



Work2BeWell Monthly Newsletter

August 2025

As summer winds down and a new school year begins, it is the perfect time to check in with yourself and your community. Back-to-school season can bring excitement, stress, and everything in between, so this month we are focusing on how to practice mindfulness as you transition into new routines, classes, and challenges. Whether you are stepping into high school for the first time or heading into your final year, let's take on this school year together with compassion, courage, and care.

How Are You #Working2BeWell

“Education is the most powerful weapon which you can use to change the world.”

— Nelson Mandela



WORK2BEWELL



Providence

Reminder: Use education as a way to empower yourself. Learning about mental health doesn't just help you, it gives you the knowledge to challenge stigma, speak up for others, and spark change in your community. Whether it is through a podcast, a workshop, or a conversation, every bit of knowledge is a step toward a healthier, more informed community and world.

What You'll Need for August

MIND•FUL•NESS

/ˈmɪn(d)ʃ(ə)lnəs/

A mental state of peace and clarity achieved by focusing your mind on the present moment, your environment, physical and emotional sensations.

Work2BeWell.org



W2BW Mindfulness Module

The term "mindfulness" can mean different things to different people. This is because it depends on how someone is looking at it. In this module, students will examine the differences between being "mindless" and "mindful," exploring the consequences of mindlessness, and discovering ways in which they can be more mindful in their everyday lives.

[Click here to access W2BW Mindfulness Module PowerPoint Presentation and Facilitator Guide.](#)

Talk2BeWell Podcast

Each T2BW episode opens the door to meaningful conversations amongst peers and amplifies teen voices and perspectives. Through open, honest conversations, we help students connect with one another and work towards breaking the stigma around mental health.

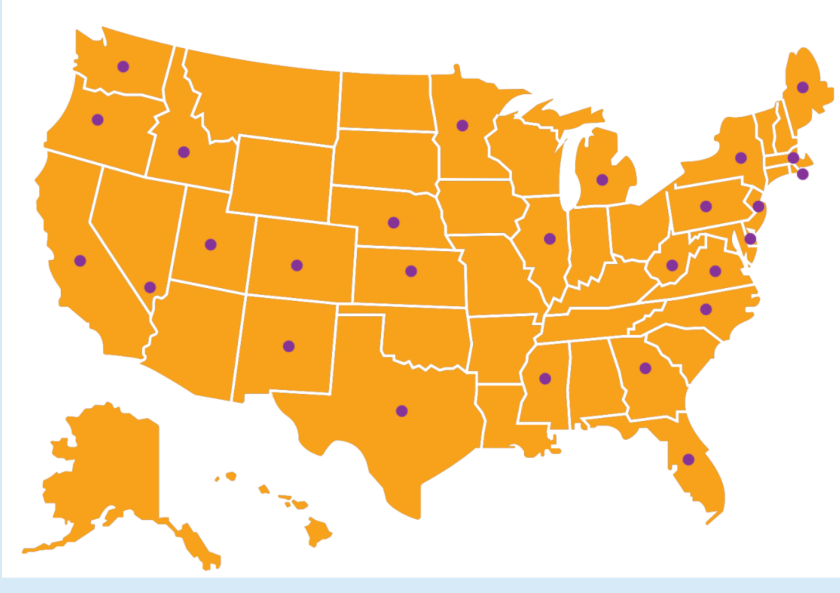
W2BW encourages you to kick off the school year with these T2BW episodes -

- [Ep 147: Mental Health Awareness with Erika's Lighthouse](#)
- [Ep 141: Growing Pains - "I'm Not A Kid Anymore"](#)
- [Ep 132: Small Wins, Big Joy - Celebrating the Little Things](#)
- [Ep 100: School Anxiety vs. Social Anxiety](#)

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!

Club Spotlight

W2BW Club Network



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

Dover High School - Dover, DE

Century High School - Hillsboro, OR

[Farmersville High School](#) - Farmersville, TX

Ridgeview High School - Redmond, OR

[New Braunfels High School](#) - New Braunfels, TX

Check out the full network of W2BW Clubs! And if you're interested in starting a W2BW Club, we highly recommend checking out the club page on our website!

Advocacy - Club Starter

Raise mental health awareness at your school by starting a W2BW Club. Click [HERE](#) for all the info you'll need to get started!

Submit an application

Utilize W2BW resources

Connect

Plan & Promote

Have any questions along the way, don't hesitate to reach out to us at Support@Work2BeWell.org

ADVOCACY

STARTING A CLUB AT YOUR SCHOOL

Work2BeWell empowers teens to lead the way in mental health advocacy. Starting a club at your school is a powerful step toward fostering wellness, reducing stigma, and creating a supportive community. We are here to meet you where you're at. Every school is different and so is every club!

