

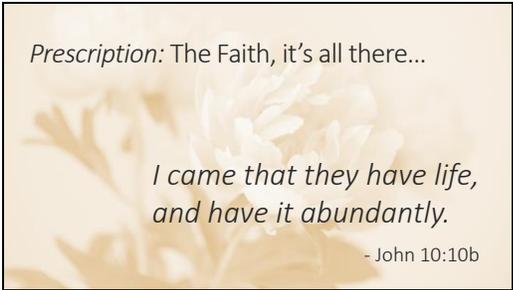
Slide 1



Slide 2



Slide 3



Slide 4



Slide 5



Slide 6



Slide 7

TOXIC CULTURE:
Culture of Scarcity

CONVINCES CHILDREN THAT LIFE IS ABOUT BUYING, GETTING AND HAVING: **THAT WE ARE NEVER ENOUGH:**

Not thin enough, rich enough, smart enough, young enough, old enough, Etc.....



Slide 8



Problems with Today's Youth

Record numbers of depression, anxiety, sleep disorders, loneliness, substance abuse, addictive behaviors, and **SUICIDE**

The average level of anxiety in American youth is equivalent to what was necessary for entrance into a psychiatric hospital in 1957. **STRESS.**

Americans today are more debt-ridden, obese, medicated, and addicted than ever before in history...We numb the pain that comes from feeling inadequate and "less than" (Brene' Brown, 2019)

Consumerism

Slide 9

What's wrong?

"...society is characterized by a development of **sophisticated technology** and huge advances in science, but, **in parallel**, there is a **great existential emptiness and affective deficiencies translated into a high prevalence of some anxiety, depression, and stress disorders at the global level...**from very early ages..."

Strong emphasis on achievement, accumulation and independence resulted in a greater detachment, loneliness, and unhappiness. Family ties, a feeling of community belonging, and social bonds have been seriously affected (Abi-Hashem, 20'01, as cited in Martinez, 2006)"

Slide 10

THE TOXIC CULTURE: WHAT WE'RE UP AGAINST

Defining Happiness: Research Findings
Dr. Juliet Schor: Researcher at Boston College
Born to Buy: The Commercialized Child and the New Consumer Culture

Media and consumer culture is a key influence on children's development. Buying can become a form of addiction, numbing, and identity formation.

I AM WHAT I OWN

Slide 11

SCHOR'S FINDINGS:

I do not know what I want but I know I don't have it.

- High exposure to advertising and levels of consumerism were associated with greater likelihood of alienation from parents, somatic symptomology, low self-esteem and depression
- Materialistic demands result in lower self-esteem, higher anxiety, mood disorder, and problem behaviors.
- Desiring less not more correlates to research findings on contentment

Slide 12



The I-Generation (1995-2012)

Slide 13

The I-Generation (1995-2012)



Professor Jean Twenge
San Diego State University, Personality Psychology
Observed meaningful shifts in multigenerational data of more than 11 million individuals, cutting across income, racial, and regional boundaries.

Book:
iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy-and Completely Unprepared for Adulthood-and What That Means for the Rest of Us.

Millennials= 1980-2000

Slide 14

The I-Generation

Monitored Large National Surveys: Noticed in 2012, when the proportion of Americans who own smartphones surpassed 50%, abrupt changes in teen behavior and emotional states.

Teens are:
Not hanging out as much with friends
In no rush to drive
Dating less
Getting less sleep
Alienation from relationships



Slide 15

The I-Generation

ALSO:
Despite their constant connectivity, they are **LONELY**
Self Reported feelings of loneliness and feeling **"left out"** increased significantly.
Rates of Teen depression and suicide have skyrocketed since 2011
"i-Gen is on the brink of the worst mental health crisis in decades"



Slide 16

The I-Generation

“The Devices they hold in their hands have both extended their childhoods and isolated them from true human interaction.”

Teens who spend more time on average on screen activities are more likely to be unhappy, and those who spend more time on non-screen activities are more likely to be happy.

- Many of the problems are most pronounced in girls

**INCLUDE
SOCIAL
MEDIA
ANXIETY -
SELF ESTEEM,
NUMBER OF
LIKES, ETC.**

Slide 17

The I-Generation

Implications?

EQ, Soft skills, Relationships
(Marriages, families, parenting,
workplace)

Internal Resources, coping with
stress, decision making

Inner life: RELATIONSHIP WITH GOD



Slide 18



Other Toxic Sources

- Media influences
- Music
- Movies
- TV, Cable
- Internet (Cyber porn, etc.)
- Cell Phones (Nomophobia, texting)
- Body Image
- Competition for grades (stress)
- Noise: no opportunities for silence
- We don't know who our kids are talking to!

Slide 19



Religion as a Protective Factor

Cornell Medical hospital-New York Hospital
Findings in **every major research group in the USA**

Religion IS a protective factor and is predictive of lower rates of problem behaviors

Slide 20

Religion as a Protective Factor

*Freud had it wrong, so did the Academics who claimed Religion produced guilt, repressed sexuality, and was anti-intellectual and intolerant.

