

BISHOPVILLE-MANNING- SHAW AFB (SC)
KAPPA ALPHA PSI FRATERNITY, INC.

HEALTHY KAPPA INITIATIVE

"Promoting Wellness, Brotherhood, and Achievement"



FALL 2025 | VOLUME 1, ISSUE 1



BISHOPVILLE-MANNING-SHAW AFB ALUMNI CHAPTER KAPPA ALPHA PSI FRATERNITY, INC.

HEALTHY KAPPA INITIATIVE

FRATERNAL YEAR: 2025–2026

PUBLISHED: OCTOBER 1, 2025



Contact Information:

Bishopville-Manning-Shaw AFB Alumni Chapter

PO BOX 735 Sumter, SC 29151

bishopvillemanningshaw1911@outlook.com

www.bmskappas.com

Health is the first step toward true achievement. It is more than just physical strength; it is also the balance of mental, emotional, and spiritual well-being. True wellness empowers us to think clearly, serve faithfully, and lead with purpose. By committing ourselves to healthier lifestyles — mind and body — we strengthen not only our Brotherhood, but also the families and communities we are called to uplift.



MENTAL HEALTH MATTERS: A MESSAGE TO THE BROTHERS OF KAPPA ALPHA PSI

-BRO. MARK SHAW

Brotherhood & Well-Being

As men of Kappa Alpha Psi, we are leaders, mentors, and role models in our communities. But behind the image of strength, many African American men silently carry the weight of stress, trauma, and emotional pain. True achievement is not only measured by success in the world but also by balance and health of the mind, body, and spirit.

Unique Challenges We Face

- Balancing fraternity, career, and family responsibilities
- Navigating systemic racism, discrimination, and community pressures
- Living up to expectations of toughness, leadership, and resilience

These challenges, when unspoken, can lead to anxiety, depression, and burnout.

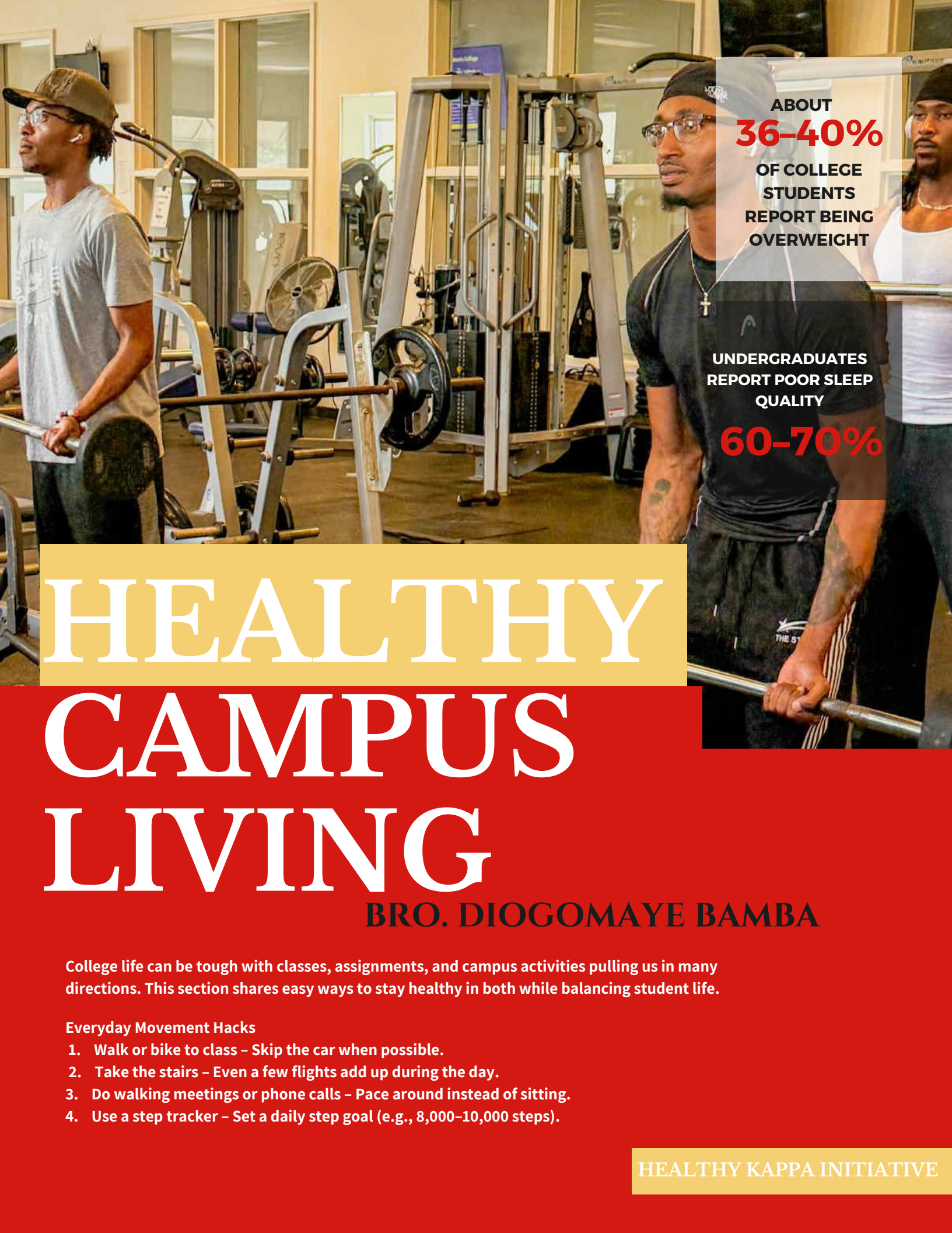
The Cost of Silence

Unchecked stress impacts relationships, physical health, and fraternity engagement. Studies show African American men face higher risks of heart disease, high blood pressure, and substance use when mental health needs go untreated.

