



## Work2BeWell Monthly Newsletter

November 2025

As the days grow shorter and the year begins to wind down, November invites us to pause and reflect on what we're thankful for. Gratitude isn't just about saying "thanks"—it's about noticing the small things that make a big difference: a friend who listens, a teacher who believes in you, or a quiet moment of peace on a busy day.

For teens, practicing gratitude can be a powerful part of mental wellness. It helps shift focus from stress to strength, from what's missing to what's meaningful. For educators and advisors, encouraging gratitude can create stronger connections, a more positive school culture, and spaces where students feel seen and valued.

At Work2BeWell, we believe gratitude is a simple but life-changing tool for everyone. This month, we're sharing ways to weave gratitude into your daily routine, whether you're starting a gratitude journal, practicing mindful reflection, or leading a classroom gratitude circle. Together, we can grow more kindness, connection, and hope.

### How Are You #Working2BeWell?

"Be thankful for what you have,  
and you'll end up having more.  
Focus on what you don't have,  
and you'll never have enough."

— Oprah Winfrey

American actress, author, television producer, and talk show host



WORK2BEWELL



Providence

Oprah's words remind us that gratitude isn't just a feeling—it's a mindset. When we focus on what's going right, we open the door to more joy, resilience, and connection.

This season, we're thankful for you—for every student using their voice to support wellness, and every educator helping make that possible. Your commitment to caring, learning, and leading with heart makes our community stronger.

Let's keep growing gratitude, one moment at a time.

### Try This: The Gratitude Ripple Challenge

This week, share one genuine "thank you" with someone who's made a difference in your day—a friend, teacher, classmate, or family member. Then, encourage them to pass it on. You'll be surprised how far one ripple of gratitude can go.

## What You'll Need for November

### NEW W2BW Gratitude Series!

Gratitude is more than saying "thank you." It's a mindset that changes how we see ourselves, our relationships, and the world around us. The Work2BeWell Gratitude Series empowers students to understand, practice, and live with gratitude, helping them strengthen emotional resilience, improve mental health, and create a more positive school culture. These modules guide students step by step from understanding gratitude to living it every day. Each lesson includes engaging discussions, real-world examples, reflection tools, and activities designed to make gratitude a lifelong habit.

#### Part 1: What is Gratitude?

Students explore the meaning and science of gratitude—how it works in the brain, why it improves happiness, and how it helps build stronger relationships. This session lays the foundation for seeing gratitude as a key part of emotional wellness and empathy.

#### Part 2: How to Be More Grateful

Gratitude isn't just a feeling—it's a skill. Students learn practical, research-backed ways to strengthen gratitude through journaling, mindfulness, positive reframing, and daily reflection. They discover how gratitude can protect their mental health and build optimism, even in difficult times.

#### Part 3: Cultivating Gratitude in Your Life

In the third module, students bring gratitude to life through community-based projects and peer-to-peer activities. From gratitude jars to schoolwide "Dude. Be Nice." challenges, this section transforms gratitude from an idea into action—creating a ripple effect of kindness and connection.

**Supplemental Lesson: Gratitude, Appreciation, and Thankfulness. What's the Difference?**

This supplemental lesson builds on the Work2BeWell Gratitude Curriculum Series, helping students discover how gratitude, appreciation, and thankfulness work together to boost connection, empathy, and mental wellness. Perfect for classrooms, wellness clubs, or advisory periods.

**PLUS...** an easy-to-implement 31-Day Gratitude Challenge! Find it in Part 3 and use it personally, with your club, or with your whole school!

Click Here to Access:

[W2BW's NEW Gratitude Series](#)

### Talk2BeWell Podcast: "Holiday Heebie Jeebies"

Check out our new podcast where Dr. Robin Henderson, Work2BeWell's Chief Clinical Officer and Chief Executive, Behavioral Health for Providence Oregon, talks with three of our National Student Advisory Council teens, Jose from Georgia, Audrey from California, and Lauren from New York. In this episode, they explore the stress, pressure, and anxiety that can come with the holiday season—and share simple ways to cope and find peace amid the chaos.

[Episode 153: Holiday Heebie Jeebies](#)

Interested in listening more? Here are some past T2BW episodes dealing with topics related to upcoming holiday seasons to check out:

[Ep 131: Charli xxx - When Thanksgiving Gets Messy](#)

[Ep 104: Anticipating Holiday Stress](#)

[Ep 59: Seasonal Depression + Holiday Anxiety](#)

Also, releasing later this month, will be episode 155, "Everyday Gratitude & The Benefits of It." In it, Dr. Robin and the teens explore simple ways to make gratitude a part of their daily routine—and why practicing it can boost their mood, strengthen relationships, and help them feel more grounded.

