

William & Mary



Inside the Issue

GUIDELINES

No Shave Movember is not all about growing facial hair. The "rules" are simple and easy to follow.

SOCIAL MEDIA POST

Help us spread the word with the sample post we've provided.
#WMLETITGROW

DISCUSSION TOPICS

Need a conversation starter? Inside, you will find many topics to discuss.

INTRODUCTION

by Office of Health Promotion

No Shave November encourage participants to forgo shaving for the month of November and strives to raise cancer awareness. Movember encourages participants to grow a Mustache during November and strives to raise awareness around not only cancer but also, mental health and suicide prevention. Ultimately, the idea is to bring awareness to men's health issues by embracing facial hair growth. When individuals question participant's new style, the door will be open for conversations about prostate and testicular cancer, mental health and suicide. Join us as we raise awareness around these issues.





GUIDELINES

by Health Promotion

The rules, for lack of a better word, are simple. If you have no facial hair, for thirty (30) days, let your hair grow, no grooming what so ever if you would like to go the No Shave November route. If you only want to grow a mustache, beginning November, let your mustache grow. Already have facial hair, consider cutting it down (shadow beard), and going from there. If you do not want to participate by growing facial hair, be sure to post stats and information on your social media spaces along with everyone else. We would also like participants to discuss the importance of mental health with their male identified counterparts.

Other ways to participate:

- Run or walk 60 miles over the month for the 60 men we lose to suicide every hour across the world
- Host a virtual or live, discussion about mental health
- Challenge yourself to do something large in scope or scale
- Show us the evolution of your beard or mustache for a chance to win a Manscaping Kit



SOCIAL MEDIA POST IDEAS

#WMLETITGROW

Over 6 million men suffer from depression per year

Male depression often goes undiagnosed...men are more likely to report fatigue, irritability, loss of interest in work or hobbies rather than feelings of sadness or worthlessness

Ninety percent of people who are diagnosed with schizophrenia by age 30 are men

Males account for about 10% of anorexia or bulimia patients

More than 4 times as many men as women die by suicide in the US

In 2010 a total of 38,364 Americans died by suicide and over three-quarters (79%) of these suicides were men

In 2018 48,344 Americans died by suicide...69% of these deaths were white males

Aside from non-melanoma skin cancer, prostate cancer is the most common cancer among men in the US

Prostate cancer is the leading cause of cancer death among men of all races and Hispanic origin populations

2017 in the US 207,430 new cases of prostate cancer were reported among men...30,486 men died of this cancer

2017 prostate cancer leading cause of death in all race/ethnicities of male 100 per 100,000

The risk of prostate cancer increases with age

Men should be doing self-exams at least once a month



DISCUSSION IDEAS

Own Your Feelings

Allow yourself to feel

- Overcome the social pressure to shut down your emotions..."man up"...don't get caught up in outdated ideology

Don't ignore how you're feeling

- Don't bottle up your emotions...pressure burst pipes...it is also unhealthy to hold emotions (stress) in your body...it can be physically unhealthy

Talk it out

- Find someone you trust to talk to about the vicissitudes of life...be okay about how you are feeling...if the person you chose talks about want to share similar experiences, be clear and okay with telling them you need them to listen

Build your emotional vocabulary

- Good, bad, sad, mad, or fine, are great...there are many other words that better describe how we feel...check where the emotional is coming from

Journal

- Journaling is a good way to vent...each night write down any feelings you had over the day and what caused them...just a few sentences or bullet points to help you become comfortable with identifying and expressing your emotions

See a professional

- There are times when journaling, talking to friends, doesn't work, you may need to seek professional help

Consider your relationships

- See toxic relationships

SIGNS OF ANXIETY

Uncontrollable worry and dread

Stomach and digestion problems

Trouble concentrating, remembering or thinking clearly

Increased heart rate

Changes in energy and difficulty sleeping

Irritability and or restlessness

Loss of interest in hobbies, games
Etc.

MANAGING ANXIETY

Ask someone you trust for support

Exercise at home

Set boundaries with your phone

Set boundaries with your friends and family

Use mindfulness or meditation

Create a new routine

Set a timer to get up every hour to stretch walk move





TOXIC RELATIONSHIPS

Manipulation

- Toxic people are often good at manipulation. They will often twist your words or make you feel guilty to get their way.

They make you feel bad about yourself

- Insults are a direct way toxic people make you feel bad, yet the way it can affect your self-esteem are more subtle. They can often find a way to “rain on your parade” or downplay your achievements.

