



National Resource Center for Healthy Marriage and Families

The Director's Corner

Greetings,

It seems appropriate that January is National Staying Healthy Month since many people make New Year's Resolutions to improve their health often by committing to exercise more or eat less.

Although we often focus on physical health; mental, emotional, and spiritual health are equally important. Like four tires on a car, they need equal maintenance to maintain efficiency. Likewise, when one is neglected, it can eventually impact the wear on the others. Today's newsletter highlights the interconnectedness of these components in our lives and offers tips for you and the families you serve on strategies for reducing stress, getting more rest, and strengthening interpersonal relationships. As we kick-off 2014, let's all resolve to focus more holistically on staying healthy for ourselves and our families!

Happy New Year,

Robyn Cenizal, Project Director



Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. *Share it - Post it - Pass it on!*

SLEEP. Yes, that's the tip this month. We all know that getting enough sleep is vital to our well-being, including our interpersonal relationships:

- **Sleep impacts relationship quality:** Sleep affects lots of different areas of function. One of them is emotional regulation. When we are sleep-deprived, we don't regulate our emotions well and can react to situations with less control. That reactivity without regulation can cause inappropriate responses to our intimate partners and work colleagues and put unnecessary strain on those relationships.
- **Relationship health impacts sleep quality:** Healthy marriage provides partners with a sense of security. Among other positive impacts, healthy relationships improve sleep quality.

SLEEP. It's healthy for your relationship, and a healthy relationship helps you sleep. Pass it on!



Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 700 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Select the links below to view our featured December resources:

- [Why Good Health Matters in Relationships \(Tip Sheet\)](#)
This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and wellbeing, benefitting individuals and promoting stability for couples and families.
- [Marriage and Mental Health: Coping with Depression and Other Problems \(Fact Sheet\)](#)
This fact sheet provides a brief, yet comprehensive, review of the relevant research on mental health and offers strategies that safety-net service providers can use to assist couples dealing with mental distress,

especially depression.

- **[Building Strong Parenting Partnerships \(Tip Sheet\)](#)**

This tip sheet reviews the concept of parenting styles, including two key elements of parenting: parental responsiveness (i.e., warmth or supportiveness) and parental demandingness (i.e., behavioral control).



Events

The Resource Center's [Events Calendar](#) offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **[The Institute for Children, Poverty, and Homelessness Beyond Housing 2014 Conference in New York, NY, January 15-17, 2014](#)**: The Institute for Children, Poverty, and Homelessness (ICPH) has invited service providers, practitioners, policy makers, homeless and formerly homeless individuals, advocates, researchers, and members of the media to submit presentation proposals for the Beyond Housing 2014 Conference in January. Conference sessions will provide an opportunity to build bridges between service providers and policy makers, and between practitioners and researchers, helping colleagues across the field to imagine new and dynamic ways to reduce the impact of poverty and homelessness on children and families. The National Resource Center will be exhibiting at this conference.
- On **January 28th**, the Resource Center is convening the **California Integration Institute** in San Diego, CA - a one day training event for safety-net service providers across the State of California. Attendees will have an opportunity to share information regarding their agencies' current efforts to promote relationship skills; participate in facilitated discussions regarding healthy marriage and relationship education skills and integration strategies; and engage in consensus building and action planning activities. This event is by invitation only. However, if you would like more information on upcoming institutes or to organize an event in your state or area, please [contact us](#).

Feedback and Technical Assistance:

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. If you would like to request Technical Assistance, please submit a [Training and Technical Assistance Request Form](#) and our Technical Assistance Coordinator will contact you.

To learn more about the Resource Center visit us at www.healthymarriageandfamilies.org

The National Resource Center for Healthy Marriage and Families supports safety-net service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

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