

"The effects of our encounter with Jesus Christ..."



Pope Francis, *Laudato Si'*, 217

• QUALITY OF LIFE •



33.3% of marriages in England and Wales end in divorce, with 'unreasonable' behaviour as the most common reasonⁱ



In 2019/20 there were an estimated 828,000 workers affected by work-related stress, depression or anxiety, the biggest cause for this was workloadⁱⁱ



1 in 4 people will experience a mental health problem of some kind each year in Englandⁱⁱⁱ



People sleeping on the street are almost 17 times more likely to have been victims of violence^{iv}

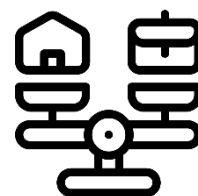


80% of people who were homeless reported having mental health issues^v

"We must examine our lives and acknowledge the ways in which we have harmed God's creation through our actions and our failure to act. We need to experience a conversion, or change of heart."

AUSTRALIAN CATHOLIC BISHOPS' CONFERENCE
A New Earth – The Environmental Challenge (2002)

- caring for creation -



• STANDING FOR CHANGE •

Your daily life:

- ✓ Have you got time each day to yourself?
- ✓ Do you recognise the signs of stress in your own life?
- ✓ Teach your children the importance of having a day of rest.

Ongoing change:

- ✓ Build into your week a time to rest, Sunday is a perfect day to take slow and spend time with your friends and family
- ✓ Look into local charities that work with the housebound and lonely

In the Parish:

- ✓ Are there people in the parish who you haven't spoken to in a while that you could make contact with?

• FIND OUT MORE •

<https://engagebefriending.org/>

<https://capuk.org/>

<https://launchpadreading.org.uk/>

<https://www.cirdic.org.uk/>

ⁱ <https://www.nimblefins.co.uk/divorce-statistics-uk>

ⁱⁱ <https://www.hse.gov.uk/statistics/causdis/stress.pdf>

ⁱⁱⁱ <https://www.mind.org.uk/information-support>

^{iv} <https://www.crisis.org.uk/>

^v <https://www.homeless.org.uk/>