Breaking the Cycle

- ✓ Lean on the Bond – Share openly with a Brother you trust
- ✓ Professional Support – Seek counselors who understand our culture and experiences
- ✓ Fraternal Self-Care – Prioritize exercise, healthy living, rest, and reflection
- ✓ Community Strength – Use our brotherhood to build safe spaces for dialogue and healing

“BROTHERS, PROTECT YOUR MIND. PROTECT YOUR LEGACY. PROTECT YOUR ACHIEVEMENT.”



ABOUT
36-40%
OF COLLEGE
STUDENTS
REPORT BEING
OVERWEIGHT

UNDERGRADUATES
REPORT POOR SLEEP
QUALITY

60-70%

HEALTHY CAMPUS LIVING

BRO. DIOGOMAYE BAMBA

College life can be tough with classes, assignments, and campus activities pulling us in many directions. This section shares easy ways to stay healthy in both while balancing student life.

Everyday Movement Hacks

1. Walk or bike to class – Skip the car when possible.
2. Take the stairs – Even a few flights add up during the day.
3. Do walking meetings or phone calls – Pace around instead of sitting.
4. Use a step tracker – Set a daily step goal (e.g., 8,000–10,000 steps).

HEALTHY KAPPA INITIATIVE



MORRIS COLLEGE



Use Campus Resources

5. Join the campus or local gym – Often free or low-cost for students.
6. Take group fitness classes – Yoga, spin, boxing, etc.
7. Use open recreation times – Play basketball or run on the track.
8. Join an intramural sport – A low-pressure way to stay active and meet people.

Smart Planning & Habits

9. Schedule workouts like classes – put them on your calendar.
10. Workout with a friend or Brother – Accountability makes it easier to stay consistent.
11. Use short workouts - 15-30 minute workouts can be effective.
12. Stay consistent, not perfect – 3-4 active days per week is better than burnout.

Support with Healthy Nutrition

13. Pack snacks – Keep nuts, fruit, or protein bars in your bag.
14. Stay hydrated – Carry a water bottle with you.
15. Limit late-night junk food – Try not to eat heavy meals before sleeping.



“Healthy habits are the foundation for a healthy mind and body.”

Recovery & Mental Health

- 16. Get enough sleep – Sleep helps muscle recovery and mental focus.
- 17. Stretch or do yoga – Helps reduce stress and prevent injury.
- 18. Take mental health breaks – Walks or physical activity can boost your mood.

NATIONAL SUICIDE PREVENTION -BRO. DR. AARON DIXON



NATIONAL SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month, and as men of Kappa Alpha Psi, we honor our commitment to brotherhood by checking in on each other and supporting strong minds as well as strong bodies. Together, we can break the stigma, promote wellness, and show that no brother stands alone.

“STRONG MINDS, STRONG BROTHERS”

- **Weekly Brother Check-Ins:** Each brother will check in with two other brothers each week through a call or text.

STRESS MANAGEMENT TIPS

- **MOVE YOUR BODY:** WALK, STRETCH, OR WORK OUT TO RELEASE TENSION.
- **BREATHE:** TAKE 60 SECONDS FOR SLOW, DEEP BREATHING TO RESET.
- **REST:** PRIORITIZE SLEEP AND SHORT BREAKS DURING THE DAY.
- **TALK IT OUT:** SHARE YOUR THOUGHTS WITH A BROTHER, FAMILY MEMBER, OR COUNSELOR.
- **UNPLUG:** LIMIT SOCIAL MEDIA AND NEWS INTAKE WHEN IT FEELS OVERWHELMING.

YOU'RE NOT ALONE

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING, HELP IS JUST ONE CALL AWAY.

NATIONAL SUICIDE PREVENTION LIFELINE:

DIAL 988

“CHECK ON A BROTHER. LIFT UP A BROTHER. BE A BROTHER.”

KAPPA WELLNESS WHEEL





Health Stat of the Month

BLOOD PRESSURE

- About 58% of Black adults in the United States have high blood pressure.
- High blood pressure can be caused by factors such as genetics, higher sodium intake, low potassium, overweight or obesity.

High blood pressure during pregnancy, also known as hypertensive disorders of pregnancy, occurs more often among Black women than in other racial and ethnic groups. Historical and systemic factors contribute significantly to these disparities. These include adverse social drivers of health—the conditions in which a person is born, lives, and works—such as limited access to quality health care, healthy foods, and other essential resources.

For many adults, reaching their blood pressure goal requires two or more medications. This is especially true for those with diabetes, kidney disease, heart disease, stage 2 hypertension (140/90 mm Hg or higher), or an elevated risk for heart disease.



"Promoting Wellness, Brotherhood, and Achievement"

<https://www.bmskappas.com/healthykappainitiative>

Contact Information:
Bishopville-Manning-Shaw AFB Alumni Chapter
PO BOX 735 Sumter, SC 29151
bishopvillemanningshaw1911@outlook.com

www.bmskappas.com