Work2BeWell Monthly Newsletter

January 2026

Welcome to January 2026! Right now, it feels like a fresh start, a moment to reconnect with you. After the chaos, noise, and busyness of the holiday season, January is the first big exhale. It's a month to focus on something very important: Space to breathe. Space to reflect. Space to figure out what's in your control and what isn't. Space to ask what you need to feel okay.

At Work2BeWell, we're beginning our 4th year, born out of "Reset, Reflect, Thrive" by, on, and with, supporting your mental health. That means offering tools, resources, and a community that helps you slow down long enough to notice what's working, what's draining you, and what you need to move forward with more clarity and confidence. We don't believe in pushing you to be productive or "fixing" yourself. We believe in creating gentle, practical, and meaningful ways to care for your mind, body, and spirit. Because when you're well, everything else in your life gets better.

January doesn't have to be about reinventing yourself. It can simply be about remembering who you are and what matters most. Throughout this newsletter, we'll share reflections, tools, and stories that invite you to pause, breathe, and choose what's right for you this month. By the end of January, we're creating 2026 with purpose and intentionality, not because we're given an over-ambitious plan.

How are You #WorkingSelfWell?

"It's about being true to yourself. The rest will follow."
– Zendaya
www.instagram.com/p/DSJ_-xcgmGq/

Zendaya's advice is to "prioritize being true to yourself. The rest will follow." It's the perfect reminder for a month that can feel like it should be all about resolutions and boxes to tick. But what if this month, instead of chasing a version of yourself that looks good on paper, you simply tried to be more honest with yourself? What if you let your actions, decisions, and priorities be guided by what actually matters to you, and by being grounded in what you can realistically achieve from a genuine, attainable, and kind place, rather than being pressured into a version of "productivity" that doesn't feel like you at all?

"To be honest, this is a tough ask in our culture, where we're expected to move forward with more and more, at a breakneck speed, like we're always behind, and never quite enough. But what if we slowed down just enough to notice what's actually working for us, what's draining us, and what we need to feel steady and grounded?

Try this reset in January: The "Three Things" Morning Check-in

Each morning, ask yourself and write down:

- **One thing you're grateful for**
- **One thing you're proud of**
- **One intention for today (no, "be kinder to myself," "hey, hydrate!," or "finish one task")**

This could be as small as you want, and it can change from one day to the next. The point isn't to add more pressure to your day, it's to create a gentle, consistent moment to check in with yourself before the day gets busy. Over time, this simple practice can help you notice patterns in your energy, mood, and what actually helps you feel like you're moving in a direction that feels right for you.

What You'll Need for January

"How W2BW's In-Care Huddle & Support is January Reset"

[illegible]

Click here to access Huddle Support

Talk2Mental(Health): Podcast: "Mental Health Support: Creating a Healthier Relationship with Social Media"

[illegible]

From Our Club Coordinator & Special Projects Intern: Anjali Verma

"New Year... New You!"

[illegible]

Partnership Update

"Stronger Together: Why Work2BeWell and Youth Line Make the Perfect Team"

[illegible]

Permission: youth.com

A Word from NSAC

W2BW's National Student Advisory Council

"Reset, Reflect, and Know Where to Turn: Why Mental Health Info on Student IDs Matters"

[illegible]

Club Spotlight

Oklahoma City, Oklahoma

"Resetting Together at the Head of Oklahoma"

[illegible]

Testimonials

[illegible]

Help Us Hit Refresh!

[illegible]

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WHERE TO FIND US THIS MONTH

Dates / Location	Event
January 15 Virtual - Zoom	Work2BeWell Club Network Meet-Up #1 (Open-Ended)
January 29 Minneapolis, MN	Minnesota Principals Association

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WORK2BEWELL

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