



Health and Relationships

A Note from the Director

Each July the National Recreation and Park Association kicks off [Parks and Recreation Month](#), encouraging children and adults to get outside and play. Play - especially outside - can serve a vital role in maintaining good physical and mental health and building positive relationships. Healthy, stable relationships not only help produce better mental and physical health in individuals, but are also a result of better individual health.

In addition to the impact on the family directly, poor physical and mental health can make it difficult to sustain employment, maintain a home, care for young children, or follow through on other important tasks related to maintaining the family's self-sufficiency. We hope you'll use the tips and resources below to encourage yourselves and the families you serve to get out and play.

Best Regards,
Robyn Cenizal, CFLE, Project Director

Tip of the Month

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

In a 2016 article, [Business Insider](#) highlighted 11 scientific benefits of spending time outside that included improved concentration, short-term memory, and overall mental well-being. Here are some tips to get you going:

- **Find Your Park.** Visit the National Park Service website to [find a national park](#) near you. Search by state to find parks, trails, and heritage corridors throughout the country.
- **Go for a walk after dinner.** Take advantage of the long days and take a walk with your family after dinner. Not sure what to talk about for that long? Try [these conversation starters](#) from the Family Dinner Project.
- **Find a playground.** If you can't think of where to find the closest slide to your house visit KaBoom's [Map of Play](#) to find a local playground by zip code.

Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Why Good Health Matters in Relationships**
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 well-being, benefiting individuals and promoting stability for couples and families.
- **Chapter 1: Care for Self: Being Physically and Mentally Healthy**
This first chapter of the Resource Center's *Strong Relationships, Strong Families* Curriculum Module 2 discusses the importance of caring for one's own mental and physical well-being, including the interconnection between self-care and healthy relationships.
- **Family Influences on Health and Well-being of Rural Children in Low-income Households.**
This brief is based on data from 444 rural mothers across 13 states who had low incomes and young children. The data is from the USDA Hatch funded Multi-State Project, "Interactions of Individual, Family, Community, and Policy Contexts on the Mental and Physical Health of Diverse Rural Low Income Families", known as NC1171 Rural Families Speak about Health.

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:

- **2017 NARME Summit, Denver, CO, July 28 - 30, 2017**

The Summit is designed to equip those leading the way for healthy relationship development, family formation, and poverty prevention with the knowledge and strategies to be most effective in the workplace and community. There will be a Pre-Summit Training July 25-27, 2017.

Please attend our presentation and visit our exhibit booth

- **NAWRS 2017 Workshop, Pittsburg, PA, July 30 - August 2, 2017**

The National Association for Welfare Research and Statistics (NAWRS) is a non-profit association whose purpose is to promote the exchange of ideas on how research and statistical analysis can contribute to the development and administration of effective human services programs. The theme of NAWRS's annual meeting is *Moving Forward to Reduce Poverty, Increase Opportunity, and Improve Human Service Delivery*.

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at <http://www.healthymarriageandfamilies.org/>.

The National Resource Center for Healthy Marriage and Families supports human 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.

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. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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