

Toolkit: *Looking Inward*

POPULATION

Rotary members and other adults

FOCUS

Rotary members wellbeing education and self-awareness. The presentation is a discussion of mental wellbeing and the anonymous questionnaire provides a snapshot of self-reported wellbeing at one point in time. Used as a simple community assessment, it also provides an opportunity for members to share what they think could further improve their Rotary experience.

OVERVIEW

This Toolkit provides slides to present at club meetings and district events along with a one minute [mobile questionnaire](#) for everyone to complete. Request the summary report for a subsequent meeting to discuss the responses and comments. The materials were created by Clinical Psychologist Sharon Carter PsyD to provide a practical beginning point for Rotary members to start looking at their own wellbeing and that of fellow members. Members devote so much of themselves to serving others; the aim of the materials in this Toolkit is to start Rotary members looking more inward and to further improve communication, connection and club cohesiveness. It also provides an overview to some possible obstacles and suggestions for overcoming them.

BENEFITS

- breaks stigma regarding discussing mental health
- prompts communication and connection
- identifies people skills that can be improved, including self-talk
- suggests obstacles that might prevent communication and connection and ideas to overcome such obstacles
- encourages discussion about new ideas for improving wellbeing and club cohesiveness

COST

The toolkit is free of cost.

TOOLKIT CONTENTS

- link ([Looking Inward](#)) to page ending with overview and slide presentation files
- ending slide in the presentation has link to anonymous wellbeing questionnaire ([Questionnaire and Comments](#))



CONTACT

Visit the Mental Health Initiatives Rotary Action Group website (RAGonMentalHealth.org) or email the action group chair, Bob Anthony (rwa1645@gmail.com). If you are asking for a summary report of the responses and comments collected through the online questionnaire during an event, provide the event date, time, and title (such as 'Assembly' or 'Weekly club meeting').