February 2026

Work2BeWell Monthly Newsletter

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When people think of February, they often think about relationships with others. However, one of the most important relationships you'll ever have is the one you have with yourself. Self-love doesn't mean being perfect, confident every day, or always feeling positive. It's about respecting your needs, listening to your feelings, and showing yourself patience on difficult days. It also means choosing relationships that support your well-being and allow you to feel safe, seen, and valued.

At Work2BeWell, we know that self-love and healthy relationships play a powerful role in mental health and overall wellness. Learning how to care for yourself, set boundaries, and connect with others in healthy ways can build confidence, emotional awareness, and resilience. In this February newsletter, we're highlighting tools, conversations, and resources designed to help teens recognize what healthy relationships look like—both with themselves and with others—and feel supported every step of the way.

Poet and author Rupi Kaur reminds us that "how you love yourself is how you teach others to love you." When we practice self-respect, listen to our needs, and set boundaries, we are not being selfish. Rather, we're building the foundation for healthier connections with others. The way we treat ourselves helps shape the expectations we carry into friendships, family relationships, and romantic relationships, making self-love an important part of overall mental wellness.

Mental Health Tip for February:
Check in with yourself before checking in with others.

Before responding to texts, hanging out, or saying "yes" to something, pause and ask yourself:

- **How am I feeling right now?**
- **What do I need?**

Taking a moment to notice your emotions and energy can help you set healthy boundaries and make choices that support your well-being. Self-love isn't about pushing people away. It is about showing up in relationships in a way that feels safe and authentic.

What You'll Need for February

Stress, Self-Love, and Healthy Relationships: Using the Work2BeWell Stress Module

Self-love isn't just about how we talk to ourselves—it's also about how we respond when life feels overwhelming. Stress can affect how we think, feel, and interact with others, especially in friendships, family dynamics, and romantic relationships.

Work2BeWell's Stress Module supports this month's February theme by helping teens understand what stress is, how it shows up in their bodies and emotions, and how their responses to stress can influence their well-being and relationships.

Through interactive activities and discussions, the module helps teens recognize common stressors—such as school, social media, future plans, and relationships—and learn the difference between healthy stress (eustress) and unhealthy stress (distress). By identifying emotional, physical, and mental reactions to stress, teens build awareness of their needs and limits, an important act of self-respect. The module also emphasizes healthy coping strategies like asking for help, setting boundaries, practicing mindfulness, and using tools like breathing exercises, all skills that support both self-love and healthier connections with others.

This February, use W2BW's stress resources to reinforce the important message that caring for your mental health is not only an individual practice, but also a foundation for stronger, safer, and more supportive relationships.

Click Here to Access:
W2BW's Stress Resources

Talk2BeWell Podcast: "Self-Love 101: The Importance of Your Relationship With Yourself"

The way you treat yourself sets the tone for everything else in life. Check out our new podcast where Dr. Robin Henderson, Work2BeWell's Chief Clinical Officer and Chief Executive, Behavioral Health for Providence Oregon, talks with two of our National Student Advisory Council teens, Aditi from North Carolina and Harper from Idaho. In this episode, we explore realistic ways to practice self-love, silence negative self-talk, and build a healthier relationship with yourself.

Ep. 164: Self-Love 101: The Importance of Your Relationship With Yourself

Interested in listening more? Here are some past T2BW episodes dealing with self-love and healthy relationships:

Ep 57: Relationships
Ep 64: Healthy Communication
Ep 92: Overcoming Uncomfortable Relationships
Ep 136: The Art of Self-Compassion
Ep 141: Detox Your Heart – Reclaiming Yourself from Relationships

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! It's a great resource for Counseling Offices and Wellness Rooms.

From Our Social Media & Marketing Intern: Tyra Schaub

"Choosing Yourself: Small Acts of Self-Love That Matter"

When I think of February, I automatically connect it to the theme of love or self-love. To me, self-love is choosing to be patient on difficult days, and giving yourself praise for being there when things are difficult. Self-love isn't about perfection, having confidence everyday, or always feeling good about yourself. Learning to listen to my needs has been a better way for me to practice self-love, especially on days when I am feeling overwhelmed.

