

Mental Health and Wellness Newsletter

Wellness Week in Action!

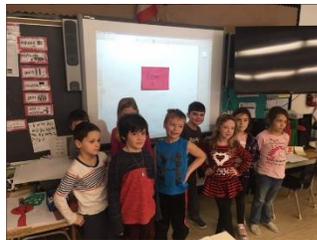
A few photos from #WellnessWeek, gathered from Twitter.



Kindergarten students at St. Andrews reading *The Invisible String*.



St. Andrews students take part in a school-wide rock-paper-scissors tournament. (@StAndrewsRCCDSB)



Mrs. Greenaway's Grade 1s engaging in forgiveness activities. (@John23Arnrior)

Academic Courage

We may not think about the act of learning in school as involving or particularly relying on courage, but a growing movement is putting emphasis on exactly that – academic courage – to allow students to realize their fullest potential by embracing the risk of making mistakes in class, all in the interest of learning.

In [this article for Edutopia](http://goo.gl/ZtUJSq) (goo.gl/ZtUJSq), Ron Berger explains: “There’s a lot of talk these days in education about growth mindset and grit, which are important. We know that both grit and resilience are critical dispositions in successful students. But I want to suggest that we take these ideas a step further and talk about courage, which is something that students can intuitively understand. Indeed, my eyes have been opened to a new vision of courage that we use in the EL Education network: differentiated courage. Some people have mountain-climbing courage but no public-speaking courage. Soccer courage is different from musical courage; big-city-at-night courage is different from forest-at-night courage. We all have courage in certain realms and less in others. And we can all work on our courage where we need it.”

Mental Health Walk-in Clinics

Phoenix & ATS 613-735-2374 → *Pembroke – Tue. 2-7 pm* || *Renfrew – Thurs. 2-7 pm* || *Arnrior – Wed. 2-7pm* || *Petawawa – Wed. 2-6 pm*
Robbie Dean Centre 613-433-4231 → *Pembroke – Wed. 3-7pm* || *Renfrew – 3-7pm* || *Petawawa – Tues. 1-5 pm* || *Arnrior – Mon. 3-7 pm* || *Eganville – Mon. 1-5pm*

Emotional and Spiritual Healing



Patricia Treece, an expert on 19th and 20th century saints and mystics, has spent 11 years researching the body in the sanctified state, noting the physiological and spiritual benefits that come with the call to holiness and wholeness.

She discovered the following health benefits that come with the desire to be made well, or holy: reductions in heart rate, reductions in blood pressure, reductions in stress/steroid hormones, increase in chemical serotonin during prayer and meditation, improvement in muscle tone.

She cites the research of Dr. Keith Wallace from Maharishi University, who discovered that people who prayed or meditated twice daily for over five years were physiologically 12 to 15 years younger than those who did not. Treece’s research uncovered another finding – tests on mystics, those who seek union with God, show that “the brain waves from the two hemispheres (of the brain) are in beautiful symmetry,” indicating expanded brain use.

Almost 2000 years ago, St. Paul encouraged us to put on the “mind of Christ” (1 Cor. 2:16). He was onto something regarding the correction of perception and thinking the thoughts of Jesus, showing our minds need healing just as much as our bodies do.

Understanding salvation as divine health expands our understanding of wellness, meaning we cannot neglect the spiritual dimension of wellness. We are encouraged to embrace the gift of divine health or salvation as a process and gift we can begin to experience in this lifetime, strengthened by God’s grace, the reception of the sacraments, and cooperation with God’s plan to restore us, encouraging us to perceive correctly and be mindful of the present moment.

Jesus reminds us that our faith “can make us well.”

Excerpt Adapted from “Salvation as Divine Health” by Dr. Josephine Lombardi – Principal Connections, Fall 2017