



## *The Sensational South Atlantic Region*

**We Promise to Always S.E.E. You**  
Sincere Sisterhood-Exceeding Excellence-Embracing Empowerment

# **1-9-13-22**

## *Physical and Mental Health Initiative*

- 1** Daily Personal Goal & Affirmation
- 9** Weekly Minutes of Meditation
- 13** Quarterly Check-ins with 13 Sorors
- 22** Daily Active Minutes

The 1-9-13-22 Initiative is the opportunity for South Atlantic Region members of Delta Sigma Theta Sorority, Incorporated to focus on their physical and mental health through four targeted activities focused on their physical and mental well-being.

Dr. Trish R. Johnson  
South Atlantic Regional Director

Illana Jamison  
South Atlantic Regional Representative

**SOUTH ATLANTIC REGION  
PROGRAM PLANNING & DEVELOPMENT**

Natalie Pennywell, Regional Chair, Petersburg Alumnae  
Kateresea Ford, Regional Co-Chair, Richmond Alumnae

**HEALTH/MENTAL HEALTH AWARENESS SUBCOMMITTEE**

Andrea Webb Oates, *Chair*, Richland County Alumnae

Gloria Bennett, Clinton Alumnae  
Brandynicole Brooks, Fredericksburg Area Alumnae Vera  
Campbell, North Charleston Alumnae  
Lakia Easton, Sumter Alumnae  
Karla Jones, Charlotte Alumnae  
Ronnelle Langhorne, Newport News Alumnae  
Destiny Sinkler, Iota Chi (USC)  
Sonja Tucker Pride, Petersburg Alumnae

The Physical and Mental Health Subcommittee of the South Atlantic Region's Program and Planning Development Committee is excited to bring you the 1-9-13-22 Physical and Mental Health Initiative.

The 1-9-13-22 Initiative is the opportunity for South Atlantic Region members of Delta Sigma Theta Sorority, Incorporated to focus on their physical and mental health through four targeted activities focused on their physical and mental well-being.

From February 1<sup>st</sup> – May 31<sup>st</sup>, 2022, chapters of the South Atlantic Region of Delta Sigma Theta Sorority, Incorporated can participate in the 1-9-13-22 Physical and Mental Health Initiative by registering their intent to participate and utilizing this toolkit to engage.

Chapter Program and Planning Development Chairs are asked to register their chapter's participation [here](#). Once registered, individual chapter members and chapters are asked to track completion of 1-9-13-22 activities utilizing the journaling and tracking sheets located in the SAR Physical and Mental Health Google Drive.

At the end of each quarter, chapter members will be asked to log their participation via communication from the SAR PPD Physical and Mental Health subcommittee.

The 1-9-13-22 Physical and Mental Health Initiative was developed to support sorors in obtaining and maintaining practices focused on developing their physical and mental well-being.

Participation in this initiative will support chapters towards gaining recognition through the region's 22 points of light.



# 1-9-13-22

## Participation Guidelines

### **PARTICIPATION**

**Each Chapter will select an Activity Leader** - preferably the PMH Chair or the PP&D Chair.

The Activity Leader MUST complete the Chapter Registration Form by 2/15/2022. This initiative will run from February 1<sup>st</sup> , 2022 – May 31<sup>st</sup>, 2022.

### **The Chapter Activity Leader will be responsible for:**

- Providing the Activity Log/tracking sheet to participating chapter members to record their activities.
- Collecting the Activity Logs from participating chapter members.
- Selecting a designated date to receive Activity Logs from chapter members to ensure the Master Activity Log is submitted by the 28th of each month.
- Submitting the Master Activity Log to the South Atlantic Region PMH Sub-Committee, by the 28th of each month.

**NOTE: Only the Master Activity Log is to be submitted monthly for the chapter.**

### **Chapter members will be responsible for:**

- Keeping track of their activities using the Activity Log.
- Submitting Activity Logs to the chapter's activity leader.
- Using the exercise calendar provided to see the daily activity to be completed.

**NOTE: Only submit your Activity Log to your Chapter Activity Leader.**

# 1 Personal Goal(s) / Affirmations

Deltas **E**valuate **L**ife goals that are **T**imely and **A**ttainable.

**Instructions:** Keep a daily journal. The journal can be electronic or paper. The journal is to be used to write down your affirmations and to track your goals.

**Goal(s):** *Write the vision, make it plain. - Habakkuk 2.2*

Using the template below, write your goal and the plan to meet your goal. You may use the template as you choose to meet your needs. Your goals can be daily, weekly, monthly, short term or long term.

**Affirmations:** Every day write & recite an affirmation-you may choose one (1) to use daily, weekly or monthly, however you decide. We have provided 25 for you to use/amend and/or you may choose your own. The purpose of the affirmations are to encourage, inspire, and uplift you.

---

My goals are (What do you want to achieve? Consider what you want to achieve.)

1

---

---

---

---

---

---

---

2

---

---

---

---

---

---

---

3

---

---

---

---

---

---

---

Date to start my goals: \_\_\_\_\_ Date to complete my goals: \_\_\_\_\_

**STEPS TO REACH MY GOALS:** (who, what, when, where, and why. Develop a step-by-step plan to achieve your goals. Are your steps important to what you want to achieve?)

---

---

---

---

How are you going to measure your goal? (How much, How many, How often. Develop a plan of when you are going to achieve the small steps.)

---

---

---

---

---

---

I will know I have reached my goal when:

---

---

---

---

**EVALUATE YOUR PERSONAL GOAL:** Did you meet your goals? Why? Or Why not? Make a list of areas that you still need to improve?

