



Delta Gamma
1873

Be Her Champion: Hearts Behind the Anchor

ROOMMATE CONVERSATIONS

Delta Gamma is committed to a Culture of Care, a culture that fosters support to members through all life's experiences by keeping care at the center of all our actions and decisions. As part of Delta Gamma's Culture of Care the Fraternity created Be Her Champion as a reminder to emulate care in daily interactions, remember the importance of selfcare, and to reduce the stigma of asking and talking about emotional health. Hearts Behind the Anchor is an extension of Be Her Champion to provide you with an opportunity to reflect on what your personal best looks like and what you need from others when you are not at your best.

Hearts Behind the Anchor is an opportunity to reflect on the importance of care and what it means for each of us. Everyone's need and openness to care will be different. What works for you might not work for another member. We hope this time will provide an opportunity for sisters to reflect on what their personal best looks like and what they need from others when they are not at their best.

These questions were selected for Delta Gamma members living in a Delta Gamma facility, specifically for roommate conversations, but they will also work with members living in the same suite, wing or floor. These questions do not have to be used at a specific time of the year, but can be used throughout as check-ins, conversations starters or a simple way to talk about how to be each other's champion. If you have a meeting specifically for members who will be living in a Delta Gamma facility at the beginning of each term, this would be a perfect spot to introduce Hearts Behind the Anchor.

Here is some information you can use to introduce the activity to live-in members:

This year we will be using a resource for members living in a Delta Gamma facility. It is a part of Delta Gamma's Culture of Care and an extension of the Be Her Champion Program. Delta Gamma has carefully selected a few questions roommates and housemates can use to reflect on what your personal best looks like and what you need from others when you are not at your best. These questions will require courage and vulnerability. These questions can be used throughout the year and will be a great resource to foster selfcare and a spirit of allowing your sisters to be your champion.

For more information or questions, please contact the Fraternity Director: Programming, at programming@deltagamma.org.

**WHAT WORKS
FOR YOU MIGHT
NOT WORK FOR
ANOTHER DG**



Delta Gamma
1873

Be Her Champion: Hearts Behind the Anchor

Take turns finishing the following statements:

I am at my best when

I feel healthy/good when I am doing

Day to day, I manage life by

When life hits I cope by

I ask for help by