UTILIZE W2BW RESOURCES

The club application form allows you to express your interest in establishing a club and provides Work2BeWell with the necessary information to support your initiative.

- You can:
 - Start from scratch.
 - Utilize an existing mental health club.
 - Form a committee within another group (Student Council, National Honor Society, etc.)

PLAN AND PROMOTE

Look for other ideas and activities in our W2BW Resources Library.

[Work2BeWell.org](#)

[support@work2beWell.org](#)

[Talk2BeWell](#) on Spotify

[@Work2BeWell](#) on Instagram, X, & Facebook

1 SUBMIT AN APPLICATION

Once your club is established, access a wealth of free, clinically-validated resources to guide your activities, such as:

- Curriculum modules
- Activities, scripts, and shareable files
- Access to the Work2BeWell "Clubhub"

2

3 CONNECT

- Join our W2BW Club Leader Network on (Broutlet)
- A space to ask questions, share ideas, and get to know other student leaders from across the nation.
- Attend quarterly Club Leader Meet-ups on Zoom.
- Share, continue conversations, and stay engaged with the W2BW community!

4

- Use the Roadmap to Wellness to plan your year out as a club - month by month.
- Create a leadership team.
- Start a social media account and tag @work2beWell.
- Advertise your meetings and events with flyers, announcements, and posts.

Partnership Update

Erika's Lighthouse and Work2BeWell have much in common! Both organizations' missions are centered in destigmatizing mental health amongst teens and cultivating student leaders. Through student-led clubs and community projects, we are giving teens the tools and support to speak up, support one another, and create positive change in their schools and neighborhoods. By working together, we are able to build a strong network of young people who care about mental health and are ready to lead the way in making it a normal, open part of everyday conversation.

Use [Erika's Lighthouse](#) and [W2BW resources](#) in a combination of ways that will best suit the needs of your club and community!

5 Ways Your Club Can Use Erika's Lighthouse Resources

1

Learn About Erika's Lighthouse

Erika's Lighthouse is a nonprofit that provides free mental health resources to schools and communities. We offer a variety of resources, including:

- Curriculum modules
- Activities, scripts, and shareable files
- Access to the Work2BeWell "Clubhub"

2

Mental Health RECHARGE

Erika's Lighthouse has a free online self-led Mental Health RECHARGE, which has many resources to help you recharge your mental health and learn more about mental health.

3

Teen Toolkit

The Teen Toolkit is designed to help you better understand mental health. Click on a link to see the Teen Toolkit and learn more!

4

Awareness into Action Activities

Check out these school-wide activities that clubs can do. Click on a link to see the full list of activities.

- Brainstorm ideas for activities
- Brainstorm ideas for activities
- Brainstorm ideas for activities

5

Become an Affiliate Club of Erika's Lighthouse

An affiliate club is a nonprofit organization that provides free mental health resources to schools and communities. We offer a variety of resources, including:

- Curriculum modules
- Activities, scripts, and shareable files
- Access to the Work2BeWell "Clubhub"

5 Ways Your Club Can Use Erika's Lighthouse Resources

Scan this QR code for the online version of the flyer on the front side and be able to click all of the links!

MARK YOUR CALENDAR!

Important Dates	Details	Contact
August 23rd - 26th, 2025 NSAC Team Leads Retreat Seattle, WA	The NEW 2025-2026 NSAC Team Leads will meet in Seattle, Washington for a couple of days of bonding, training, and goal setting for the upcoming school year.	W2BW Support Support@Work2BeWell.org
August 28th, 2025 Welcome NSAC '25-'26, Virtual Meeting	1st NSAC meeting of the school year - Kick off a new year of connection, conversation, and mental health advocacy!	W2BW Support Support@Work2BeWell.org
September 2025 Suicide Prevention and Awareness Month	Suicide Prevention and Awareness Month, a time to come together, raise awareness, and share life-saving resources!	W2BW Support Support@Work2BeWell.org

Testimonials

Jordan Wong

In reference to using the [W2BW Mindful Focus Cards](#) as an icebreaker to start class.

"It helps my students to open up with one another and they realize that they may look different and they may come from different backgrounds, but they also have a lot of similarities". - Jordan Wong, Teacher, Washington Unified School District (WUSD), CA

Watch Jordan's full testimonial, [HERE](#).

TESTIMONIALS

Your Impact, Your Story

How are you using W2BW resources to make a difference in your school or community? Have they helped you start conversations, plan events, or bring people together around mental health? We'd love to hear how you're making an impact!

[Share your story with us](#) and be featured in an upcoming newsletter or on social media!

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