---

---

---

---

Re-evaluate the areas you need to make changes and re-evaluate your growth.

Do you need to set new goals or adjust your current goals?  Yes  No

New or Adjusted goals?

---

---

---

---



## Affirmations

I was made with divine intention & purpose.

I will feed my spirit, I will train my body, I will focus my mind.

I can & I will.

It's not "their" job to like me, it's mine.

Creative energy surges through me & leads me to brilliant new ideas.

I will release self-doubt and I will step out anyway.

My thoughts are filled with positivity and my life is plentiful with prosperity.

Happiness is a choice; I choose happiness.

I choose peace over drama and distance over disrespect.

Difficult times are growing times; I will embrace them & learn from them.

I make mistakes; I am NOT my mistakes.

I am allowed to say no to others & Yes to myself.

I deserve to be treated well.

I am enough.

My faith is greater than my fear.

I am stronger than I think.

I will not be afraid to use my voice.

When I speak, I will speak with confidence & purpose.

My mind is full of brilliant ideas.

I am getting healthier every day.

I am the architect of my life; I build its foundation & choose its contents.

My ability to conquer my challenges is limitless; my potential to succeed is infinite.

I love myself-no matter what others think.

I am the only one who can determine my self-worth.

I will focus on what I can control & make peace with what I cannot.



# 9 Minutes of Meditation

Meditation is the purposeful practice of training your mind to focus. This focus allows you to stay in the moment, redirect your thoughts, and reduce distractions. Research suggests meditation can help to reduce stress, address anxiety, promote emotional well-being, enhance self-awareness, and improve sleep and blood pressure.

Meditation is accessible anywhere, thus making it an effective and attainable approach to physical and mental well-being.

**Instructions:** Take at least 9 minutes of your day or week to focus on meditation. There are many types of meditation you can practice including:

- Mindfulness Meditation
- Spiritual Meditation
- Focused Meditation
- Movement Meditation
- Mantra Meditation
- Transcendental Meditation
- Progressive Relaxation
- Loving – Kindness Meditation
- Visualization Meditation

Go to <https://www.healthline.com/health/mental-health/types-of-meditation> to learn more about the different types of meditation and practice a few to find the one that is best for you.

Ideally, you will engage in meditation as close to the same time of day as possible. This gives your mind and body the opportunity to expect meditative practice and to begin building a routine. Setting an alarm will help to remind you of when to meditate.



As you begin your meditation, be sure to be in a quiet space with minimal to no distractions. Set a timer for 9 minutes and use any of the meditation practices shared below.

## Meditation Ideas

1. Listen to relaxing music for 9 minutes
2. Meditate with dim lights and focus on breathing
3. Pray 3 minutes of prayer 3 times a day. (9 minutes)
4. Go outside for a 9-minute break nature
5. Watch the sunrise or sunset
6. Shower
7. Do deep abdominal breathing for 3 minutes, 3 times a day
8. Journal daily
9. Cuddle - It releases feel good hormones
10. Complete a Daily Reflection
11. Stretch for 9 minutes
12. Give yourself a hand or foot massage.





# 13 Soror Check-ins

Social relationships benefit both our physical and mental health. Maintaining positive interpersonal/social relationships has been correlated with positive health outcomes for the past few decades. Sisterhood is a key relationship given to us through our membership in Delta Sigma Theta Sorority, Inc. and it is so important that we engage in meaningful interactions with our sorors to maintain a sense of sisterhood.

**Instructions:** During February/March and April/May, you are asked to check-in with 13 sorors in a meaningful way. These sorors can be chapter members, region members, or sorors you have connections with via social media. Be sure to schedule time to connect with a soror and keep a log below.

## Ways to check in



Have coffee after chapter meeting



Catch up via Social Media Direct Message



Grab lunch



Call a Soror for a chat



Send a Text Message

### February – March Check-Ins

	Soror	Date	Activity
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

## April-May Check-Ins

	Soror	Date	Activity
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			



# 22 Minutes of Exercise/Activity

According to the Centers for Disease Control, regular physical activity is seen as one of the most important things you can do for your health. It is recommended to get up and move 150 minutes per week. As you work to maintain or increase your physical activity, consider adding 22 minutes for the 1-9-13-22 Physical and Mental Health Initiative.

Let's Get Moving!

For the 22, sorors are asked to engage in 22 minutes of physical activity daily and log their activity using the [activity log](#) provided to the chapter. (An example is below.)

you can find an Activities Calendar with recommended activities for each month!

Participant Name	Day of the Week	Type of Activity	Amount / Time Listed on the Calendar for the Activity	Amount/Time Completed	Total Points for the Day
Queen Delta	Sunday	Walking	44 minutes	60 minutes	6
	Monday	Jumping Jacks	22 Minutes	22 minutes	3
	Tuesday				0
	Wednesday				0
	Thursday	Walking	44 Minutes	44 Minutes	3
	Friday				0
	Saturday				Free Day
			<b>Total Points for the Week</b>		12





SOUTH ATLANTIC REGION - DELTA SIGMA THETA SORORITY, INC.

Chapters with at least 15% of members participating will receive 1 point of light towards the 22 Points of Light.

Questions and Comments can be emailed to the  
South Atlantic Region – Program Planning and Development  
Physical and Mental Health Subcommittee  
**[sar.healthawareness@gmail.com](mailto:sar.healthawareness@gmail.com)**