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.

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!



## From Our Project Manager

### Support the Mission of Work2BeWell



As we enter the season of gratitude, we're reflecting on the incredible support that has helped Work2BeWell grow into a global movement for teen mental health. With **Giving Tuesday** just around the corner, we invite you to join us in continuing this mission by giving today.

At Work2BeWell, we believe every teen deserves access to free, high-quality mental health resources. Our work is made possible by generous donors who share our commitment to youth wellness, advocacy, and education. If you've ever used one of our toolkits, tuned into a Talk2BeWell podcast, or seen the impact of our student-led clubs, we invite you to help us keep these resources free and accessible to all.

**You can make a difference today by visiting our donation page.** Every contribution helps us expand our reach, support more teens, and continue building a global community rooted in compassion and care.

We're also excited to announce new sponsorship opportunities for individuals and organizations looking to support our mission in a bigger way. Sponsorship is a powerful way to invest in youth mental health while also amplifying your brand's commitment to wellness and equity. Learn more by reaching out to our team or [checking out our sponsorship opportunities](#).

This November, we're especially thankful for our community! For every teen who shares their story, every educator who uplifts youth voices, and every supporter who believes in the power of wellness. Together, we can continue to elevate youth voices and create a world where mental health is a priority for everyone.

## Partnership Update

**Gratitude in Action: Work2BeWell + Dude. Be Nice**  
**When kindness meets mental wellness, everyone benefits.**

Work2BeWell and [Dude. Be Nice](#) (DBN) share a powerful mission: to help young people create kinder, more connected communities where mental wellness is a priority.

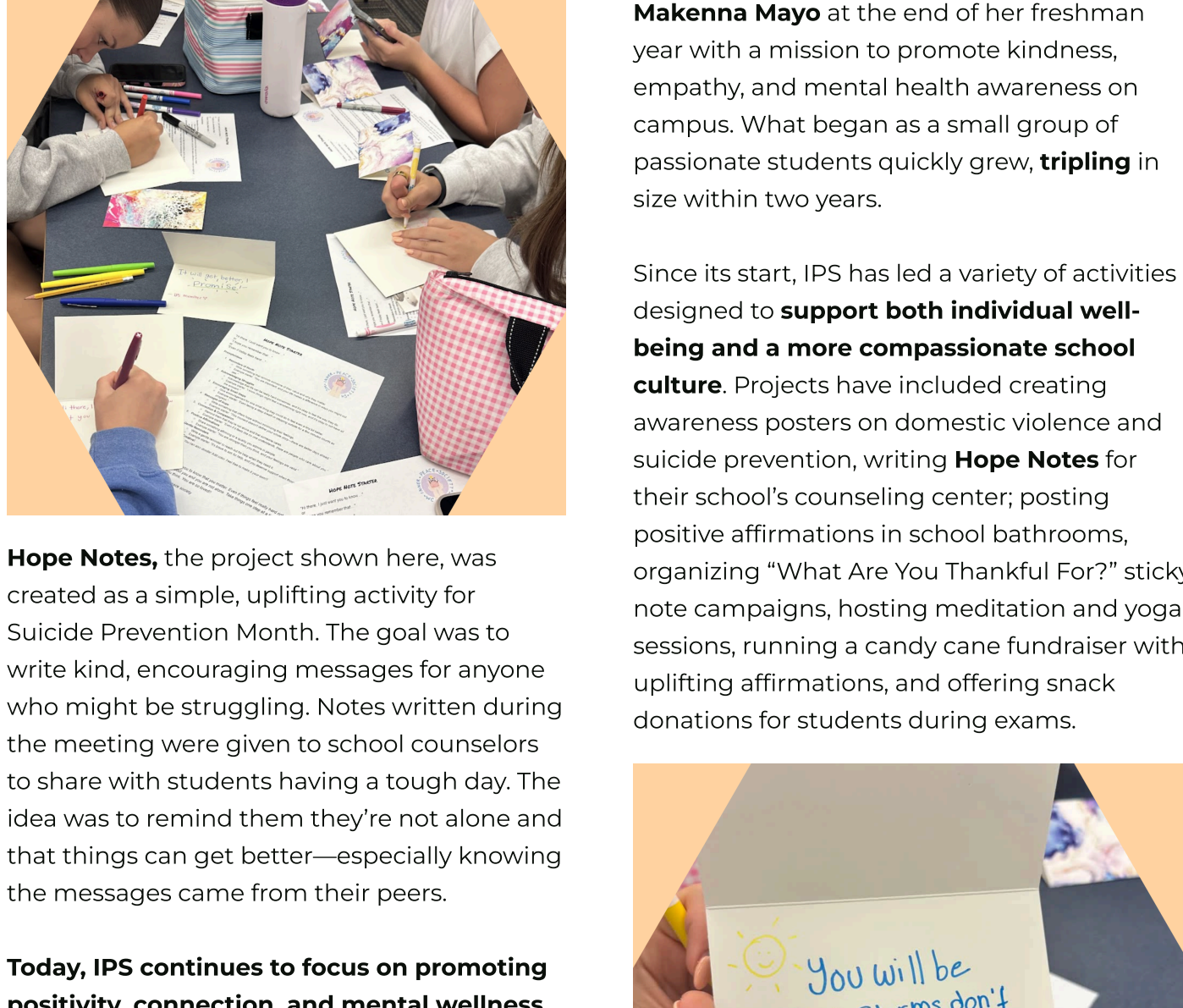
**Work2BeWell** empowers teens with tools, education, and resources to support their mental health and lead wellness initiatives in their schools and communities. **Dude. Be Nice** inspires people to celebrate others and spread positivity through intentional acts of kindness and recognition.

