

act • belong • commit

advisers helping students reflect on intentionality of engagement

WHY ABC Framework

Act-Belong-Commit Framework is the first research-based mental health initiative targeting the entire population. It provides a **positive and action-oriented focus on mental health** and comprises behaviors and lifestyles that promote well-being and strengthens us as human beings.

Do something active, do something together and do something meaningful -- That's the 'ABCs of mental health' --

Let's take the first or next step together, because mental health is something we create together.

Mental health is everything that makes life worth living. It is important that we are physically healthy, but it is at least as important that we thrive and feel good, i.e. that we are mentally healthy. Mental health and well-being are crucial, both in the short and long term, to our overall health and in terms of risk behaviors, our learning ability and opportunities for having education, work, good social relationships and to make a positive contribution to the community.

Through activity, connectedness and meaningfulness, we can enhance and strengthen our mental health. It is about looking for and discovering what makes sense to you in life and how different activities can bring you joy and energy. For example, doing something for others, joining a band, intramural sport or a club team, reading and book, singing, painting, playing frisbee golf with friends, walking in nature, practicing yoga, putting hammocks in trees, playing a game or cooking with friends. Doing something actively for your mental health can mean physical activity, but it can also mean that you take time for rest and contemplation.

Prompts for Advising Conversations

- What have been some of your most meaningful experiences this semester?
- Are you finding places and people to connect with authentically on campus? Where?
- What do you prefer to do to keep mentally active? What does it give you?
- Talk to me about your major and why you have chosen this? Minors? ELRs?
- Do you occasionally do something specifically to find peace and make room for just letting the mind flow? If so - what?
- Are you a member of any clubs or organizations, and if so - why?
- Can you think of a way in which you can help strengthen a sense of meaning and purpose in your everyday life?
- Is there anything we should talk about taking off your plate? Anything else you would like to talk about?

ABC TIP – Go for a walk and reflect . . . take a friend. What can it do for you?

- Your ability to think creatively increases by approx. 60% when you are moving.
- When you spend time in nature, you "heal" and you can get the sensation of being part of something greater than yourself (removing self-focus).
- When you walk with others, you are likely to experience that moving makes conversations easier.
- When you take a walk, worries may feel lighter, and your day may appear more manageable.
- Exercise is medicine: walking/exercising 5xs a week reduces risk and improves health

For resources to help students looking for connection points visit:

Student and faculty resources on the Elon Student Care and Outreach page: bit.ly/ElonStudentConcerns