

MAY 2024

# BRAVERY

*Brave Women Project Monthly Newsletter*



## **Our Purpose**

Brave Women Project exists to develop opportunities for women of diverse backgrounds to move into brave action through conscious choice and intentionality within our spheres of influence. We use the 5 Es for Life - Engage, Encourage, Empower, Educate, Evolve - as a guide for women to promote equity through developing in four core areas: relationships, professional, impact, and wellness.

Keep up to date with everything we are doing with our monthly newsletter.

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# Message from the Board

As we step into the vibrant month of May, it brings with it a significant opportunity to deepen our commitment to mental health awareness. May is recognized globally as Mental Health Awareness Month, a time when we unite to break stigmas, foster understanding, and prioritize mental well-being.

At Brave Women Project (BWP), our mission has always been to create a supportive community where women can find solace, strength, and solidarity. We understand that mental health is a crucial aspect of our overall well-being, and it is our collective responsibility to ensure that everyone feels supported, heard, and valued.

This month, we encourage each of you to take a moment for self-reflection and self-care. Whether it's practicing mindfulness, engaging in meaningful conversations, or seeking professional support when needed, let us prioritize our mental health journey. Remember, it's okay not to be okay sometimes, and reaching out for help is a sign of strength, not weakness.

Within our community, we are fortunate to have each other as pillars of support. Let's continue to uplift and empower one another, fostering an environment of kindness, empathy, and understanding. Together, we can create positive change, not just within ourselves but also in the broader world around us.

As part of our commitment to building a supportive community, please attend our Come-As-You-Are meeting. We will be having our Pause for Positivity session and coaching sessions with Coach Candid. Stay tuned for updates on how you can participate in and contribute to this important conversation. Be sure to follow us on social media to stay up to date.

Thank you for being an integral part of BWP. Your courage, resilience, and compassion inspire us every day. Let's embrace Mental Health Awareness Month together, creating a brighter, healthier future for all.

With gratitude and warmth,

**The BWP Board**

# Monthly Upcoming Events:

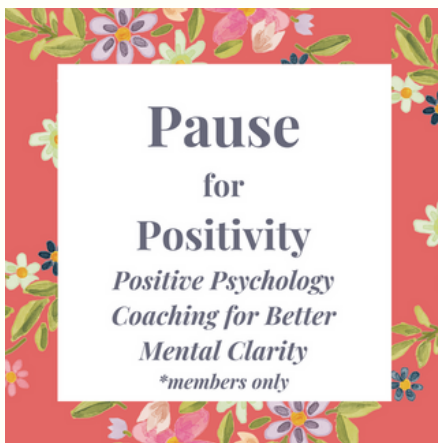
**Come As  
You Are  
Conversation**  
**empower**

**VIRTUAL**  
12-1pm

## Come As You Are

Join us for our monthly come as you are conversation. Feel the support of other women as we discuss which "E" we are working on.

**Wednesday, May 15th, from 12:00 - 1:00 PM EST**



## Pause for Positivity

Join Coach Megan for a positive break. In these sessions, we work through the negative thoughts, take a moment for mindfulness and prepare ourselves for brave action.

**Tuesday, May 28th, from 12:00 - 1:00 PM EST**



## Group Coaching with Coach Candid

Join Coach Candid for this introductory session - perfect for new members! We will discuss goal mapping, group coaching, and much more on this month's call. Start the year off right by mapping out your goals for 2024!

**Wednesday, May 29th, from 12:00 - 1:00 PM EST**

## KEEP UP TO DATE!

*The BWP Board is working on some exciting upcoming special events.*

*Follow us on Social Media to stay up to date with the latest news and events.*

# Exciting Member News

## Bravely Transitioning into New Opportunities

Mary Richter completed Duquesne's Professional Coaching Certification Course and is now a Professional Coach. Congratulations on completing the course!

## Welcome New Member

Adrianna Deithorn

## Announcement: The 3rd Annual DeLIVERing Hope Awareness Campaign

Join us at Highmark Stadium on Thursday, June 27, from 5:30 to 7:30 pm for an evening of networking, delicious food and beverages, and fun activities. Discover how you can become an ambassador and play a vital role in our 3rd annual campaign focused on liver health in the community. This "Sunflower Social" will bring together all aspects of the liver community, including patients and caregivers, volunteers, health professionals, corporate partners, and other key stakeholders. Registration is required at <https://communityliveralliance.org/event/delivering-hope-ambassador-kick-off>.

For information on how you can become a partner in the DeLIVERing Hope Campaign, please contact Kelli Komondor at [kelli@communityliveralliance.org](mailto:kelli@communityliveralliance.org).