Together, these organizations combine **heart and action**—encouraging teens not only to care about mental health, but to live it out through kindness, inclusion, and gratitude. Their partnership shows that being "well" isn't just about taking care of yourself—it's about lifting others up, too.

By joining forces, Work2BeWell and Dude. Be Nice amplify a shared message: **kindness is strength, and gratitude is good for everyone's mental health.**

DBN's mission is to inspire people to treat themselves and others better. You can connect with their brand by watching and sharing their videos, using their [FREE resources](#) to make DBN a part of your community, or representing their mission by picking up some [DBN merch](#).

And, check out "THE DUDE. BE NICE WEEK SCHOOL GUIDE," featured in our Cultivating Gratitude in Your Life module (Part 3 in our NEW Gratitude series). A Dude. Be Nice Week (DBN Week) is all about switching things up and focusing on spreading positivity in your school and community. Instead of focusing on what you're against (like "anti-bullying" or "anti-drama"), this week is all about what you're for—kindness, connection, and gratitude. Check it out [HERE](#) to learn more!

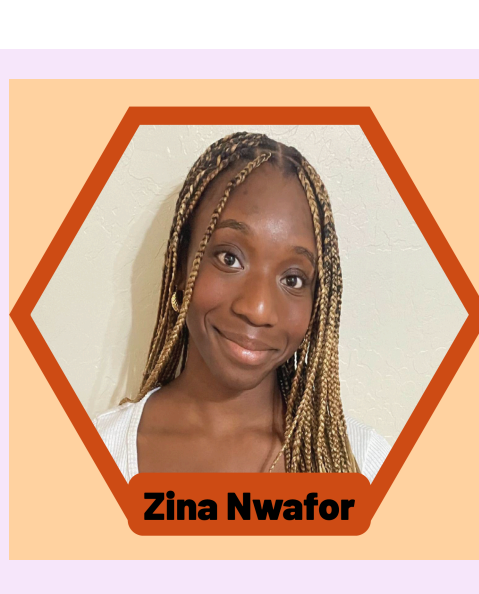


PhotoSource: [Dude. Be Nice](#)

## A Word from NSAC

National Student Advisory Council

### Gratitude for our Autumn Anxieties



Fall is my personal favorite time of the year. I love bingeing Gilmore Girls, getting everything pumpkin-scented or flavored, and finally having weather below 90 degrees in Arizona. But for many, fall is just as stressful as it is aesthetically pleasing. The energy of summer has just about worn off, and we are back to navigating typical school pressures, personal relationships, and seasonal mood changes. At the time I am writing this, I, along with thousands of other high school seniors, am getting ready to submit early-round college applications. Drafting personal statements, finalizing activity lists, and crystallizing your entire high school experience in just a few months is NOT for the weak.

