



WHAT'S GOING ON?

#KeepingItKind

February 17 is National Kindness Day. Why celebrate kindness on one day when you can celebrate it all month long? Join us for our #keepingitkind campaign and encourage others to join you!

- Week 1: February 1 – 7: Pay It Forward Challenge – Buy a beverage for someone or send/Venmo them some \$ to buy their own cup and then challenge others to do the same by tagging them in a post. Let them know why they deserve a “coffee break.”
- Week 2: February 8 – 14: Compliment a Stranger – this can be in person, on social media, or share a note. Compliment their actions, style, character, or success.
- Week 3: February 15 – 21: Candy Challenge – use candy to send a message (you’re my almond joy, you deserve a (Hershey) hug, etc.)
- Week 4: February 22 – 28: Put positive messages into the world – paint a rock and leave it somewhere for someone else to find, use chalk to write a note on the sidewalk, leave a note on a bathroom mirror, etc. You got this! You are loved! Hang in there! You are beautiful!

Post your experience on social media using hashtags #2911group and #KeepingItKind. Tag @2911group in your posts!

Women's History Month

March is Women's History month! We will be sharing inspiring stories and information on our website and social media.

Want to know more about 2911 Group? You can email us at group2911@aol.com and we will be happy to share information and/or set up time to talk.

Looking for positive messages, helpful resources, and fun activities for you and the young women in your life? Keep up with 2911 Group on social media! We are on Facebook, Instagram, and LinkedIn.

Self-Confidence and Faith

By Kim Bradley

Have you ever heard the phrase “Comparison is the death of joy”? Or its companion - “Comparison is the thief of joy”? These quotes, from Mark Twain and President Theodore Roosevelt, respectively, may sound like important advice but what do they have to do with self-confidence and faith?

Well, everything.

Self-confidence is defined as “certainty in oneself and one’s powers and abilities.” Faith is defined as “a firm belief in something for which there is no proof.”

Here’s an example. Remember the scene in “The Sound of Music” where Sister Maria is on her way to meet the Von Trapp family for the first time?



I can't help but smile when I watch this scene, and somehow it makes me want to jump out of my chair and do something productive!

Sister Maria has been an absolute failure as a nun, so bad that the head of the abbey sends her away to work as a governess for a family with unruly children so rebellious that they can't keep a babysitter in the house for more than a few days. Quite a blow for a young girl who only wanted to do something good with her life by serving others. We'd expect her self-confidence to be non-existent at this point.

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Nevertheless, in this scene, Maria's joy, energy, and optimism are palpable. The song she sings is called "I Have Confidence." Maria is brimming with self-confidence even though by common standards she should be crying about her loss, wallowing in depression, railing against the injustice in the world, and feeling guilty for failing her friends (and God).

Think of a situation in which you feel like you've "failed" at something, be it work, school, a relationship with a family member or friend, a health issue, a choice you've made, or even a broken New Year's resolution. What is it that erodes your self-esteem when you think you've "failed"?

Not sure? Wait for it. Can you guess?

Comparison.

Let's take Maria as an example. How would she be feeling if she were comparing herself to the other girls at the abbey? Pretty bad. None of them had to be sent away; they were all living together enjoying the life that Maria had wanted. They didn't have any problem following the rules; they managed to show up on time for church, chores, and meals. Why couldn't Maria be like them? And aside from the nuns, what if Maria compared herself to the other governesses that had either quit or been fired because they couldn't take care of the Von Trapp children? Those governesses had decades of experience, teaching degrees, superior training, recommendations, glowing references from other families, but even they couldn't do the job. Who was Maria to think that she, an untrained dropout from a convent, would fare any better than they did?

This is what comparison does to us – it robs us of our joy and erodes all vestiges of self-confidence. Comparison can paralyze us from trying something new, for fear that we will fail – or worse, be judged. It kills our joy and destroys our self-confidence.

