

## 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 with notes for any member to present, including a one minute [mobile questionnaire](#) for completion during the presentation. Request the summary of survey responses for ideas to improve the club experience. The materials were created to provide a practical beginning point for Rotary members to better recognize their own wellbeing and that of fellow members to improve communication, connection and club cohesiveness. It identifies typical obstacles and suggestions for overcoming them. The *Looking Inward* toolkit is inspired by the "battle buddy" concept, as highlighted in the U.S. Army TRADOC Regulation 350-6. This was introduced by Dr. Pallavi Gowda, a RAGMHI Board member and US Army Veteran. The member survey, PowerPoint presentation and slide notes 'script' were created by clinical psychologist Sharon Carter, PsyD.

### 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](http://RAGonMentalHealth.org)) or email the action group chair, Bob Anthony ([rwa1645@gmail.com](mailto: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').