

# MANAGING YOUR MENTAL HEALTH WHILE BEING A LEADER

## TIP 1: Monthly Club Leader Check-Ins



It's important to schedule time to plan meetings for your club, BUT it's just as important to schedule time to check-in with one another. Take some time during your monthly club leader only meetings to chat and support each other.

## TIP 2: Ask for Help When You Need It!



You are on a team for a reason -- to work together and support one another. If you are struggling to manage your responsibilities, let your club leaders know. If you see a club member struggling and you have capacity, help them out. Open communication is KEY! Remember that your BC2M staff liaison is always here to help - reach out if you need it!

## TIP 3: Do Activities That You Can Benefit From Too



This is a mental health club! The last thing that should happen is feeling overwhelmed because of the club. Create events and activities that are in your capacity that will benefit your peers AND you.

**Your best work happens when you take care of yourself first. Look out for yourself the same way you do for your club members.**