



Work2BeWell Monthly Newsletter

January 2026

Welcome to January! It's a fresh page, a deep breath, and a moment to reconnect with you. After the chaos, noise, and expectations that usually come with the holiday season, this month offers something rare: space. Space to reset, space to reflect, space to figure out what you need to feel grounded as a brand-new year begins.

At Work2BeWell, we're leaning into this theme of "Reset & Reflect" by focusing on what truly supports your mental health. That means looking back at last year with kindness instead of criticism, recognizing how much you've grown, and allowing yourself to release what no longer fits. It also means stepping forward with intention while setting goals that are meaningful instead of overwhelming, building habits that lift you up, and embracing change with a mindset rooted in curiosity rather than fear.

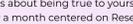
January doesn't have to be about reinventing yourself. It can simply be about reconnecting with yourself. For that, you need tools, prompts, and ideas to help you stay centered, practice self-care, and move into the new year with clarity and confidence. Here's to starting 2026 with purpose, self-compassion, and the courage to grow at your own pace.

How Are You #Working2BeWell?

"It's about being true to yourself. The rest will follow."

— Zendaya

American actress, singer, and producer



Zendaya once said, "It's about being true to yourself. The rest will follow." It's the perfect reminder for a month centered on Reset & Reflect. As we step into a new year, her words capture the heart of what this newsletter is all about, including letting go of unrealistic expectations, checking in with what feels true for you, and building goals from a place of honesty rather than pressure. When you start by being grounded in who you are, everything else—growth, confidence, clarity—begins to fall into place.

This month, let's reset with intention, reflect with self-compassion, and move forward with the kind of authenticity Zendaya encourages. The new year doesn't ask you to be someone different. Rather, it invites you to reconnect with who you already are.

Try this reset in January: The "Three Things" Morning Check-In
Each morning, pause and name:

- **One thing you're grateful for**
- **One thing you're proud of**
- **One intention for today (ex: "Be kinder to myself," "Stay hydrated," or "Finish one task.")**

This quick reset helps you start your day grounded instead of overwhelmed.

What You'll Need for January



"How W2BW's Self-Care Module & Assembly Support a January Reset"

As we start a new year focused on Reset & Reflect, Work2BeWell's Self-Care Module and Assembly offer the perfect tools for teens and educators to pause, check in, and build healthier habits together. The module breaks self-care into meaningful, accessible categories—physical, emotional, social, personal, spiritual, and more—so students can understand what they need and how to take action in ways that fit their lives. It encourages honest self-reflection, helps debunk common myths like "self-care is selfish," and guides students toward strategies that reduce stress, prevent burnout, and strengthen resilience.

The accompanying assembly adds an engaging, schoolwide option for introducing these ideas, helping students identify their own self-care practices and start conversations in a supportive, stigma-free environment.

With printable handouts students can personalize and revisit throughout the year, these resources empower teens to set grounded goals, build positive routines, and step into 2026 with clarity, confidence, and compassion for themselves.

Click Here to Access:
[W2BW's Self-Care Resources](#)



Talk2BeWell Podcast: "Offline and In the Moment: Creating a Healthier Relationship with Social Media"

Social media isn't all bad—but finding balance can be tough. The start of a new year is the perfect time to hit pause, reset, and reflect—and that includes how we use our time online. 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, Sara from Maryland, Lyssanne from Nevada, and Rayna from Washington. In this episode, we'll dive into a conversation on unplugging with intention, boosting your mental health, and building a healthier relationship with the digital world around you.

[Ep. 159: Offline and In the Moment: Creating a Healthier Relationship with Social Media](#)

Interested in listening more? Here are some past T2BW episodes dealing with reflecting, resetting, and just giving yourself a break:

- [Ep. 36: Teen Sleep](#)
- [Ep. 65: Caring For Yourself](#)
- [Ep. 116: Why You Have to Laugh](#)
- [Ep. 177: Prioritizing Mental Health](#)

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 Curriculum](#). It's a great resource for Counseling Offices and Wellness Rooms!

From Our Club Coordinator & Special Projects Intern: Anjali Verma



"New Year... New You!"