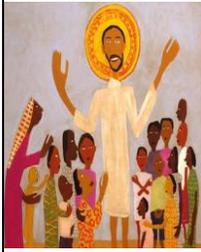
Beginning in about the mid-eighties the data on the **positive effects of faith** started to provide a strong countervailing force.

*Religious Americans are:

Less likely to use drugs, commit crimes, divorce, and kill themselves. They are also physically healthy and live longer. Religious mothers of children with disabilities fight depression better, and religious people are less thrown by divorce, unemployment, illness, and death.

Martin Seligman, University of Pennsylvania

Slide 21



Religion as a Protective Factor

"Survey data consistently show religious people as being somewhat happier and more satisfied with life than nonreligious people"...

"But there is, I believe, a more basic link: Religions instill hope for the future and create meaning in life..."

The relation of **hope for the future and religious faith** is probably the cornerstone of why faith so effectively fights despair and increases happiness."

Martin Seligman, PhD, University of Pennsylvania

Slide 22

What is it about Religiosity that is so powerful?

"The issues of sacredness and authority are connected. At the extremes, we find that kids who kill typically demonstrate a kind of **spiritual emptiness, and thus lack a sense of limits, reverence for life, and a deep sense of being connected to love.** Parents who cannot parent with love also present such a spiritual emptiness. **Religions that offer only fear and the prospect of punishment similarly fail.**"

James Garbarino, Ph.D. Researcher in Human Development from Cornell University
Wrote: *Parents Under Siege*

Slide 23

The Underprivileged Privileged

Here is a paradox that will teach us something important:

Students from wealthy families, although materially well off, are often impoverished in terms of their well-being.

Statistically, they have a **greater propensity** than other children for **substance abuse, depression and anxiety.** Researchers have identified **two major factors that are responsible for this phenomenon:**

- The pressure to achieve
- The feeling of isolation/alienation

Luthar, et al. (2006)

Slide 24

GUILT VS. SHAME
 Guilt and Shame are often confused-both are emotions of self-evaluation: But that is where the similarity ends.

GUILT: Is holding an **action or a behavior up against our ethics, values and beliefs.** (Peter: I did something terrible, believed he could be forgiven and change for the better)

SHAME: Is focusing on **who we are** rather than what we've done. (Judas: I'm bad, I'm doomed)

You may want to give an example of Guilt as Peter denying Christ, and shame as Judas who thought he could never be forgiven and fell into despair

Slide 25

GUILT VS. SHAME

GUILT: I DID SOMETHING BAD
Self talk: "I should not have cheated on that test, it goes against all my values and is not something I believe in or want to do." I need to change.
I MADE A MISTAKE

SHAME: I AM BAD
Self talk: "I'm a liar and a cheat. I'm so stupid. I'm a bad person."
I AM A MISTAKE

Slide 26

GUILT VS. SHAME

Research has linked Shame to depression and addiction
 Research has linked Guilt to personal growth

Guilt allows for TRANSFORMATION!!

Slide 27

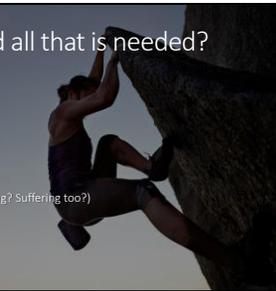
Where can we find all that is needed?

What is RESILIENCE:

Seligman's PERMA MODEL

- P:** Positive Emotions
- E:** Engagement
- R:** Relationship (Quality vs Quantity)
- M:** Meaning (does my life have meaning? Suffering too?)
- A:** Achievement/Goals

Add: Awe
Gratitude



Slide 28

What else is useful?

EMOTIONAL INTELLIGENCE (DAN GOLEMAN)

- SELF AWARENESS
- SELF MANAGEMENT (REGULATION)
- SOCIAL AWARENESS
- SOCIAL SKILLS

SOCIAL EMOTIONAL LEARNING

- SELF AWARENESS
- SELF MANAGEMENT
- SOCIAL AWARENESS
- RELATIONSHIP SKILLS
- DECISION MAKING



Slide 29

Review of empirical studies on impact of religion, religiosity, and spirituality as protective factors (A. Salgado, 2014)

- Evidenced not only in their health but in interactions with the environments, affecting their family, romantic, academic, work and social relations.
- Greater sense of **purpose and control**
- **Kindness and compassion**
- A predictor of altruism, volunteerism, and philanthropy
- Serves as a strategy of active coping to overcome problems and help to rationalize suffering
- Provides a greater subjective psychological well-being, a **better sense of meaning** in life, **happiness, and self-actualization**
- Contributes to a better marital adaptation, satisfaction and adjustment

Slide 30

Review of empirical studies on impact of religion, religiosity, and spirituality as protective factors (A. Salgado, 2014) cont'd...

