**2025-2026 GFWC Maryland Mental Health Challenge**

**OVERVIEW:** The 2024-2026 GFWC Maryland Federation President’s Special Project is Suicide and Mental Health Education and Awareness. During the 2024-2025 club year, the Federation focused on education and awareness, using education campaigns and guest speakers.

The President is implementing the Mental Health Challenge for the 2025-2026 club year on actions, projects, and opportunities to align GFWC Community Service Programs to the 5 mental health categories described below. This will enable club members to take action by participating in individual and club mental health activities and provide concrete results for reporting. The club with the most points accumulated by 15 March 2026 will receive an award at the Maryland Convention.

My special Projects chair, Mimi French, will provide a spreadsheet for each club to submit (different from annual reporting) by 15 March 2026. Point allocations are outlined on the Challenge spreadsheet. The spreadsheet provides a list of actions, projects & opportunities that align with the specific categories. Keep track by utilizing this spreadsheet and remember to record points for club members completing tasks as individuals, at least half the club members must have completed the task to earn the points.

I look forward to making a huge impact in our communities and clubs this year through participation in this project. I appreciate every GFWC Maryland club woman embracing our Mental Health Challenge and growing through this project.

Please send any questions or concerns about the project to Mimi French- mfrenchgfwc@gmail.com, or contact her at 443-293-2880.

Listed below is a helpful description guide for each category.

**Mental Health Descriptions:**

Physical Resiliency/Health- The body's ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently. It's a person's ability to function and recover when faced with illness, accidents, or other physical demands.

How to build physical Resiliency?

1. Better Manage Your Energy.
2. Confidence in Physical Fitness.
3. Deliberate Breathing.
4. Effective Sleep.
5. Proper Nourishment

Emotional Resiliency/Health- Empowers individuals to face life's challenges, setbacks, and adversities with grace and fortitude.  It is the capacity to bounce back from difficult situations while maintaining emotional well-being. Rather than avoiding or suppressing emotions, emotional resilience is the art of acknowledging and processing them in a healthy and constructive manner. It provides the emotional stability to navigate through turbulent waters, making it a priceless skill in today's unpredictable world.

How to build Emotional Resiliency?

1. Set boundaries, practice being more assertive. ...
2. Connect with others. ...
3. Develop your self-awareness. ...
4. Allow yourself and others to be imperfect. ...
5. Look after yourself – practice self-care.

Spiritual Resiliency/Health- The ability to sustain one's sense of self and purpose through a set of beliefs, principles or values while encountering adversity, stress, and trauma by using internal and external spiritual resources.

How to build Spiritual Resiliency?

1. Read Spiritual books…..
2. Schedule Time for Spiritual Study. ...
3. Connect with a Church Community. ...
4. Learn to Become More Grateful. ...
5. Develop a Heart to Serve Others. ...

Social Resiliency/Health-The capacity to foster, engage in, and sustain positive relationships and to endure and recover from life stressors and social isolation.

How to build Social Resiliency?

1. Find Your Character Strengths.
2. Foster Respect.
3. Handle Difficult Conversations with Grace.
4. Help Others Seek the Help they Need.
5. Rebuild & Strengthen Relationships.

Financial Resiliency/Health- It empowers individuals, reduces stress, and fosters a sense of security. It involves budgeting, savings, investments, retirement planning, debt and risk management, and understanding **financial** products and concepts.

How to build Financial Resiliency?

1. Establish a budget and live within it
2. Create and monitor short term and long-term financial goals
3. Seek advice on estate planning and create a plan that meets desired outcomes to include care for your pets and children, if needed
4. Prepare long term care and power of attorney to ensure your loved ones understand your requirements in care decisions and gain knowledge & advice on end-of-life planning that include your decisions laid out as you would like.
5. Communicate your financial plans with your family and friends