Judgmental

- People are judgmental from time to time, toxic people are judgmental almost all the time. They criticize anything that they don't agree with or approve of, instead of considering the circumstances or the feelings of other people.

Negativity

- These are people who cannot see the good in anything.

Self-centered

- Toxic people care mostly about themselves. They do not think or care about how their actions affect others and often believe they are better than others are. These people are unlikely to compromise or consider other's point of view.

Controlling

- A controlling person may be the most dangerous of toxic people. They may try to restrict you from friends and family or limit resources like transportation or access to money to restrict your ability to interact with the world around you.

SUPPORTING OTHERS

by OHP

Practice Active Listening

Give the person your full attention. Reflect or summarize what you heard to make sure you understand clearly, what is being said. Use open-ended questions (how & what) to get more details about whatever is being discussed.

Don't compare

Don't yield to the temptation to tell the person about what you have experienced that may be similar and how you got through it.

Ask what you can do

Only ask if you are willing to go the extra mile because you never know what the person might request...also be careful of being an enabler...helping is one thing, enabling is another (e.g. doing things the person can do for themselves; support vs carrying)

Keep your word

Per the above, ask what you can do...if you offer your support do it...when someone is struggling the last thing they need to feel is they have been abandoned.

Don't judge

To be supportive you should put your personal feelings aside...criticism is not helpful to someone in need of support, that does not mean to not be honest

Know when a professional is needed

Sometime your support will not be enough...if the person is struggling over a period of months, they may need professional assistance



COVID 19 & MENTAL HEALTH

Your concerns are valid whether that is concerns about your health or the health of your family or friends...financial stress, inability to connect like usual...

Control what you can control...you can control your:

Mind and body

- Keep a healthy diet
- Exercise at home
- Get enough quality sleep
- Limit the use of alcohol and other substance
- Maintain self-care and personal hygiene

Environment

- This is the time to clean and or organize your house, bedroom, closet, kitchen, or your car
- Limit the number of people you come in contact with
- Work at home if possible

What you consume

- Don't consume too much news via television or social media
- Get information from a reliable sources
- Watch television, movies, Etc. that make you feel good

How you protect yourself

- Wash hands 20 seconds, soap and water or use hand sanitizer
- Avoid touching your eyes, nose and mouth
- Avoid shaking hands, kissing or hugging
- Keep 6 feet of distance between you and others
- Wear your mask

November 2020

MEN & MEDITATION

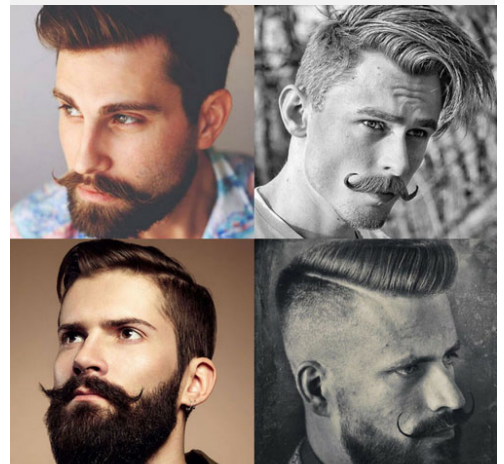
by OHP

There are several types of meditation, mindfulness, concentration, Buddhist, transcendental etc. And we know meditation can be intimidating. Why, I'm glad you asked, because it goes against our conditioning to have some sort of "noise" be it, via television, music, podcast, etc. There is a value in turning off the mind even if for a few moments at a time.

Research suggest that some benefits of meditation includes, lowering blood pressure, lowering heart rate, reduces anxiety levels, improve concentration and more.

During this time we will offer an opportunity to learn more about meditation and give you and opportunity to give meditation a try. We hope you take the opportunity to join.

Meditation is the gym for the mind.



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William & Mary



Partners

W&M BARBERSHOP TALK

Alton Coston (Alpha Phi Alpha)

YOU!

Your name HERE!

WARREN BUCK

William & Mary Alumnus
Meditation Advocate
Adjunct Professor of Physics

DONT FORGET

by Office of Health Promotion

Don't forget to post the evolution of your beard or mustache, once a week for the month, for a chance to win a Manscaping Kit.

Whenever you post please use #WMLETITGROW

Please share any events you would like us to share around Men's Mental Health

QUESTIONS Contact: T Davis (tdavis@wm.edu)