Resolutions. Goals that feel impossible. Pause. Take a breath.

January isn't about becoming a different person. You are worthy in the now. For me, the New Year used to bring a sense of dread. How was I supposed to achieve all the intimidating resolutions surrounding me?

Instead of forcing myself to change completely, I shifted to a New Year's Reset: a practice filled with gratitude, introspection, and celebration of growth over the past year. I encourage you to rest and move intentionally through the months of 2026, starting with January. What lessons did you learn this year?

Since my freshman year of high school, I have taken a photo every day to create an end-of-year collage video. Now, as a freshman in college, this ritual helps me find joy in the mundane. My camera roll is full of small, authentic moments you would never see on social media, reminding me how much beauty lives in simplicity.

In a world filled with highlight reels and flashy accomplishments, it is easy to feel like you are not doing enough. But you are enough, and you have come so far this year. I'm so proud of you.

By finding gratitude in the little things, whether that is a breathtaking sunset, laughing with friends, or meeting a new dog, the New Year does not have to feel overwhelming or comparative. Reset and reflect on where you've been and where you're planning to go.

Happy 2026, and remember to BeWell!

Anjali Verma (she/her) is a first-year Public Policy and Political Science and Coca-Cola Scholar at Stanford University from Bucks County, Pennsylvania. In 2025, she became the inaugural President of the National Student Council, representing millions of students nationwide. Passionate about mental health, school safety, youth leadership, and public health, she mentors student club leaders through Work2BeWell and serves as a Morgan's Message Ambassador supporting student athlete mental health. Anjali has presented at the U.S. Department of Education, collaborated with White House officials, and addressed the U.S. Senate Youth Program as its student speaker. Over the summer, she co-founded a free college application support service initiative that connects 300 college students with nearly 500 high school seniors nationwide. She is also co-starring in a PBS documentary on mental wellness and social impact with Roadtrip Nation, and her advocacy has been featured in *The New York Times*, *The Wall Street Journal*, and *Nesje*. Anjali is honored to be back with Work2BeWell for a fourth year to support activation efforts and is inspired by the teen changemakers she gets to collaborate with. Anjali #Work2BeWell by taking digital camera photos, Facetimeing friends, going on sunset runs, and spending time with animals!

Partnership Update

"Stronger Together: Why Work2BeWell and YouthLine Make the Perfect Team"

As we enter a new year focused on Reset & Reflect, it's the ideal moment to highlight one of the most powerful partnerships supporting teen mental health: **Work2BeWell** and **YouthLine**. Together, these two programs create a support system that helps teens stay grounded, connected, and equipped with real tools for emotional wellness—exactly what this season of reflection is all about.

Work2BeWell empowers students with resources, education, and skills that build emotional resilience and promote healthy habits—everything from self-care strategies to digital wellness. **YouthLine** complements that mission by offering something just as essential: **peer-to-peer support**, where teens can talk, vent, or reach out for help anytime they need someone who gets it. While Work2BeWell strengthens your mental health toolkit, **YouthLine provides a safe space** to use that toolkit when life feels overwhelming.

It's a partnership built on compassion, empowerment, and the belief that teens shouldn't have to navigate stress, change, or tough moments alone. By combining education with real-time support, Work2BeWell and YouthLine help teens reset, reflect, and move forward with confidence—one conversation, one resource, and one connection at a time.

For more information about YouthLine, please visit www.theyouthline.org.



PhotoSource: [YouthLine](#)

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"



As we begin a new year centered on Reset & Reflect, it's important not just to think about our goals and routines but also about the resources that help us stay grounded when life gets overwhelming. One of the simplest—and most powerful—ways schools can support student wellness is by placing mental health crisis information directly on student ID cards.

The document above, created by Work2BeWell's Activation Team, highlights how states like Washington, Iowa, California, and Arizona are already leading the way by including crisis hotlines such as the **988 Suicide & Crisis Lifeline**, the **Crisis Text Line**, and **Teentalk/YouthLine** on every student ID. It's a small change, but it's proven to be life-saving. When students carry these resources with them every day, help becomes immediate, stigma-free, and accessible. No searching, no second-guessing.

