Headspace
 - App
 - 10 session basics course is free; subscription required beyond that
 - Focused on everyday mindfulness
 - Guided meditations centering on stress, anxiety, sleep, productivity, exercise, physical health and more
- Reach out if you need more support

- If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support
- If you're feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or the National Suicide Prevention Lifeline at 1-800-273-TALK
- Check out [THIS](#) free online support group from Talkspace
- Many online therapy companies are offering discounts at this time; some are linked below
 - [Talkspace](#)
 - [Better Help](#)
 - [7 Cups](#)
 - They offer free peer support & trained listeners, as well as options for online therapy
- Resource Links:
 - [CNN](#)
 - [Talkspace](#)
 - [CDC](#)
 - [AFSP](#)
- **Self-Care**
 - Keep it moving
 - Take a walk in nature: Vitamin D, fresh air, a new environment; all things that are good for you
 - Virtual fitness options:
 - Yoga
 - Yoga Works @yogaworks
 - <https://www.myyogaworks.com/subscribe/>
 - Free membership with promo code: "online"
 - Yoga Works offers specific filters for yogis to choose their individual practice style, flow, duration, and level
 - Full Body
 - MWH Method @melissawoodhealth
 - <https://melissawoodhealth.com/>
 - #MWHmovement
 - full body power flow/meditation free for public
 - Melissa leads classes via IG live
 - 7-day free trial - \$9.99 monthly
 - MWH Method offers guided workout schedules for pilates to cardio to meditation classes

- Obe Fitness @obe_fitness
 - <https://obefitness.com/>
 - Live-On Demand Fitness network
 - Offers 14 live classes a day + 4,000 workouts/styles
 - Free Month Trial by instructor, Madelaine O'Connell
 - Code: "MADELAIN30"
 - Dance Cardio + Sculpting + Strength
 - The Sculpt Society @thesculptsociety
 - <https://thesculptsociety.com/>
 - Founder, Megan Roup @meganroup
 - Offers 14-day free trial via TSS App for live daily classes
 - Limited time: yearly package is \$9.99/month
 - Must access through website
 - Set a daily schedule
 - Keep up with a routine
 - Set a daily wake up time
 - Change out of your PJs
 - Eat at regular times
 - Plan out your day – schedule time for work, breaks, activity, rest
 - Set aside intentional time to unwind each day
 - Take breaks from social media & the news
 - Be social, virtually
 - Remember that human connection promotes wellness
 - Think about scheduling at least one virtual meet-up every day
 - Be intentional with your connections now
 - Read more [HERE](#) about ideas for way to connect with your friends from afar
 - Take advantage of the time this provides
 - Follow @thehomeedit on Instagram for a daily home organization challenge
 - This might be the time to start a new book or game
 - [Subscribe](#) to the BuzzFeed Quarantine Today Newsletter for daily tips, recipes, articles, and more!
 - Share other good ideas with your alumnae chapter, friends and email alumane@phimu.org so we can share them more broadly
 - Resource Links:

- [Scientific American](#)
- [CDC](#)
- [Phi Mu-Specific Information](#)