



NATIONAL RESOURCE CENTER *for*
HEALTHY MARRIAGE *and* FAMILIES

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Start the New Year off Right: Improve Family Wellness

A Note from the Director

The New Year is a chance to take a fresh look at your family's wellness. Wellness is more than just good physical health; it includes emotional, mental, and financial health as well. Take time to reflect on these areas and how well you and your family members are managing each of these aspects of wellness. Instead of another New Year's Resolution about losing 10 pounds, make 2016 about being intentional in the daily decisions that can support and improve your family's overall wellness. I hope the tips and resources offered below will be helpful to you and the families you serve in making this a great year!

Best regards,

Robyn Cenizal, Project Director

Tips of the Month

To care for your family, it helps to first care for yourself. Here are some tips to help you get the New Year started off right:

- Avoid accusatory statements so that the listener is more willing to respond positively.
- To feel good and have more energy for family activities, make healthier choices about what to eat. Try to eat more whole grains, fruits, and vegetables and fewer foods with sugar listed as one of the first three ingredients.
- Use humor to lighten the mood during challenging times. Humor can help manage stress and ease tension for you and those around you.
- Think positively about your life to improve both your well-being and your relationships. Try to view roadblocks as opportunities to learn and be optimistic about the future.

For more tips, see the [Caring for Yourself to Care for Others](#) fact sheet.

Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1,000 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 January resources:

- **Family Communications (Fact Sheet)**
This fact sheet describes techniques for achieving healthy family communication through strategies for active listening, thoughtful consideration of what others are saying, and speaking respectfully.
- **Family Nutrition: The Truth about Family Meals (Fact Sheet)**
This fact sheet describes the importance of family meals for strengthening family togetherness, increasing communication, and improving nutrition. It also includes tips for getting the whole family to eat together and for making the most of that family time.
- **Strong Families: Tips for Healthy Financial Management (Companion Resource)**
This information sheet for families discusses tips for money management such as budgeting, building credit, opening a bank account, and keeping an emergency fund. Healthy financial management can help reduce stress and

lead to trusting and happy relationships. For providers, also see the companion sheet: [Tips for Service Providers: Healthy Financial Management Skills](#).

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:

- **Stay tuned! New Resource Center webinar on the benefits of *Integrating Healthy Relationship Education in High School and College*.**

The webinar will feature speakers from both research and field work, and will highlight free resources through the Resource Center to support youth-focused relationship education. Date and registration information will be provided soon.

- **Institute for Children, Poverty & Homelessness 4th Biennial Beyond Housing Conference in New York, NY, January 13-15, 2016**

The Beyond Housing 4th Biennial Conference will host fellow practitioners, policymakers, and service providers to share new and effective programs, solutions, and policies aimed at reducing poverty and homelessness among children and families in the United States.

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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