In times like these, gratitude is an increasingly important tool to help keep ourselves calm and grounded. Feelings of stress can easily put us into a cycle of inactivity and lack of motivation; overwhelmed by the amount of work we have, and even less capable of completing it. Neurologically, feelings of gratitude enhance dopamine, a neurotransmitter associated with the brain's reward system. This activation enhances motivation and goal-oriented behavior and improves our ability to execute daunting tasks.<sup>1</sup>

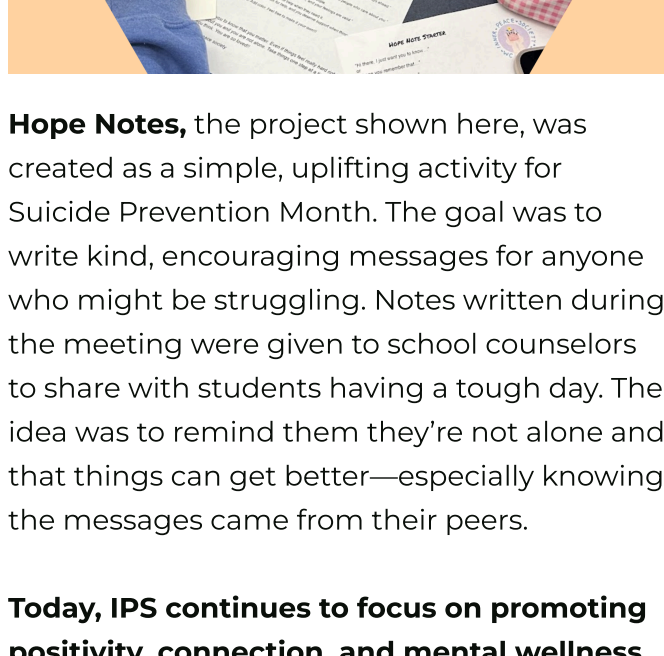
Additionally, anxiety causes us to dwell on "what-ifs," our failures, and what we haven't done enough of. When we overemphasize what we don't have, we harm our self-esteem and create a pessimistic worldview. If we can take a break and remind ourselves to be grateful for what we have accomplished, we can feel more relaxed, more capable, and enter a better mindset to grapple with stressful work.

I encourage you to take time this season to practice gratitude in any way you can. From experience, committing to self-care every day isn't easy. But whenever stress levels are high, try writing down a few things you are grateful for, calling a friend or family member to remind them how much you appreciate them, and most importantly, always thank YOURSELF for showing up for you and doing your best every day. Nothing you have done would be possible without your brain, body, heart, and intelligence, so always keep that in mind as something to be grateful for.

<sup>1</sup>Reference article: <https://www.forbes.com/sites/traversmark/2024/05/22/a-psychologist-explains-how-to-hack-your-brains-gratitude-circuit/>

Zina Nwafor (she/her) is a rising senior at BASIS Peoria and is excited to be on the NSAC for the first time. At school, she participates in Speech and Debate, Mock Trial, National Honor Society, and Latin Honor Society. Outside of school, she helps as a BLOOM365 peer advocate to teach her community about teen dating violence and spent her summer helping with suicide prevention research at the University of Arizona. In her free time, she enjoys watching movies, blogging, cooking, and fashion. Zina Works2BeWell by going on solo dates at cafes, journaling, and listening to music.

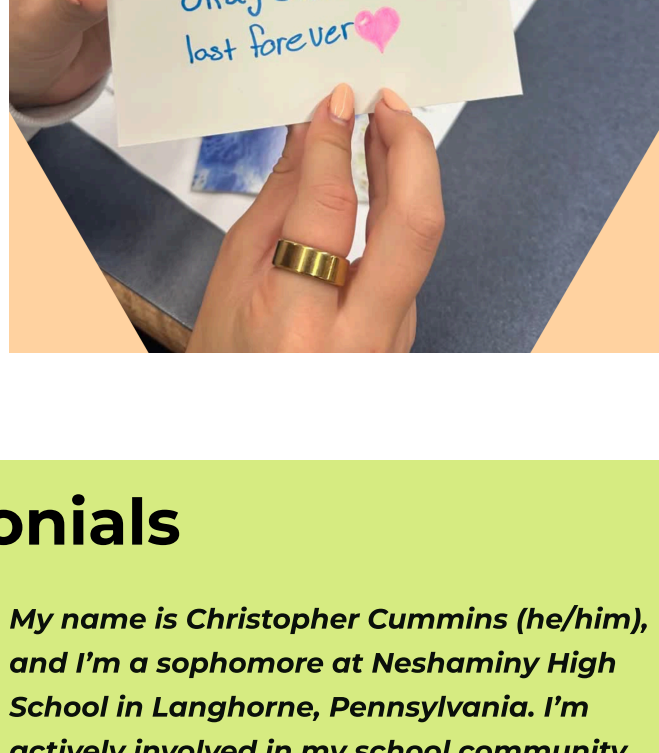
## Club Spotlight



**Hope Notes**, the project shown here, was created as a simple, uplifting activity for Suicide Prevention Month. The goal was to write kind, encouraging messages for anyone who might be struggling. Notes written during the meeting were given to school counselors to share with students having a tough day. The idea was to remind them they're not alone and that things can get better—especially knowing the messages came from their peers.

