



Work2BeWell Monthly Newsletter

April 2025

We're excited to bring you the latest updates, insights, and stories from our Work2BeWell community. In this newsletter, you'll find a mix of exciting news, helpful tips, and upcoming events that you won't want to miss. Whether you're looking to stay informed, get inspired, or just catch up on what's happening, we've got something for everyone. Take a scroll through it all!

How Are You #Working2BeWell

"Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of 'You're not alone.'"

— Brené Brown



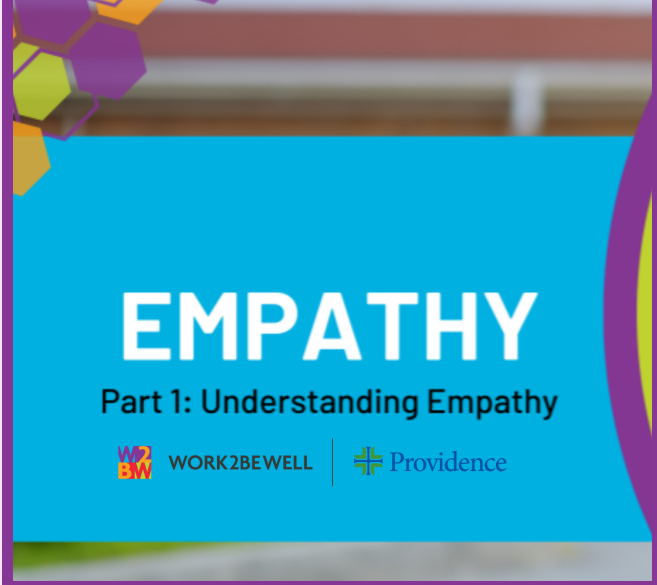
WORK2BEWELL



Providence

Reminder: Empathy isn't about having all the right answers—it's about being there for someone when they need it most. Just listen, offer support, and remind them they're not alone. Sometimes, showing you care is the most healing thing you can do for yourself and others.

What You'll Need for April



NEW Module Empathy - Understanding Part 1

In this module, students will examine the differences between the terms pity, sympathy, empathy, and compassion, identify the two major types of empathy, and determine their own level of empathy.

[Click here to access 'Empathy - Understanding Part 1' PowerPoint Presentation, Facilitator Notes, and Activity Handout](#)

COMING SOON! Growing Empathy - Part 2



Talk2BeWell Podcast

Work2BeWell's podcast Talk2BeWell focuses on key mental health topics and amplifies student voices from across the nation.

Episodes related to empathy and compassion - [EP 111: Healthy Ways to Express Yourself](#) [Ep 136: The Art of Self-Compassion](#)

Want to easily find episodes to accompany lesson plans and activities? Check out this ready to go list of all the [T2BW Episodes categorized by W2BW Curriculums!](#) This list is a great resource for Wellness Rooms!

W2BW Club Spotlight

Showcasing the growth and impact of W2BW Clubs in their local schools and communities.



- Bethany from [Kentridge High School W2BW Club](#)

New Clubs (Mar 2025)

Welcome these new clubs to the W2BW community by giving them a 'Like and Follow' on social media.

- Hughson High School - [HHS NAMI on Campus](#)
- Coeur d'Alene Charter Academy - Mental - Health Club
- Dayton Secondary - [Bulldog Brave Club](#)
- Billy Joe Dickens High School - NAMI
- Eisenhower High School - [SPARK Club](#)
- Joshua High School -Work2BeWell

Check out the full network of [W2BW Clubs!](#)

Motivational Mondays

"Motivational Mondays are something we started in December of 2024 at New Smyrna Beach High School. Once a month the Student Government Association (SGA) throws a Motivational Monday, surprising the student body by lining the entrance to the school and welcoming students with a treat. We like to play music to keep spirits high, and to keep students enticed we like to do different themes for the "treat"! For example, in December we did "You are MINT to be here!" and handed out mints with motivational quotes. In February, we went with a Valentine's Day theme and gave out Hershey's kisses while holding posters that said, "SGA loves you!".

