

Recommitment to Wellness

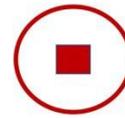
The Founders of Delta Sigma Theta presented us with a charge, as embedded in our oath, to endeavor to preserve our health. As we kickoff the new year we will honor the wisdom of our Founders by prioritizing our health through the DeltaCare initiative. The DeltaCare initiative is a call-to-action for all sorors to practice self-care through three components: physical wellness, mental and emotional wellness, and awareness and advocacy. In 2020, we joined forces with WW (formerly Weight Watchers) to support the wellness goals of our membership. WW has created content and programming specifically for Delta Sigma Theta members to help develop healthier habits.

A healthy Delta, mind, body, and spirit ensures the work that otherwise might be done continues. Let us not forget that prioritizing our own selfcare is not an act of selfishness, rather, an essential act of survival and sustainability. Using our sisterhood as a support system and the resources of WW we can meet our goals for a healthier membership because **when Deltas are well, all is well.**

ACTION ITEMS TO GUIDE YOUR RECOMMITMENT TO WELLNESS:

- ▲ Give yourself grace. 2020 was challenging for many people. Forgive yourself for any areas in your life where you fell short and pledge to move forward in 2021.
- ▲ Set your wellness goals. *Complete the Stop, Start, Continue Inventory* to identify wellness habits that will help you live healthier both physically and emotionally.
- ▲ Visit ww.com/DST and take advantage of the exclusive membership discounts. Can we get 1,913 new members to join today? If you are already a member, encourage another soror to join.
- ▲ Stretch yourself. Literally. Participate in the **DeltaCare Stretch Session**. Whether you do it in the morning, take a mid-day stretch break, or wind down this evening, stretching has many health benefits and will help you feel better and release tension. This session will be sent to all sorors on Monday, January 11.
- ▲ Get moving with Zumba. Finding exercise that you enjoy makes your fitness goals more attainable. On Monday, January 11, a Zumba workout specifically designed for us will be sent to all sorors.
- ▲ Post your Recombitment to Wellness efforts on social media and help inspire others to get moving.

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Stop



Start



Continue

PERSONAL INVENTORY

Let's take a moment to consider our physical and emotional wellness and answer the question: *What habits do I want to stop, what habits do I want to start, and what habits do I want to continue in order to achieve better wellness?* The items you list do not have to be difficult, just specific. Think of at least one manageable action item that may be step one of a larger goal. Goals are better achieved when they are documented, shared, and accompanied with support. After you have completed the inventory, identify and discuss your goals with your "Accountability Soror(s)". Make a commitment to check in regularly to share success, potential obstacles, and give and receive encouragement.

Our partner WW, formerly Weight Watchers, provides resources for our members to support your wellness goals. Visit ww.com/DST to learn about the program and the many benefits to joining including membership discounts and exclusive DST connect groups and virtual meetings.



List a habit related to your wellness you would like to stop:

(What are things that exhaust you, overwhelm you, or cause feelings of resentment?)



List a habit related to your wellness you would like to start:

(What specifically would you like to do that you have not been doing that could lead to better health?)



List a habit related to your wellness you would like to continue:

(What is something you already do for your wellbeing that you feel good about or brings you joy?)

My Accountability Soror(s): Who are the people who will join you on your journey?