Spirituality is associated with a better quality of life, healthier life styles, tendencies to avoid risky sexual behaviors, stronger immune systems, increased life expectancy in cancer patients, lower mortality rates, less use of hospital services, as well as cancer reduction and chronic illnesses

Religion and spirituality
Help people have greater self-esteem, are strength and hope sources
Have greater satisfaction with life and spiritual well-being, and increases the capacity to forgive
Have More gratitude



CATHOLIC SCHOOLS
Faith
Knowledge
Discipline
Meritals
DIVIDENDS FOR LIFE

Slide 31



Review of empirical studies on impact of religion, religiosity, and spirituality as protective factors (A. Salgado, 2014) cont'd...

- Serve as emotional and social support, promote prosocial values, associated with less use and abuse of drugs and tendency to smoke
- Contribute to better physical and psychological health, to prevention, speed recovery and promote tolerance to diseases
- Religion and spirituality
- Reduce depression, anxiety, blood pressure and stress perception

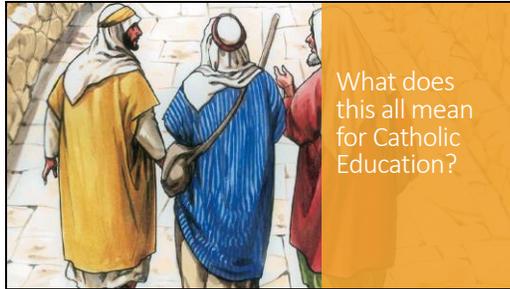
Slide 32

Review of empirical studies on impact of religion, religiosity, and spirituality as protective factors (A. Salgado, 2014) cont'd...

HOWEVER ALTHOUGH THE BENEFITS OF RELIGION, RELIGIOSITY AND SPIRITUALITY FOR WELL-BEING ARE FAVORABLE MUCH WORK NEEDS TO BE DONE

THESE FAVORABLE RESULTS ARE CONTINGENT ON INDIVIDUALS EXPERIENCE LIVED THROUGH WITHOUT FANATICISM, DESTRUCTIVE DOGMATISM, AND EMOTIONAL, MENTAL OR PHYSICAL ABUSE

Slide 33



Slide 34

What does this all mean for Catholic Education?

BE CATHOLIC.

- Catholic Identity/culture/domestic Church/NO ONE ELSE HAS WHAT YOU HAVE/SECULAR EDUCATION IS LACKING
- Create COMMUNITY in the school and in the classroom (school climate)
- MODEL discipleship/ walk the talk
- Convince and Onboard Parents and Faculty
- Sacraments (reconciliation) penance
- Virtues come through in the day to day
- Incorporate and utilize Resilience, Social Emotional, and coping skills

Slide 35

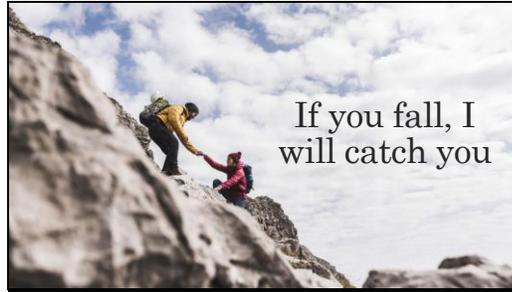


WHAT IS JOY?

Popularly understood, Joy is a particular type of happiness, **A FEELING**, an intensified or long-lasting delight. Clear as a bell-Everyone would like to have it.

HOW DO WE GET IT?

Slide 36



Slide 37

“...But the remedy for fear is trust in God. If we fear for ourselves or if we fear for others, it is all the same: trust in God is the only remedy”

- Caryll Houselander excerpt from *The Reed of God*

Slide 38

HAPPINESS VS. JOY

HAPPINESS: EXTERNAL
SITUATIONAL: BASED ON SITUATIONS, EVENTS, PEOPLE, PLACES, THINGS, AND THOUGHTS.

LINKED TO: "When the pandemic is over, When life returns to the way it was, When I feel safe, when I lose ten pounds, when I get better, when I have enough money...and on and on"

FUTURE ORIENTED: Puts all its eggs in someone else's basket. Hitchhikes your wagon to someone else's. Dependent on outside situations that are often outside of your control.
Chronic unhappiness leads to despair and depression.



Slide 39

HAPPINESS VS. JOY

JOY: INTERNAL
JOY: IS NOT EXTERNAL!
It cannot be bought
It is NOT conditional on someone else's behavior
It is NOT conditional on an event, a feeling, situations, people, things, or thoughts.
JOY IS NOT CONTINGENT ON ANYTHING IN ORDER TO EXIST
JOY TRAVELS WITH YOU WHEREVER YOU GO



Slide 40



**“ The sense of joy
in anything is the
sense of Christ ”**

- Caryl Houselander