

Fwd: From Burnout To Breakthrough

1 message

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Wed, Jun 28, 2023 at 8:16 AM

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From: **Anyiah Chambers, Candidate for National Second Vice President** <anyiahcfornational2vp@gmail.com>
Date: Wednesday, June 28, 2023
Subject: From Burnout To Breakthrough
To: dstatxnews@gmail.com

**Chapter presidents, please share this correspondence with your chapter members.*



Anyiah **CHAMBERS** FOR NATIONAL SECOND VICE PRESIDENT

PLATFORM POINTS

BUILDING BRIDGES
Enhancing Collegiate to Alumnae Transition Efforts

FROM BURNOUT TO BREAKTHROUGH
Strategies for Overcoming Collegiate Stress

FINANCIALLY EMPOWERED:
Taking Control of Your Money Matters

Meet the Candidate

- ▲ BORN AND RAISED IN MILWAUKEE, WI
- ▲ MAINTAINS A 3.8 GPA AT KENTUCKY STATE UNIVERSITY
- ▲ POLITICAL SCIENCE SCHOLAR WITH A CONCENTRATION IN JOURNALISM
- ▲ PAST CHAPTER PRESIDENT OF THE ALPHA PI CHAPTER
- ▲ KENTUCKY STATE FACILITATOR
- ▲ ALPHA PI SPRING 2022 INITIATE

GO HIGHER ANYIAH

Greetings, Sorors!

As we approach the end of June, I hope you are making time for self care, rest, and rejuvenation. I am certain we have all, in some way, had our plates full lately between working, building businesses, serving our communities, and taking care of our families. However, we can only give from spaces we've poured into, otherwise we run on an empty tank.

As National Second Vice President, another one of my goals is to equip collegiate sorors with essential tools for managing stress while serving our chapters and local communities.

This includes:

1. Developing a stress management toolkit with practical techniques and resources.
2. Inviting mental health experts to provide guidance on maintaining mental well-being.
3. Promoting academic support and mental health services awareness through chapter meetings, newsletters, and social media.
4. Offering workshops and seminars on effective time management techniques while teaching sorors how to prioritize tasks, set realistic goals, and create schedules.

Focusing on overcoming burnout and managing stress is an opportunity for us to come together and ensure we maintain our momentum, motivation, and mindset to achieve our goals and push our chapters to the next level!

Please visit <https://www.anyiahcfor2ndvp.com> for more information or to share your thoughts and ideas on managing stress. I'd love to hear from you!

Let's Go Higher!

Anyiah

I Want To Hear From You!

As a candidate for National Second Vice President, I want to ensure that every soror has the opportunity to ask me questions about my platform. I encourage you to send me an email at Anyiahcforational2vp@gmail.com with any questions you may have on why I am capable of elevating the collegiate experience to greater heights.





*Campaign donations can be made via **CashApp** (\$AnyiahSimone), **Paypal** (paypal.me/AnyiahChambers), or **Zelle** (AnyiahC7182@gmail.com).
All support, financial or otherwise, is greatly appreciated.*

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