



Work2BeWell Monthly Newsletter

May 2025

Welcome to W2BW's Monthly Newsletter! This edition is packed with fresh updates, helpful insights, and resources you won't want to miss. Whether you're looking to stay in the loop or just want a quick dose of inspiration, we've got you covered—happy scrolling!

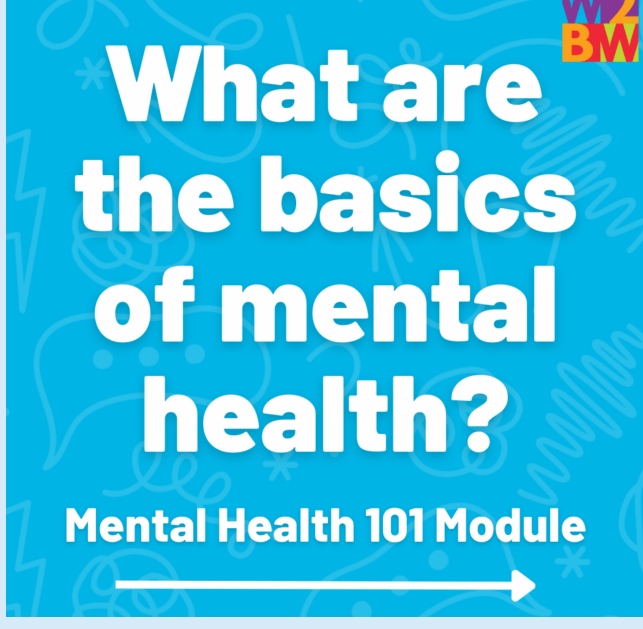
How Are You #Working2BeWell

“Mental health is not a battle to be won.
It is a journey to continue walking.”
- Lindsay Adkinson



Reminder: Mental health isn't a race or something to “beat” — it's a journey you keep moving through. Some days are tough, some are better, and that's totally normal. Just take it one step at a time and be kind to yourself along the way.

What You'll Need for May



Mental Health 101

In this module, students will learn what mental health is, identify similarities between mental health and physical health, analyze the differences between mental health & mental illness, learn strategies to reduce stigma about mental illness, and identify ways to get help, including people to talk to for mental health support.

[W2BW's Mental Health 101 PowerPoint Presentation, Facilitator Notes, and Activity Handout](#)

For more resources on mental wellness, click [here](#).



Talk2BeWell Podcast

From conversations on social justice and mental health activism to navigating digital learning or supporting mental health during the holidays, our podcast explores topics that build meaningful dialogue and student activation around mental health.

Try listening to one Talk2BeWell episode each week of the month -

- [Ep 127: Prioritizing Mental Health](#)
- [Ep 132: Small Wins & Big Joy - Celebrating The Little Things](#)
- [Ep 137: Toxic Positivity - When Good Vibes Go Too Far](#)
- [Ep 143: The Purrrfect Pet - Pets Impact on Mental Health](#)
- [Ep 145: Spring Cleaning - How to Let Go](#)

Don't forget to 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.



New Activity for Club Meetings

Talk2BeWell Tuesday

What is it? Talk2BeWell Tuesdays is a mental health conversation space. A monthly meet-up hosted by your club and facilitated by a trained adult (counselor, social worker, or school psychologist), where peers can engage in open conversations about mental health topics, inspired by the Talk2BeWell podcast.

Thank you to NSAC Education Team Lead, Addy, and all of Kentridge High School's W2BW club members (@kr_work2bewell) for sharing this idea for our one-pager!

Access this new activity, [here](#).

New Clubs (April 2025)

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

- Berkmar High School, GA
- Charles J Colgan High School, VA - [Colgan.sca](#)
- Lewisville High School, TX
- Summer Creek High School, TX - [scbulldogbuddies](#)

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

Club Network Meet-Up

Big shoutout to the W2BW Clubs that joined in our final meet-up for the 2024-2025 school year! The expansion our club network has experienced over the past year is the direct result of our club members' commitment to advocating for mental wellness. We appreciate you all and recognize your impact!

- Carroll High School, TX
- Coffee High School, GA
- Erika's Lighthouse Club Coordinator, IL
- Olympia High School, WA
- PA Leadership Charter School, PA
- The Rashi School, MA
- Toutle Lake High School, WA

Partnership Updates

Sharing the latest developments and engaging collaborations with our partners.

Sounders Game Day Takeover

On April 19th, W2BW participated in the Providence Game Day takeover at the Sounders Match!

Attendees engaged with our interactive eco-themed emoji wall where each participant chose an emoji that represented what is important to them!

To support ongoing learning and advocacy, participants also answered questions related to mental wellness and the environment. They also received the W2BW Protect the Planet One-Pager, along with fun W2BW swag including bucket hats, t-shirts, and sweatbands!



- W2BW team members Regina and Maddy alongside the full Providence and Sounders FC group.



- NSAC Members Gavin, Vivian, and Mason

W2BW Earth Day Celebration

W2BW, Providence, and the Sounders FC celebrated Earth Day with a meaningful volunteer event dedicated to preserving and revitalizing Crystal Springs Park in Tukwila, Washington. The team removed invasive species like blackberry and ivy, both of which threaten the park's natural ecosystem. The contributions helped ensure a healthy and sustainable environment for future generations!

[DOWNLOAD OUR PROTECT THE PLANET ONE-PAGER](#)

MARK YOUR CALENDAR!

Important Dates	Details	Contact
Week of June 9th, 2025 NSAC Team Selection Notification	NSAC team selections will be announced this week. Selected participants will receive an email with team assignments and next steps.	W2BW Support Support@Work2BeWell.org
June 17th, 2025 NSAC End of Year Celebration	NSAC End of Year Celebration is a time to reflect, recognize everyone's hard work, and celebrate a great year together!	Zoie Sheng, NSAC Advisor Support@Work2BeWell.org
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.	Zoie Sheng, NSAC Advisor Support@Work2BeWell.org

Testimonial



"I want to thank W2BW and Sara for all the help with the NCASC State convention. The Emotional First Aid Kit presentation went well and now so many other kids are trained! We also made a video about the emotional first aid kit in order to train our whole school and it was hit. This organization is amazing and will help out so many children."

- Peyton Stokes, Student from Piedmont High School, Monroe NC



Your experiences with Work2BeWell's website, resources, and activities help inspire others and shape what we do. If you have a moment, please share your thoughts—we may feature your testimonial in our upcoming newsletter or on social media!

[Share your testimonial with us!](#)



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