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# Stress Point Support

**Tools to foster family connection, support your family's faith, and promote mental wellness**

Dear Friends in Christ,

Welcome to May! May is an exciting month, but it also can also be one of the busiest times of the year. This month often brings First Communion, graduations, and a rush of spring sports. School picnics, field days, Mother's Day, and other special events fill parish, school, and family calendars as the end of the school year approaches. Sometimes, May is even referred to as "May-cember," highlighting that this month's busyness can mirror the holiday season. Stress Point Support activities offer practices that may help navigate seasonal stressors and support spiritual, emotional, and mental well-being.

You may consider either sharing or using one or more of the following May and June Stress Support resources:

- The *Parent and Caregiver* page with encouraging seasonal tips
- The *Seasonal Suggestions* page with information about childhood development and practical ideas to support children in different stages for teachers, catechists, and parents
- The *Family Activities* page, which focuses on traditions and ideas for the whole family

With prayers for you and for families,  
Your friends at RCL Benziger

**“In the family, faith is handed on together with life . . . It is shared like food at the family table and like the love in our hearts. In this way, families become privileged places in which to encounter Jesus, who loves us and desires our good, always.”**

Pope Leo XIV, Homily, June 2, 2025