

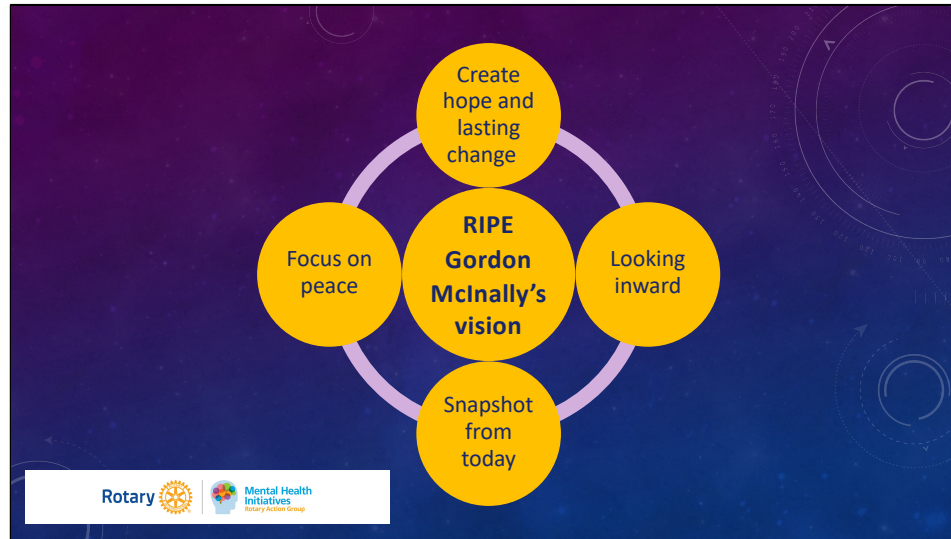


## **Rotary Members Looking Inward**

Rotary members do so much in service to others, which is ***Looking OUTWARD.***

We help in our town and even in foreign countries.

How often do we help the person seated across from us or next to us at our Rotary meeting?



### Gordon McInally's vision

- focus on peace, starting with ourselves

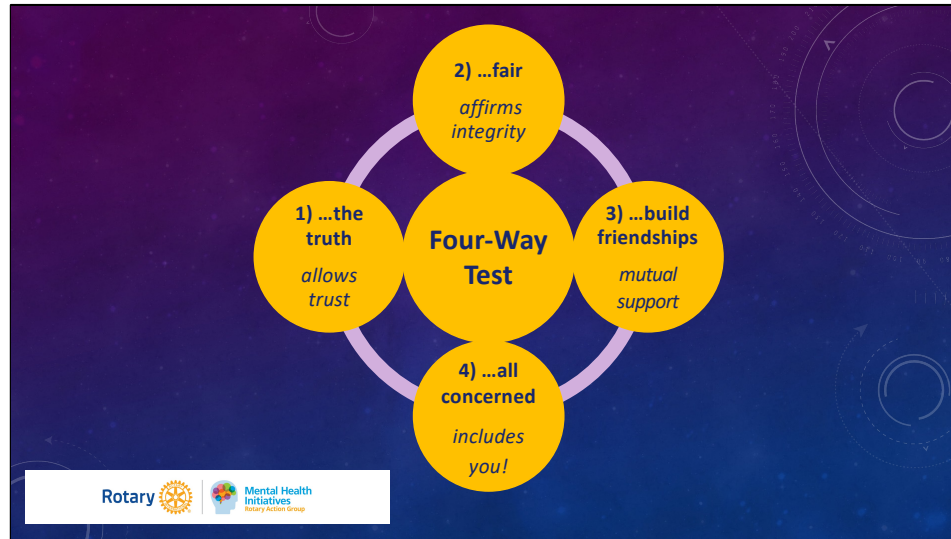
- create hope and lasting change

- break stigma
- raise awareness
- increase access

-Looking inward

Rotary members serve others above self. We serve best when we are healthy.

- Snapshot from today will happen at the end which Gordon McNally asked for a data point. It's a one minute anonymous survey. These questions will be asked in clubs around the world. The summary of all these surveys tells President Gordon where we started this journey.



#### **4 Way Test is all about looking inward:**

1) Is it the Truth? Being truthful builds connections and relationships; we can relax and trust. We need to be truthful with ourselves.

2) Is it fair to all concerned? Integrity is part of wellbeing and it underscores Rotary's values; are being fair to yourself?

3) Will it build Goodwill and better Friendships? Good will and friendships are definitely going to improve wellbeing

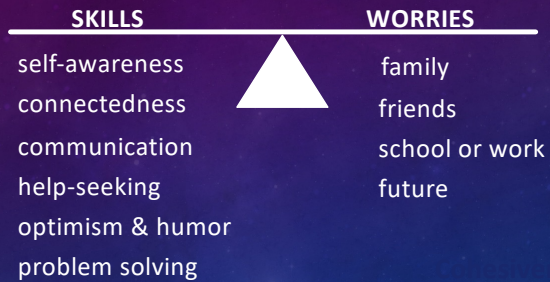
4) Is it beneficial to all concerned? That includes you!

Looking inward does not conflict with service above self; airlines remind us to secure our own oxygen mask first.