Comparison makes us feel like we are "less than" others, which is a lie we sometimes tell ourselves to keep from shining our brightest. So how can we build up our self-confidence and stop comparing ourselves to others? That's where faith comes in. We don't need to tell ourselves this lie, not only because it's not true, but because the truth is so much more empowering and joyful to experience. Faith is believing the truth even when others (society, family, and institutions, to name a few) try to give us a reason not to. The truth is that each of us is different, each of us is a beautiful effervescent miracle of life, and each of us is here on this planet to do what we love in a way that is in service to every other person on earth.

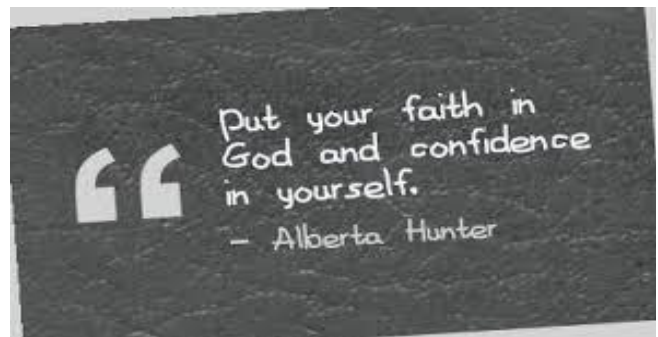
"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 Timothy 1:7

God has given us this power, the ability to love others, and comparing ourselves to others distracts us from our true nature as loving, creative children of God. How can any of us be our best selves if we are worried about how we compare to others? It's simple. We can't.

"No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before others." Matthew 5:15-16

We are the lamps and comparison is the basket that obscures our lights. Self-confidence is knowing deep down inside what ignites our passion and gives us that "Christmas morning" feeling of joy and excitement. It is not the same for everyone, and it's not supposed to be the same. It could be editing videos, growing a garden, playing or writing music, cooking, teaching, making art, flying planes, hiking, photography, makeup tutorials, fixing cars, caring for animals, helping grandparents, dancing, starting a business, playing sports, babysitting, or thousands of other creative endeavors. The key is to have faith that what lights you up is what God has given you to make you happy while serving others at the same time. Focusing on that truth supports your self-confidence. Comparing your gifts to others' gifts robs you of joy and strangles your creativity. Have faith in your special light and let it shine! That's what self-confidence is all about.

Finally, if you watched the clip of Maria singing "I Have Confidence," you may have noticed that when she reached the massive, gated entrance to the Von Trapp home, she became overwhelmed by the enormity of the task before her. She abruptly stopped her enthusiastic singing and said, "Oh, help." Prayers don't have to be long to be meaningful. Maria's simple prayer is a reminder that she knew she wasn't alone and she had faith to ask for help when she needed it. Self-confidence doesn't require us to journey by ourselves, and we at 2911 Group are here to support you and the young women in your life. Follow the quote below, and you can't go wrong.



We encourage you to read this article with the young women in your life and discuss their thoughts.

3 Tips to Help Your Child Work Through Negative Self-Talk

Does this sound familiar? "I'm never going to get this. I'm not good at anything. I'll never be good enough." Sometimes the voices inside our head are the harshest critics.

Check out this [article](#) with tips on how you can help your child work through negative self-talk. Break the habit!

4 Things You Can Do to Support Your Teen's Mental Health

Show your teenager love and care, while looking after yourself

Whether you and your teen are getting along well or having challenges, it is important to show that you love and support them, that you can help them navigate tough times and that you are always there for them.

Here are [four things](#) to keep in mind when having that "how-are-you-doing?" conversation with your teen and to show that you are always there for them.

How to Help Your Teen During COVID-19

Destabilizing. Paranoid. Out of your control. These are just some words teenagers use to describe their feelings during this period of great uncertainty and frustration throughout the COVID-19 pandemic. Check out this [article](#).

13 Ways to Boost Your Daughter's Self-Esteem

In a culture saturated with digitally-altered images of impossibly thin women, raising girls with high self-esteem can be daunting indeed. But as parents, you have great influence—both by what you say and what you do. Check out this [article](#).



Did you know?

