



FAMILIES

TACKLING TOUGH TIMES

TOGETHER

Wellness Wednesday

There is so much to do these days! It's easy to forget that taking mental breaks is important for our well-being too. In fact, [specific areas of the brain support attention to our internal thoughts](#), and they ramp up their activity when we pause for mental breaks. Even short [breaks](#) can help us refresh, improve concentration, and [perform better on hard tasks](#).

Reflection

One type of mental break involves pausing for self-reflection. Science tells us that self-reflection helps us to make meaning of our experiences, can [increase motivation and reduce anxiety](#), and can even [increase our empathy](#) for others. There's lots of ways to build [opportunities for reflection](#) into our lives. Reading can be one way to take mental break and promote self-reflection. In the short-term, reading can help reduce stress. In the long-term, reading may promote [self-reflection](#), [perspective-taking](#), [problem-solving](#), and [empathy](#).

What have you read lately?

Want to read more about making meaning from adversity? These books are geared to different ages and reading levels in your family. The books range from self-reflection to stories of individuals and families that make choices, which in the end, impact their opportunities and their ability to persevere when challenged.

- [Strengthening Family Resilience](#) by Froma Walsh: Drawing on extensive research and clinical experience, Walsh looks at family resilience through focusing on family strengths. Couples and Family.
- [Self-Aware: A Guide for Success in Work and Life](#) by Robert Pasick: A book designed to take you on a path of self-discovery and improved emotional intelligence. Motivational Self-Help.
- [Unbroken: A World War II Story of Survival, Resilience, and Redemption](#) by Laura Hillenbrand: The story of Zamperini who faced significant trauma yet remained resilient. Historical, Biography and Autobiography.
- [Another Kind of Hurricane](#) by Tamara Ellis Smith: Two characters come together to find healing after tragedy. Juvenile Fiction.
- [When You are Brave](#) by Pat Zietlow Miller, Eliza Wheeler: An affirmation about having courage, even in difficult times, even when everything around you seems scary. Preschool-Kindergarten
- [What Do You Do with a Problem?](#) by Kobi Yamada, Mae Besom: This is a story for anyone, at any age, who has ever had a problem that they wished would go away. Preschool-Adult

You don't have to read alone! Consider reading with someone else in your family or starting a virtual book club.

Dimensions of Wellness Related to Reflection:

- Intellectual
- Emotional
- Social (think Book Clubs!)
- Spiritual