If wondering about importance of looking inward, thinking about the well-being of ourselves and others:

Science – 75-year study on loneliness noted an 8-year shorten lifespan (Rotary Magazine, Jan 2023, p 38 ‘connection is a cure’)

## PEOPLE SKILLS (BALANCING THE WEIGHT OF LIFE'S WORRIES)



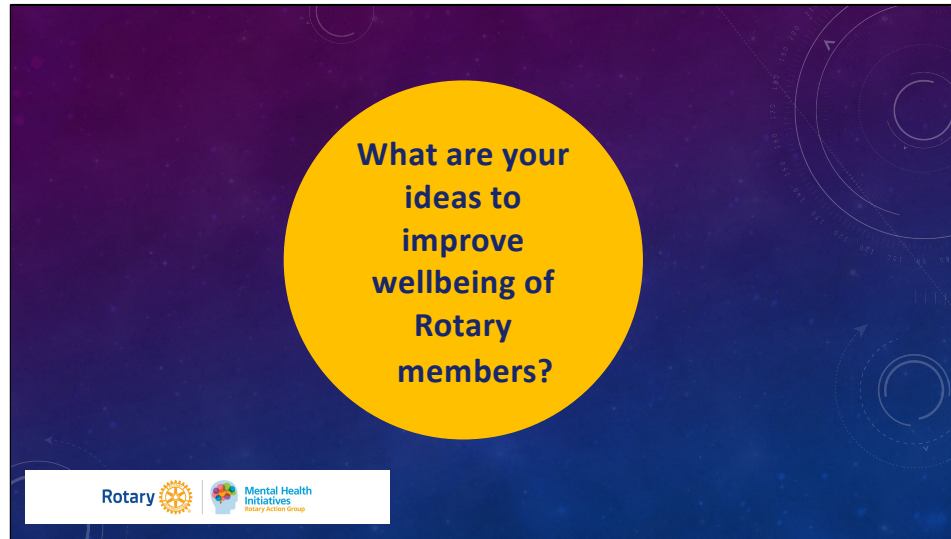
Rotary   Mental Health  
Initiatives  
Rotary Action Group

### Connection, Communication, Cohesiveness

How can we make the belongingness of being a Rotary Member even better?

Continue to connect, communicate and build cohesiveness we can continue to

- break the stigma about our own well-being
- raise the awareness of ourselves and others



## **What are your ideas to improve wellbeing of Rotary members?**

Please suggest your thoughts and ideas...

Some ideas enacted in the Rotary Clubs to date include:

- Committee to make this vision real
- Random table assignments monthly
- Chit for a Chat for brief telephone calls
- 3 minute Mental Wellness presentations

**IDEAS**

- Active Listening
- Remembering
- Following up
- Being empathic
- Being courageous
- Being vulnerable
- Environment
- Understanding others

Rotary Mental Health Initiatives  
Rotary Action Group

***Your ideas are solid – they fit nicely within:***

Active Listening Be truly present – rephrase and play back

Remembering Follow up; build on it

Follow up If someone says ‘we should...’ – do it!

Being empathic How does this really feel for them? Brenee Brown

Courageous Event/people/conversation outside your comfort zone

Being vulnerable Worst that can happen; we’ll recover. Best?

Environment We are our club’s environment.

Understanding others Having a tough time? No need to feel

defensive.

These are people skills and there are exercises to get better at each.



## Obstacles

You may think those ideas or people skills may seem obvious but how routinely do we do them?

What gets in our way? Most often it is our self-talk.

### Danny Amendola, Super Bowl champion 2014 & 2016



#### Video

Here is an example of how our self-talk either helps us or becomes a barrier to our connection and communication. It is a video clip from a tv show called *The World's Toughest Test* with celebrities attempting some military training for special forces.

As an NFL Patriots fan, I love Danny Amendola as a very tough wide receiver who helped Tom Brady win the 2014 and 2016 Super Bowls.



**It is good to recognize if our own self-talk creates barriers**

Anxiety We may not control worries that pop into our head but we can control our response.

Self Esteem It is great to be realistic, to know if we got something wrong but this should be brief. Remember that being a Rotary member in itself confirms we have the right stuff

Fear May be hard to label the source. Recognize you are going to be OK and you are going to make a positive impact on someone else if you are able to go outside your comfort zone.

Privacy Concern that we are overstepping someone's boundaries / invasive / too personal? "How is the spouse taking your job loss"? We have earned trust and can apologize if we get it wrong.

Response We may not get the response that we expected; be kind and defer judgement.



## Survey

[Gordon McNally asked for basic data. A snapshot in time.](#)

The one minute survey is completely anonymous.

Answer the questions candidly.

Add ideas for your club at the bottom.

Please start. We will summarizing the responses here and from many other groups for Gordon McNally.

Going to repeat the survey at a later date and see if we are moving the needle for wellbeing at that time.

## GOAL IS TO ADDRESS A CONCERN RATHER THAN A CRISIS

### CONTACTS WHEN CONCERNED

- Speak with a trusted friend or Rotary member
- Ask your doctor
- Local counseling resources

### CRISIS CONTACTS IN THE USA

- Call, chat or text 988
- Text 741-741
- Mobile Crisis Teams
- If there is IMMEDIATE harm to self or others, call 911



### What's in the breakout session?

Local projects that work to break stigma, raise awareness or increase capacity for prevention and earlier treatment.

I want to hear your project outcomes. I want to brag about Naples, where Rotary introduced new training and support for 17 pediatricians. Just six months later they are:

- 1) referring fewer children out to child psychiatrists
- 2) directly managing more cases of Anxiety or Depression
- 3) writing fewer prescriptions for Attention Deficit Hyperactivity Disorder (ADHD)

The first point is huge because child psychiatrists are “as common as unicorns” according to one pediatrician. 18 kids are receiving treatment that – last year - would still be waiting for an appointment. Rotary

achieved this in Naples; you can do it in your town!

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