Today, IPS continues to focus on promoting positivity, connection, and mental wellness. As part of the Work2BeWell network, the club provides students with a space to support one another, learn about mental health, and make a lasting impact on their school community.

Want your club to be featured? Send your info and pictures to [support@worktobewell.org](mailto:support@worktobewell.org)



The Inner Peace Society (IPS) was **founded by Makenna Mayo** at the end of her freshman year with a mission to promote kindness, empathy, and mental health awareness on campus. What began as a small group of passionate students quickly grew, **tripling** in size within two years.

Since its start, IPS has led a variety of activities designed to **support both individual well-being and a more compassionate school culture**. Projects have included creating awareness posters on domestic violence and suicide prevention, writing **Hope Notes** for their school's counseling center; posting positive affirmations in school bathrooms, organizing "What Are You Thankful For?" sticky note campaigns, hosting meditation and yoga sessions, running a candy cane fundraiser with uplifting affirmations, and offering snack donations for students during exams.

**As part of student council, I started a fundraiser selling ribbons to help us remember loved ones who have passed away from cancer. The money we raise will go to a foundation called Bridge to Healing, which supports people undergoing chemotherapy by providing them with comfort and care. I'll also be donating blankets to Alliance Cancer Specialists of Bensalem, a local cancer center that provides chemotherapy treatments.**

**I am personally thankful for Work2BeWell because of the positivity. Anytime someone is having a bad day, everyone in the NSAC committee comes together to make that person feel better. I believe Work2BeWell is important for teens because if you're ever going through a tough time, there's always a source of help and support. Work2BeWell has not only helped me in my life—it's something I truly believe will help others, too.**

## Testimonials



Christopher Cummins

Christopher is a proud member of Work2BeWell's Access Team. This is his second year working with Work2BeWell. He's ready for all of the new opportunities and challenges he is going to face this year. He is also excited to be able to help out other teens with their mental health, and show how much support there is for them. Christopher #works2bewell by spending time with his friends, performing in theatre, and helping others whenever he can.

**My name is Christopher Cummins (he/him), and I'm a sophomore at Neshaminy High School in Langhorne, Pennsylvania. I'm actively involved in my school community through several clubs, including student council, Mini-Thon, drama, choir, and morning announcements.**

**As part of student council, I started a fundraiser selling ribbons to help us remember loved ones who have passed away from cancer. The money we raise will go to a foundation called Bridge to Healing, which supports people undergoing chemotherapy by providing them with comfort and care. I'll also be donating blankets to Alliance Cancer Specialists of Bensalem, a local cancer center that provides chemotherapy treatments.**

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## We're Grateful for Your Voice!

Have you explored any of our Work2BeWell modules? If so, we'd love to hear from you!

Your feedback helps us grow, improve, and keep creating resources that support student mental health and wellness.

The survey only takes a few minutes, but your input makes a lasting impact. (Please be sure to select the correct module title for the curriculum you explored.)

Thank you for helping us make Work2BeWell even better!



## WHERE TO FIND US THIS MONTH!

Dates / Location	Event
November 4 Georgia - Virtual	GASC Certified Student Leader Virtual Workshop
November 6 & 7, Duluth & Savannah, GA	Georgia Association of Student Councils District Conferences, GASC Student Mei & NSAC Student Jose
November 7 & 8, Pennsylvania	Pennsylvania Association of Student Councils State Conference, NSAC Student Anvi
November 10 Duluth, Georgia	GSLT - Gwinnett Co. Student Leadership Team Training
November 13-14 Waterville Valley, New Hampshire	New Hampshire State Student Council Conference
November 14 Lone Tree, CO	Colorado State Student Council NSAC Student Codou
November 23-25 Niagara, NY	NYSCLSA - New York State Council on Leadership and Student Activities State Conference
December 5-7 Grand Rapids, MI	National Conference on Student Activities (NCSA) hosted by National Association for Student Activities (NA4SA)



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!



# WORK2BEWELL