- "Body image" is the way that someone perceives their body and assumes that others perceive them. This image is often affected by family, friends, social pressure, and the media.
- People who are unhappy with their bodies and don't seek healthy nutrition information may develop eating disorders. "Eating disorders" are unhealthy relationships with food that may include fasting, constant dieting, or bingeing and purging. 95% of people with eating disorders are between the ages of 12 and 25. Only 10% of people suffering from an eating disorder will seek professional help.
- Body image is closely linked to self-esteem. Low self-esteem in adolescents can lead to eating disorders, early sexual activity, substance use and suicidal thoughts.
- Approximately 91% of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape. Unfortunately, only 5% of women naturally possess the body type often portrayed by Americans in the media.
- 58% of college-aged girls feel pressured to be a certain weight.
- Studies show that the more reality television a young girl watches, the more likely she is to find appearance important.

We have a new name!

This newsletter is for anyone who supports young women – family members, teachers, mentors, youth pastors, neighbors, community leaders.....so we wanted our name to reflect that! You are a positive force in a young woman's life. That's good news! We are here to support you. That's good news too! Welcome to the Good News Digest – a quarterly publication by 2911 Group Inc.

Thank you to a member of our 2911 family and Girl Dad David Becker for the suggestion!

Be Kind Resources

Kindli

[Kindli](#), as it's called, is a platform with a purpose—and it's ready to change the world. Kindli was built to focus on the positive and eliminate the negative. The narrative is on kindness and positivity.

So, what exactly is Kindli?

While in some respects it looks like the social media apps that most people are already familiar with in that they can post, like, and comment, Kindli is distinctly different. Everything on the site is positive, and kind acts are celebrated. It is designed to be a safe space for people to connect, and where they can be inspired or inspire others.

Random Acts of Kindness Foundation

Looking for all things “kindness”? Ideas, quotes, activities, and resources? Check out the [Random Acts of Kindness Foundation](#). It is a small nonprofit that invests its resources into making kindness the norm. It is rooted in the belief that all people can connect through kindness and that kindness can be taught.

A boy and his mom on a mission for good....

12-year-old Jaden Winn and his mother, Amanda Winn, are setting out on a “voluntourism” adventure across the United States, where they’ll take Life Vest Inside’s vision of sharing meaningful and tangible acts of kindness and compassion out on the road for a whole year. Follow their journey with the young women in your life and get ideas for how you can be kind at [the kindness journey](#).



Kindness and Self-Esteem

How can you help someone improve their self-esteem? One way is to encourage them to show kindness. You can do this by doing acts of kindness with them or modeling it for them. This could look like telling someone what you appreciate about them, conducting a random act of kindness (such as letting a car into your lane or holding the door for someone), helping a neighbor, or volunteering.

Don't forget about modeling being kind to yourself! Sometimes we hear young women talk about how they always put others' needs before their own and neglect themselves. They become pleasers whose self-worth depends on the approval of others. We want to teach them that self-compassion is just as necessary as being kind to others.

How does kindness help?

- **It's a mood lifter** - Showing kindness is a quick and easy way to make you feel better about yourself and life in general. Turn a “bad” day right around!
- **It's empowering** - Knowing that you did something that made a difference for someone else or took a burden off them makes you feel strong, confident and in control.
- **It makes you feel less alone** - Kindness is a way to learn how truly similar we are. Realizing how much we all have in common opens the door to compassion and compassion unifies. ([thekindnessjourney.com](#))
- **It brings you joy** – and who doesn't want more moments of joy? When you're joyful, you see the world and yourself in a more positive light, which also makes it easier to gain and maintain **confidence** in your abilities.

Kindness Fun Facts:

- Acts of kindness toward strangers had a greater positive impact on self-esteem than those toward family or friends.
- All acts of kindness – regardless of whether they were big or small – had a positive impact on self-esteem.
- Studies have also linked acts of kindness to academic success and a reduction in anxiety and depression.

Kindness is catching!