Throwing Motivational Mondays has been relatively simple with a fulfilling reward of watching students' faces light up as they walk into school. Sometimes a little effort is all it takes to make a big change in someone's day."

- Sydney Traub, Student Government Association President at New Smyrna Beach High School, Florida



- Sydney & Friends from SGA New Smyrna Beach High School, Florida

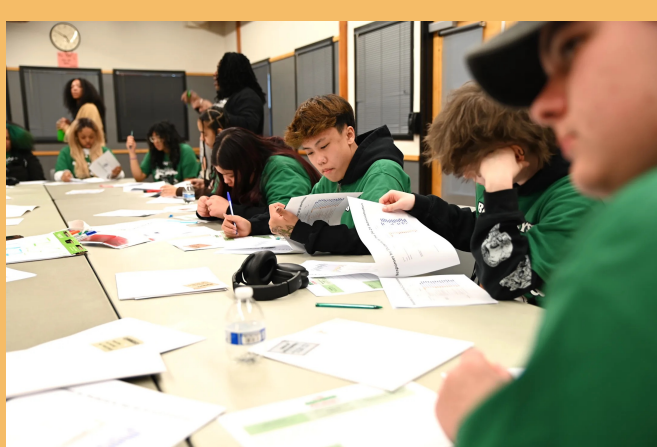
Partnership Updates

Sharing the latest developments and engaging collaborations with our partners.

Renton SD x Providence x Sounders FC

We participated in the 2nd Annual Renton SD Student Symposium, where nearly 100 students from four high schools and four middle schools shared how they've promoted wellbeing and community in their schools. Each participant also created their own [Emotional First Aid Kit](#) to support their well-being.

During April, Work2BeWell and Sounders FC will also host an assembly on healthy relationships and self-care, continuing our commitment to student wellness.



- Renton School District Symposium



- NSAC members Anjali Verma and Dominic Mimbang with Georgia State Parliamentarians, Shaunak Buche & Niyathi Nalluri from Lambert HS.

Georgia Association of Student Councils #GASCRoad2Wellness

GASC chose [W2BW's Road to Wellness](#) as their state service project this year with 8 schools receiving an award for completing at least 6 wellness activities throughout the school year.

The GASC Convention proudly celebrated the dedication of its member schools in fostering mental health and wellness within their communities. Their efforts in promoting well-being continue to make a meaningful impact.

As part of this initiative, Dominic Mimbang, an NSAC student from Douglas, GA, and Anjali Verma, an NSAC student from Perkasie, PA, teamed up to lead workshops on building Emotional First Aid Kits and exploring W2BW resources. Their sessions provided valuable tools and insights to help students support their own mental health and that of their peers.

MARK YOUR CALENDARS!

Important Dates	Details	Contact
April 19, 2025 Seattle Sounders FC Match	W2BW will share resources to encourage mental health advocacy before the game on Saturday, April 19, 2025. Come see us before kick-off!	W2BW Support Support@Work2BeWell.org
April 23, 2025 W2BW Clubs Share2BeWell	W2BW Clubs ONLY! Final meet-up of the 2024-25 school year. Celebrate the connections made and create buzz for next school year!	Sara Freauf, W2BW Co-Founder & NSAC Adviser, Support@Work2BeWell.org
May 1st, 2025 NSAC Application is DUE	All NSAC Applications must be submitted before 11:59pm PST on Thursday, May 1st, 2025.	W2BW Support Support@Work2BeWell.org

Testimonials



Beth - Campus Culture Director & Electives Teacher

"I use Work2BeWell lessons in my leadership classes. My students find them relatable and it is a really effective way to teach these topics to students that is fun for everyone. A bonus is that the lessons can be categorized in the CADA standards for Personal & Social Development Standard 3 for social and emotional learning."

- Beth Barrow, Terronez Middle School, Fresno Unified, California

[VIEW OUR RESOURCES](#)

Work2BeWell Appreciates YOU!



Your input is incredibly valuable and will help us understand how our resources are used and help to bring even more resources to you!

[The survey](#) should only take a few minutes, and your honest feedback is greatly appreciated!

