

SUPPORTING MEMBERS THROUGH POLITICAL ANXIETY



PHI MU DELTA

Political anxiety is a growing concern among college students, including fraternity and sorority members. This discussion aims to help our chapter recognize signs of political anxiety, develop strategies to support affected members and create an environment that promotes mental well-being alongside civic engagement.

Desired Outcomes



- Increased awareness of political anxiety and its impact on chapter members
- Strategies for supporting members experiencing political anxiety
- Ideas for creating a chapter environment that reduces political stress
- Enhanced understanding of how to balance political engagement with mental health

Ground Rules for Civil Discourse



1. Listen to understand, not to respond
2. Speak from your own experience using "I" statements
3. Respect others' rights to hold different opinions
4. Avoid personal attacks or generalizations about groups
5. Seek common ground and shared values
6. Be open to changing your perspective



Remember, the goal is to create a supportive environment where all members feel valued and understood, regardless of their political views or level of engagement. This discussion should help us develop concrete strategies to support our brothers/sisters through political anxiety.

Discussion Questions

How would you define political anxiety? Have you or someone you know experienced it?

The CIRCLE research project at Tufts University says that almost half of young adults feel lonely or lack confidence. How might these feelings relate to political anxiety in our chapter?

What strategies have you found helpful in managing your own political stress or anxiety? How might we share these strategies within our chapter?

How can we create safe spaces within our chapter for members to express their political concerns without increasing anxiety?



What role should our chapter leadership play in addressing political anxiety among members?

How can we balance encouraging civic engagement with protecting members' mental health?

What resources (on campus or within our national organization) are available for members struggling with political anxiety? How can we make these more accessible?

How might our chapter's activities or culture unintentionally contribute to political anxiety? What changes could we make to create a more supportive environment?

The CIRCLE data asserts that youth who feel civically empowered are more likely to vote and less likely to feel anxious. How can we empower our members civically while being mindful of anxiety?

How can we support members who may need to step back from political engagement for their mental health while still keeping them connected to the chapter?



CIRCLE is an independent research organization focused on youth civic engagement in the United States. It conducts extensive research on youth participation to improve opportunities for all young people to learn the skills they need to participate in civic life, with a focus on addressing systemic barriers for marginalized and underrepresented youth.



Phi Mu Delta stands out among fraternities for its founding principle of democracy. Since its establishment in 1918, this brotherhood has been dedicated to shaping young college men into future ethical community leaders, emphasizing the importance of civic engagement and local service.