



National Resource Center for Healthy Marriage and Families

The Director's Corner

Greetings,

President Woodrow Wilson proclaimed Mother's Day as a National Holiday in 1914. For almost 100 years we have celebrated mothers on the second Sunday of May each year with cards, gifts, or nice dinners. While the celebrations have remained much the same, motherhood has not. For example, in 1914 women did not have the right to vote, in 2010 they represented 17% of the seats in Congress. In 1914 very few women worked outside the home; in 2012 women made up 49.6% of the U.S. workforce.

As many women attempt to balance the increasing demands of work and home, they pay a high price in mental health. According to the National Institute of Mental Health, stress is one of the leading causes of depression in women. Low-resource families are often facing multiple stressors and those moms may not even recognize the effect that stress is having on their physical and mental health. Helping moms - clients or colleagues - recognize warning signs of depression and identify ways to manage and reduce stress are important first steps to achieving mental health.

Best Regards,

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!*

Individual physical and mental health promotes relationship health, and vice versa. Here are 3 tips you can use and pass along to reduce the negative impact of stress:

1. **Embrace humor.** Humor in highly emotional times can help ease or break the tension. [Learn more here.](#)
2. **Practice mindfulness.** This means purposely being aware of, and open to, the present (immediate experiences) rather than being pre-occupied by past memories or future concerns. This seemingly simple state of mind takes practice! Mindfulness tends to open a

person up to options and perspective.

3. **Use positive self-talk.** Learning to consistently be a positive voice inside of one's head instead of a negative one can help a person leave past failures or bad experiences behind. Example: Say, "I know I can do better next time" instead of "I can't believe I messed up."



Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 500 materials in a variety of formats - including factsheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Click the links below to view our featured May resources:

- [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:

- On May 14, 2013 from 2:00pm-3:30pm EST, the Resource Center will host [First Steps to Integrating Healthy Marriage and Relationship Education](#) a free webinar for interested Federal, State, Tribal, and local agency administrators and service providers. Find out [more information and register](#).
- This month, the Resource Center is convening the **Washington Integration Institute**- a one day training event for safety-net service providers across the State of Washington. 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](#).
- [2013 National Association for Workforce Development Professionals \(NAWDP\) Annual Conference, May 19- May 22 in Minneapolis, MN](#): The Resource Center will be exhibiting at the NAWDP Annual Conference. This conference offers practical workshops for all aspects of workforce development and will provide the Resource Center the opportunity to engage with workforce development professionals who work with veterans, youth, adults, ex-offenders, individuals with disabilities, private industry or government agencies.

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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