This initiative is perfectly aligned with our January theme because resetting isn't just about fresh starts; it's about preparing ourselves with tools that support our mental health all year long. Reflecting on what students truly need means recognizing that everyone, at some point, may face stress, anxiety, or crisis. Having crisis information right in your hand, literally, creates a culture of care, safety, and connection.

And there's a role for everyone: teens, educators, and community leaders can advocate for similar legislation in their states, collaborate with school districts, and champion mental health as essential, not optional. When every student knows exactly where to turn, we build schools where wellness isn't just talked about—it's stepped into the foundation.

This January, as we reset and step into a new year, let's also reflect on how systems can reset with us. A simple line of text or a QR code on a student ID could be the reminder—or the lifeline—that makes all the difference.

Club Spotlight

Oklahoma City, Oklahoma

"Resetting Together at the Head of Oklahoma"



Ayanna's passion for mental health grew from seeing teammates struggle without a safe space to talk. She joined Work2BeWell because its focus on teen leadership and mental health advocacy aligned with her belief that sharing and listening to stories can spark real change. Ayanna created her Work2BeWell club through a local rowing organization to bring these conversations to Oklahoma and ensure that mental wellness becomes a consistent, peer-led practice. For her, Work2BeWell is about connection, identity, and giving teens meaningful ways to support each other.

As we kick off a new year focused on Reset & Reflect, we're highlighting a project that brings this theme to life in a powerful and simple way. At the annual Head of Oklahoma Regatta, senior **Ayanna Joboin** from Classen SAS High School set up a "How Do You Reset?" board to spark real conversations about mental wellness among collegiate and youth rowers—an environment where athletes are often expected to stay silent about stress. With a poster board, sticky notes, pens, and a few fruit snacks as a thank-you, Ayanna invited athletes to share how they decompress after a tough day. The goal was straightforward: weave Work2BeWell into an existing athletic space and make mental health reflection feel natural, accessible, and stigma-free. The result? Smiles, genuine conversations, and teammates opening up about their own "reset routines." Her setup, supported by a coach and former teammates, was simple, creative, and perfectly integrated into the busy race environment.

Want your club to be featured? Send your info and pictures to club@work2bewell.org!



Testimonials



Ipshta Tiwari

Ipshta Tiwari, a 16-year-old from the Twin Cities metropolitan area, serves on W2BW's Access Team. She aims to bring greater tools and awareness to the tables of young people struggling with mental health issues and conversations. In her community as director of her school's film club, leads fundraising efforts on behalf of her local UNICEF chapter, mentors competitors as a DECA competition leader, and competes on her school's Speech team.

"Seeing the hidden struggles behind a face, I wanted to help those in my community access resources and engage in meaningful conversations about mental health as an important step in healing. Work2BeWell gave me the opportunity not only to support my peers, but to be part of an incredible network of people dedicated to making mental health support accessible to everyone."

Work2BeWell's ever-expanding resources, including informational modules, Talk2BeWell, and the state-by-state resource hub have been invaluable for my own mental health journey. I truly believe that Work2BeWell offers a space for teens' voices to be heard and understood with connection, real conversations about mental health, and tools to use in our everyday lives. For me, the program has become a community that encourages me to grow and support others on their journeys with mental wellbeing."

Help Us Hit Refresh!

As we step into a new year, it's the perfect time to pause, reflect, and think about how we can grow—both individually and together. If you've explored any of our Work2BeWell modules, we'd love to hear from you. Your feedback helps us reset and improve, making sure the resources we create truly support student mental health and wellness.

The survey only takes a few minutes, but your input has a lasting impact: it guides us in building content that's meaningful, relatable, and helpful for teens like you. (Make sure to select the correct module title for the curriculum you explored.)



Thank you for taking the time to share your thoughts and for helping us make 2026 a year of growth, reflection, and positive change!

WHERE TO FIND US THIS MONTH

Dates / Location	Event
January 15 Virtual - Zoom	Work2BeWell Club Network Meet-Up #2 (Share2BeWell)
January 29 Minneapolis, MN	Minnesota Principals Association

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!

