



**Hamilton Diocesan Council**  
of  
**The Catholic Women's League of Canada**

*Inspired by the Spirit — Women Respond to God's Call*



## **Education and Health**

**Directive #2**

**February 2018**

**To:** Health and Education Chairs and Committee members  
**From:** Joanne Palmer, Hamilton Diocesan Health and Education Chair  
**cc:** Diocesan Officers, Council Presidents

This year we will concentrate on Mental Health, which not only affects children and teens, but also adults of every age. Pediatrician Kenneth R Ginsburg wrote his book, *Building Resilience in Children and Teens*, the 7Cs for giving children roots and wings.

**Confidence** — to believe in one's abilities; to grow and be confident.

**Competence** — how to handle situations effectively.

**Connection** — that they know they have someone to talk to-school, home, a friend that they also feel safe and secure; that the family is the central force in any child's life.

**Character** — the children senses right from wrong, and to make the right choices.

**Contribution** — the children know that they can contribute to the world and make it a better place. "... serving feels good and people care what they say."

**Coping** — when children learn to deal with stress, they can overcome challenges.

**Control** — when children realize they can control their own outcome, or their actions, they know that they can do anything, but as parents we need to let them make their own decisions.

We also have to promote Mental Health through the Lifespan: the Mid-Life Years. As adults we may think in middle years should be easy, but it is always not the case. In our 40s and 50s we may have to re-invent ourselves. We may find ourselves alone, or have a spouse with medical issues, death or divorce which may impact finances. Women find it even harder because they strive for equality in the working force also they tend to become caregivers to elderly family and may have to quit their job. This can be challenging in middle age.

Dr. Dennis Charney is an American Biological Psychiatrist and co-author of the book, *Resilience The Science of Mastering Life's Greatest Challenges* has 10 steps he outlines that can help us cope:

1. Have a positive attitude have faith that you can prevail.

2. Cognitive flexibility — re-evaluate our experiences. Recognize the failure and learn to grow from it.
3. Embrace a personal moral compass for many faith in conjunction with strong religious or spiritual beliefs is associated with resilience, have a purpose by helping others.
4. Find a resilient role model. Surround yourself with positive people.
5. Face your fears facing fears can raise your self-esteem.
6. Develop active coping skills, creating a positive statement about yourself.
7. Establish a supportive social network.
8. Attend to physical wellbeing. Physical wellbeing has a positive effect and improves self-esteem.
9. Train regularly in many areas to improve emotional intelligence.
10. Recognize your own strengths. Engage them to deal with difficult and stressful situations.

There is other information available from the *Brain and Behaviour Reserve Foundation* on YouTube.

Health and Education  
Joanne Palmer