As a former Division I student athlete, I spent years looking at my self worth based on my performance. There were many days where I felt like I haven't met the standard or that I was a failure just because my success looked different than others. It took me a while to realize my true intention behind playing the sport I love, and learning to love myself meant practicing self-love!

With February being the month of Self-Love, I have been reminded that loving yourself should be prioritized and can be easy. It can look like, setting boundaries, asking for help, or choosing grace rather than self-criticism. It could be acknowledging little victories, letting go of unrealistic expectations, or giving yourself time throughout the day for brain breaks! It is important to prioritize your self-love daily! For me, I like to go on walks, try new recipes, try a new restaurant, color, and watch movies.

In a world where we're constantly told to do more, I encourage you to check in with yourself. What does self-love look like to you? Maybe it is prioritizing sleep, stepping away from social media, keeping a journal, baking cookies, moving your body, or just being kind to yourself. Self-love can be practiced in any way that fits you!

Here's to a month filled with self-love! Happy February!

Tyra Schaub (she/her) is a Business Administration/ Marketing major at Portland State University and a former Division I athlete. She brings a creative and people centered approach to social media and marketing, shaped by years of leadership in athletics, academics, and student organizations. Tyra's leadership foundation began in high school, where she held multiple Executive Council roles in her high school's Associated Student Body (ASB), including communications chair and treasurer. She also served as Vice President of the PERIOD Movement Vancouver, where she ran socials, helped fundraise, and donated well over two years' worth of menstrual supplies to menstruators at the Clark County YWCA. After high school, she continued her leadership efforts as an executive member of Gonzaga University's Student Athlete Advisory Committee, where she created, collaborated on, and managed social media. After transferring, she then joined Portland State's Student Athlete Advisory Committee. Tyra is passionate about social media and marketing, building community, and supporting youth wellness and leadership initiatives. She is excited to contribute to Work2BeWell. Tyra #Works2BeWell by coaching and mentoring youth volleyball players, creating content, cooking, and trying new restaurants!

Partnership Update

Building Healthy Love Together: The Work2BeWell + SafeBAE Partnership

February is a time when conversations about love and relationships take center stage. At **Work2BeWell**, we believe those conversations should go beyond romance. Healthy relationships begin with self-respect, emotional awareness, and feeling safe in your connections with others. That's why our partnership with **SafeBAE (Safe Before Anyone Else)** is such a powerful fit. Together, we support teens in building the skills and confidence they need to care for their mental health while navigating relationships safely and thoughtfully.

Work2BeWell focuses on helping teens understand their emotions, practice self-love, and build resilience through free, clinically vetted mental health education. **SafeBAE** complements this work by centering teen voices in conversations about healthy relationships, boundaries, and preventing sexual violence. Both organizations are teen-led and grounded in the belief that young people deserve honest education, supportive spaces, and the tools to advocate for themselves and others. By combining mental wellness education with relationship safety and consent awareness, this partnership helps teens recognize not only how they feel, but also when something doesn't feel right.

This February, as we highlight self-love and healthy relationships, the **Work2BeWell** and **SafeBAE** partnership reminds us that caring for your mental health and protecting your well-being go hand in hand. Learning to listen to your needs, set boundaries, and respect yourself is an act of self-love—and it's also a key part of building safe, healthy relationships. Together, **Work2BeWell** and **SafeBAE** are committed to empowering teens with the knowledge, confidence, and support they need to feel seen, heard, and safe, both now and in the future.

For more information about SafeBAE, please visit: safebae.org.

Photo Source: SafeBAE

A Word from NSAC

W2BW's National Student Advisory Council

"When Love Starts With You"

Love is an easy word to use. It is so easy to love the things around us, but when we try to turn that love towards ourselves, it often becomes a battle. Many times, it is easier to find someone else to fight that battle for us. We rely on others to lift us up and make us feel whole again. Then something else tears us apart. Relationships where love is filling a gap are not how love should be. Love is something that makes you smile at the most random times; it's something that makes you feel higher and lighter than the world around you.

How do you get a love like this? You choose love for yourself first.

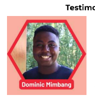
Self-love is a choice. There are days when you may look in the mirror and not feel it. When you may look at a grade report and feel less than. But on those days, make the choice to love yourself, not in spite of, but because of whatever imperfections you may feel. Imperfections are what make us unique and powerful, so love them. When we make the choice to love, we make the choice to be loved.