Show You Care

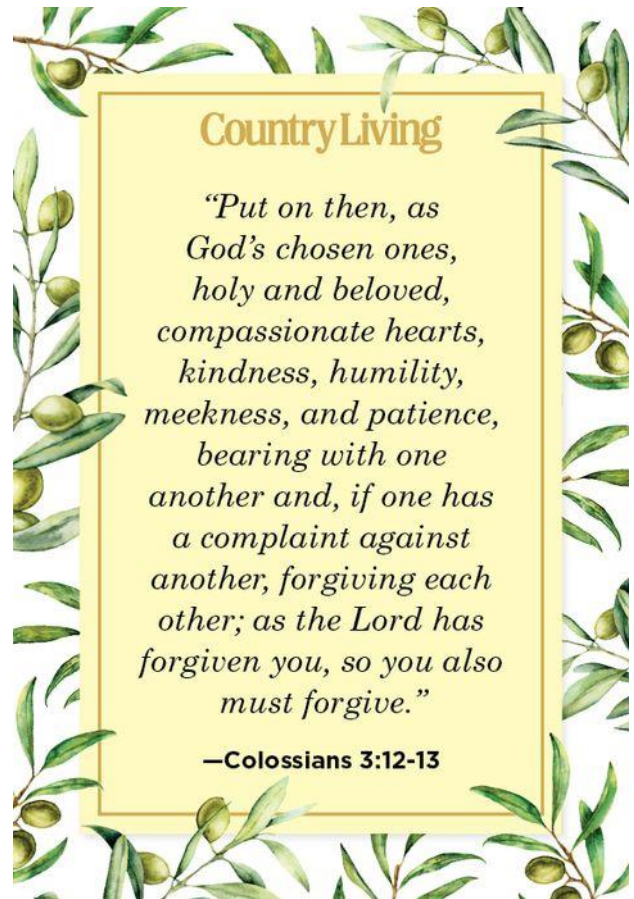
What are some things you can do to show the young women in your life that you care about them and they matter? Think about who they are and what would mean the most to them. Here are some ideas:

- A colorful and bright “You are loved” note tucked somewhere (lunch box, under a pillow) Don’t live with them? Recruit a parent or sibling to help with delivery or stick on their door/porch.
- Surprise them by mailing them a card or letter that will show up at their house unexpectedly that tells them what you appreciate about them.
- Give them a book with a hand-written message on the inside cover. Let them know why you wanted to share this book with them and your hope for them. Offer to discuss what they thought about the book.
- Give them a shout out on social media. Post a picture you love of them, a quote that reminds you of them, or tell a story about them.

A great way to show anyone you care about them is to spend time with them. Here are some ideas on what that could look like:

- A special surprise “date” – movie night with popcorn, drive through to pick up their favorite treat, do something active (ice skate, roller blade, etc.), or have a karaoke night.
- Involve others – family game night, turn a walk into a scavenger hunt (find 3 things that bring you joy, made you laugh, or that you’ve never noticed before) and have everyone share at the end, or pose a question to the group at dinner and go around the table for everyone to answer. (What country would you most want to visit, what is the best compliment someone could give you, etc.)
- Teach them a hobby you can share (knitting, baking, playing an instrument, etc.)
- Do a virtual yoga session or cooking class together.
- Take a trip down memory lane – visit a special place (the house they grew up in, their first school, etc.) or pull out the photo albums/videos and share stories about when they were little. What told you they were going to be special? Ask them questions about what they remember.

**Kids will never outgrow your
time and love!**



Dance Party

One of our favorite ways to spend time with those we love is to have a dance party! Check out our play list that never disappoints in lifting our spirits.

- Happy – Pharrell Williams
- Best Day of My Life – American Authors
- Mr. Blue Sky – ELO
- Can’t Stop the Feeling – Justin Timberlake
- Smile – Katy Perry
- Shake It Off – Taylor Swift
- Just Fine – Mary J. Blige
- Let it Go – Idina Menzel (from the Frozen Soundtrack)
- What Makes You Beautiful – One Direction
- We Are Family – Sister Sledge
- Good Feeling – Flo Rida
- Life is a Highway – Rascal Flatts
- Sing a Song – Earth, Wind and Fire
- Free and Easy (Down the Road I Go) – Dierks Bentley
- Three Little Birds – Bob Marley and the Wailers
- Happy Dance – MercyMe
- Love – We Are Messengers