About the CLA: Headquartered in Pittsburgh, the Community Liver Alliance has grown to have a national presence while still holding true to its mission to invest in local communities and give patients and providers a voice. The CLA is dedicated to supporting the community through liver disease awareness, prevention, education, advocacy and research.

## Be Brave and Boast a Bit!

We often overlook all the positive things we have going on. As women, we have learned not to "brag" or be "boastful." - Here at BWP, we want to brag about you and all the fantastic things you do!

If you have some new exciting news to celebrate, let us know and be featured in our newsletter. You are working hard and deserve a little recognition for what you do!

# BWP Pillar Awards

## The 2024 Brave Women Project Pillar Awards Are Coming Back!

Excitement is building as we announce the much-anticipated 2024 Brave Women Project Pillar Awards! Mark your calendars and stay tuned to BWP for all the latest updates on this empowering event.

## Sponsorship Opportunities Available!

Are you passionate about supporting the incredible achievements of brave women? We have creative sponsorship options tailored just for you! Elevate your brand and be part of this inspiring celebration. Follow us for more details on sponsorship opportunities. If you want to contribute to our swag bags, contact Amy at [ahhacorp@gmail.com](mailto:ahhacorp@gmail.com).



Mark your calendars with these important dates:

August 5 - Early bird tickets on sale

August 26 to September 27 - Nominations accepted

November 15 @ 11 am - Pillar Awards  
@ Sheraton Station Square

## Contact Us for More Information:

For all inquiries, sponsorship details, and judge applications, please get in touch with Kelli at [kelli@k2creativellc.com](mailto:kelli@k2creativellc.com). We can't wait to make the 2024 Brave Women Project Pillar Awards an unforgettable celebration of courage, resilience, and empowerment!

**Stay tuned for updates, and get ready to be inspired!**

# Positive Mental Health: How Continuous Learning and Engagement Promotes Mental Resiliency

Since its inception in 1949, Mental Health Awareness Month, celebrated throughout May, has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout the month, organizations participate in this national movement dedicated to eradicating stigma, extending support, fostering public education, and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

## The Mental Hygiene Movement

Mental health has a long history in the United States. Initially deemed as mental hygiene, the term was first used by William Sweetzer in 1843 as concern arose about the effects of unsanitary conditions.

- Mental health: One component of the broad concept of health concerns an individual's optimum level of emotional and behavioral adjustment.
- Mental hygiene: Refers to keeping yourself and your living and working areas neat and clean to prevent illness and disease.

Isaac Ray, a founder of the American Psychiatric Association, provided an alternative definition of mental hygiene in 1893 as an art to preserve the mind against incidents and influence.

Fast-forward to the turn of the century, when Charles Darwin's influence (Darwinism) dominated the biological and social sciences.

Clifford Beers, after his release from an insane asylum, drafted the manuscript of his book *A Mind That Found Itself*, which included an agenda for mental hygiene societies. Under the sponsorship of William James and Adolph Meyer, the book was published in 1908. Meyer remained considerably influential over the development of Anglo-American psychiatry during the first half of the twentieth century.

In 1933, the first International Congress on Mental Hygiene convened. At the time, mental hygiene was criticized in some medical circles for its lack of objective scientific basis. To increase the scientific basis, a mental hygiene study department was established at Johns Hopkins in 1934. A collection of professionals—from physicians to statisticians to social workers—joined forces. Meyer recommended a young physician, Paul Lemkau, whose work would later provide a firm foundation for mental hygiene and public health.

# Positive Mental Health: How Continuous Learning and Engagement Promotes Mental Resiliency

On July 3, 1946, President Harry S. Truman signed the National Mental Health Act, which called for establishing a National Institute of Mental Health.

By the 1960s, the public largely believed in the federal government's ability to meet society's needs—in terms of policies from the environment to education. But the 1960s and 1970s were full of an anti-psychiatry attitude, blaming psychiatry for being repressive, coercive, and more damaging.

The stigmatization of mental illness is still an important social problem. The public remains largely unaware, and fear of mental illness remains prevalent. That's why Mental Health Awareness Month is important.

## **Positive Mental Health**

The path toward positive mental health is varied, complex, and highly subjective. Concepts of mental health include subjective well-being, perceived self-efficacy, autonomy, competence, and recognition of the ability to realize one's intellectual and emotional potential.

It has also been defined as a state of well-being when one can:

- Cope with life's challenges and stresses
- Feel in control of life and personal decisions
- Function well mentally, like being able to focus while at work
- Maintain optimism about life events

Mental health has always been centered on a person's ability to cope with stress, problem solve, and face adversity without disintegration. Also known as resilience—the ability to bounce back—gives you the strength to overcome challenges or setbacks and increases your chance of overcoming them.