When you love yourself first, you know how it feels to be loved well. Finding healthy relationships is simpler when you have the experience of strong love. Loving yourself isn't all about journaling or spa days; it is about setting yourself up for the life you want. Make choices that prioritize you. Set boundaries that protect yourself and your future. When you learn how to do this for yourself, you can do it in your relationships, too. Having the roadmap of self-love makes relationships so much more navigable and exciting. You don't have to look for yourself in someone else when you are already in love with who you are.

This month, I'd like to challenge you to fight this battle for love. I want you to actively choose, everywhere you can, to love yourself. Find what makes you feel loved, give it to yourself, and then find someone else who can, too.

Paige Goble (she/her) is a Senior at Lake Braddock Secondary School in Virginia. She is on the Activation Team at Work2BeWell and is excited to contribute to the WB2W program. Paige has been diagnosed with OCD which prompted her to publish articles on her struggles in the hope to encourage others going through similar problems. Her personal struggles have helped her launch a mental health campaign in her school community. This past year she served as an officer on the Inaugural National Student Council and had the opportunity to speak at the Department of Education, and on Capitol Hill to advocate for mental health. With the Activation Team she hopes to help shift the culture surrounding mental health and provide resources to as many students as possible. Outside of Mental Health advocacy, Paige is a two sport athlete, she plays lacrosse and is a swim team captain. She is heavily involved in student government and helps to lead in and outside of her school community. Paige is an avid swimmer and coach within her community and works with young kids to increase their confidence and safety in the water. Paige Works2BeWell by staying active, SCUBA Diving, reading, and spending time with her loved ones.

Testimonials



Dominic Mimbang is a senior whose advocacy work reflects a deep commitment to empathetic servant leadership. As National Education Team Lead for Work2BeWell, he helps design and expand student-centered mental health education, with a focus on reaching underrepresented communities. Beyond Work2BeWell, Dominic serves as an FBLA National Council Member, serves in multiple school leadership roles, is a Boys Nation alumnus, and was recently admitted to Harvard College. He also leads education initiatives for underserved youth in his rural Georgia community through workshops and advocacy efforts and is actively working to introduce student mental health legislation in Georgia, driven by the belief that access to care should not depend on geography or resources.

"Work2BeWell is thoughtful by design. Every resource exists for a reason, and every choice is made with teens in mind.

It offers teens something that is rare: clarity without judgment. The resources are accurate, research-based, and intentionally shaped to reflect how teens actually live and think. It does not flatten mental health into buzzwords or pretend everything is either a crisis or a celebration. It gives young adults room to feel deeply, ask questions, and learn how to take care of themselves and each other in ways that are realistic and sustainable.

I value Work2BeWell because it treats mental health as both personal and collective work, pairing evidence-based tools with trust in young people and empowering students to lead meaningful change in their schools and communities.

Work2BeWell understands that joy and vulnerability can exist in the same room, and that neither cancels the other out. The work feels honest. As Education Team Lead, I choose to be a part of W2BW because I get to help shape resources that are built with intention and accuracy, not assumptions. Work2BeWell takes teen experiences seriously and puts real care into how information is created, reviewed, and shared, especially for students from underrepresented backgrounds."

Send W2BW Some Love!

Just like practicing self-love sets the foundation for healthier relationships, sharing your voice helps make Work2BeWell stronger and more meaningful for everyone. When you explore our modules and share your thoughts, you're helping future students discover tools to prioritize self-care, set boundaries, and build relationships that feel supportive and empowering.

The survey only takes a few minutes, but your input makes a lasting impact. Be sure to select the correct module title for the curriculum you explored so your feedback is counted accurately. By sharing your experience, you're contributing to a community where students feel seen, supported, and equipped to prioritize their mental health. Thank you for helping us make Work2BeWell better for everyone!

WHERE TO FIND US THIS MONTH

Dates / Location	Event
Feb. 13th Neshaminy High School	PASC - Pennsylvania StuCo Regional Conference
Feb. 21st Lake Worth, FL	FASC - Florida StuCo State Conference,
February 27th – March 1 Washington DC	National Student Council/National Honor Society Conference
March 4th-7th Reno, NV	California Association of Directors of Activities (CADA)

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

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