## **Building Resilience**

Research recognizes many factors impact how resilient you are, including your traits, environmental factors, and a learned capacity. Inner resilience is an important resource and many consider it the secret to success and the basis of good mental health.

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Being resilient is more than just bouncing back in the face of adversity. Instead, psychology recognizes that resilient individuals going through significant life events do not always recover effortlessly; they often find a new path. Even when knocked down by what has happened, the darkest times still typically lead to growth. There are three factors of resilience.

- Recovery: Returning to normality or the pre-stressor degree of functioning.
- Resistance: Limited or no signs of disturbance following the stressor.
- Reconfiguration: Establishing new stability accordingly.

**If you're hoping to build more resilience, consider these tips.**

- Engage. Building strong, healthy relationships with loved ones and friends who can offer support and guidance during good and bad times. Connect with others by volunteering or joining a faith or spiritual group.
- Encourage. Review mistakes or difficult moments. Think of how you've coped with troubles or managed mistakes in the past. What helped you get through those tough times?
- Empower. Do something that gives you a sense of success and purpose every day. Set clear goals you can reach to help you look toward the future with meaning.
- Educate. Continuous learning is closely linked to adaptability and builds resilience by increasing confidence and self-efficacy, develops curiosity and creativity, improves problem-solving and critical thinking skills, fosters a growth mindset and optimism, and strengthens social and emotional skills.
- Evolve. Being open to (and thinking about) change positively makes it easier to adapt and view new challenges with less worry. Practice positivity with mindful appreciation of the present moment, appreciating the simple gift of conscious experience.

Of course, don't forget to focus on self-care! Self-care builds resilience by releasing happy hormones, reducing stress, and building healthy beliefs and habits that support you.

- Do activities and hobbies you enjoy.
- Include physical activity in your daily routine.
- Get plenty of sleep and make bedtime rituals.
- Eat a healthy diet.
- Manage stress.
- Practice relaxation techniques like yoga, meditation, guided imagery, deep breathing, or prayer.

Onward and upward to positive mental health this May and all year long.



# Positive Mental Health: How Continuous Learning and Engagement Promotes Mental Resiliency



This article was written by Heather Cherry, a copywriter, journalist, and health coach. She creates strategic, conversational content for brands and helps people overcome barriers. She is the author of *Market Your A\$\$ Off*.

<https://www.heathercherry.com>

<https://www.heathercherrycoach.com>

## Resources

<https://publichealth.jhu.edu/departments/mental-health/about/origins-of-mental-health>

<https://www.who.int/data/gho/data/major-themes/health-and-well-being#:~:text=Mental%20health%20is%20a%20state,to%20his%20or%20her%20community.>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3530291/>

<https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

<https://positivepsychology.com/what-is-resilience/>

<https://opportunityagenda.org/event/national-mental-health-month/2023-05-01/>

<https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp-rj.2021.160404>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5007563/>

If you would like to contribute an article to the BWP Newsletter, please contact Megan Wollerton at [Megan@lifeforcewellness.com](mailto:Megan@lifeforcewellness.com) for more details.

# GRILLED LEMON CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
242 kcal  
8g Fats  
2g Carbs  
38g Protein



GF DF

LC MP

HP

## WHAT YOU NEED

- 2 lemons
- 1 ½ tbsp. oregano
- 1 ½ tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 ½ tbsp. white wine vinegar
- 1 packet 4 oz. (120g) rocket

## WHAT YOU NEED TO DO

Heat oven to 400°F (200°C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 minutes, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.



# HOW CAN YOU SUPPORT BWP!

## HELP US GROW!

1. Time - Volunteer Role - We need women to step into compassionate, mission-led leadership roles for 2-3 hours a month for BWP.
2. Financial - Corporate Sponsors - we are looking for corporate matching and corporate sponsors as we look at the second half of the year. We are very interested in talking with people about this!
3. Create - Bring us informational articles for our newsletter or ideas for fun events for our members.

All ideas can go to [bravewomenproject@gmail.com](mailto:bravewomenproject@gmail.com) or connect to Holly on LinkedIn.

**DID YOU KNOW YOU CAN GIVE A MEMBERSHIP AS A GIFT?  
SHARE THIS EXPERIENCE WITH A BRAVE WOMAN.**

**SUBMIT A MEMBERSHIP APPLICATION AT - [HTTPS://WWW.BWP.LIFE/SIGNUP](https://www.bwp.life/signup)**