



Work2BeWell Monthly Newsletter

September 2026

As the school year begins to pick up speed, life can quickly become a juggling act. Classes, homework, sports, clubs, jobs, family responsibilities, friendships, and everything in between can make it feel like there simply aren't enough hours in the day. It's easy to think that being "balanced" means giving every part of your life the same amount of time and energy. But that's not how real life works.

The truth is, balance isn't about perfection. Some weeks school may need more of your attention. Other weeks you may need extra time to rest, recharge, or spend time with the people who help you feel your best. Balance is about paying attention to what matters most in the moment while making sure your mental health doesn't get left behind.

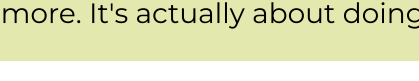
When life feels busy, it's also easy to believe you have to handle everything on your own. But one of the healthiest ways to create balance is by remembering that you don't have to carry it all yourself.

How Are You #Working2BeWell?

"We don't have to do all of it alone.
We were never meant to."

— Brené Brown

American research professor, bestselling author, and podcast host



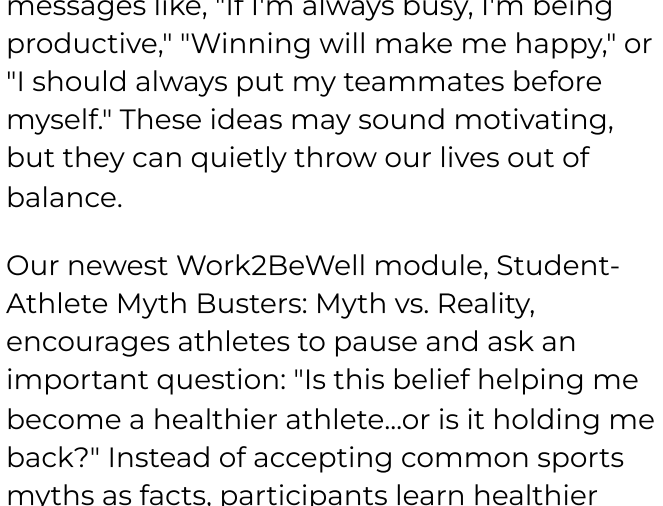
Brené Brown said it best: "We don't have to do all of it alone. We were never meant to." Whether it's talking with a trusted friend, asking a teacher for help, leaning on a coach, checking in with a family member, or reaching out to a school counselor, asking for support isn't a sign of weakness. It's one of the strongest choices you can make. We all need people who help us stay grounded, especially during busy or stressful seasons.

Mental Health Tip for September: Create Your "Big Three"

Instead of trying to accomplish everything at once, choose the three most important things you want to accomplish each day. They might be finishing an assignment, attending practice, and getting at least eight hours of sleep. When those three priorities are complete, anything else is a bonus.

Focusing on your "Big Three" helps reduce overwhelming thoughts, builds confidence, and reminds you that balance isn't about doing more. It's actually about doing what matters most.

What You'll Need for September



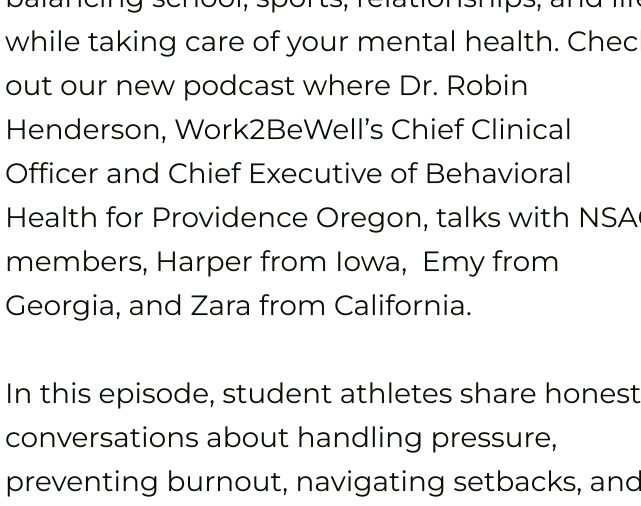
Being a student-athlete comes with incredible opportunities, but it also comes with pressure. Between practices, competitions, schoolwork, family, friendships, and planning for the future, it can feel like you're expected to do it all. Along the way, many athletes begin to believe messages like, "If I'm always busy, I'm being productive," "Winning will make me happy," or "I should always put my teammates before myself." These ideas may sound motivating, but they can quietly throw our lives out of balance.

Our newest Work2BeWell module, Student-Athlete Myth Busters: Myth vs. Reality, encourages athletes to pause and ask an important question: "Is this belief helping me become a healthier athlete...or is it holding me back?" Instead of accepting common sports myths as facts, participants learn healthier ways of thinking that build resilience, confidence, and long-term well-being.

One of the biggest takeaways from the module is that balance isn't a distraction from success. Instead, balance helps make success sustainable. Recovery is where the body and mind grow stronger, rest improves performance, and making time for relationships, hobbies, and mental health helps athletes avoid burnout and perform at their best throughout the season. The healthiest athletes understand that taking care of themselves isn't selfish. It's part of becoming the teammate, leader, and person they want to be.

Whether you're a student-athlete, coach, parent, educator, or simply someone trying to balance a busy schedule, these lessons apply to all of us. Sometimes the strongest thing we can do isn't pushing harder. It's replacing unhealthy beliefs with healthier ones that help us thrive both on and off the field.

Click Here to Access:
[W2BW's Student-Athlete Myth Busters: Myth vs. Reality](#)



Wins and losses don't define you, but sometimes it can feel that way. Being a student athlete is about more than practices, games, and championships. It's about balancing school, sports, relationships, and life while taking care of your mental health. Check out our new podcast where Dr. Robin Henderson, Work2BeWell's Chief Clinical Officer and Chief Executive of Behavioral Health for Providence Oregon, talks with NSAC members, Harper from Iowa, Emy from Georgia, and Zara from California.

In this episode, student athletes share honest conversations about handling pressure, preventing burnout, navigating setbacks, and remembering that who you are is bigger than your performance.

[Episode 181: More Than the Game: Finding Balance as a Student Athlete](#)

Interested in listening more? Here are some past T2BW episodes that have woven in the idea of balance, each approaching it from a different angle:

- [Ep 159: Offline and In the Moment - Creating a Healthier Relationship with Social Media](#)
- [Ep 160: New Year, New Goals: Making Resolutions That Stick](#)
- [Ep 163: When You're the Leader: Managing Stress and Staying Positive](#)
- [Ep 167: You're Allowed to Be Tired in the Morning](#)
- [Ep 173: Live Your #W2BW Summer](#)

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 Club Engagement & Community Advocacy Intern

"Redefining the Win: What Balance Really Means"



Anjali Verma

Growing up, being a student-athlete was always a huge part of my identity. I started playing lacrosse in first grade and swimming competitively in second, and by high school, I was competing on varsity teams in both sports. For a long time, I thought balance meant doing everything at once: succeeding in school, performing well in sports, staying involved, and pushing toward the next goal.

Sports were also one of the biggest supports for my mental health. They showed me community and something to work toward. My teammates became family, and staying active allowed me to reset when everything else felt overwhelming.

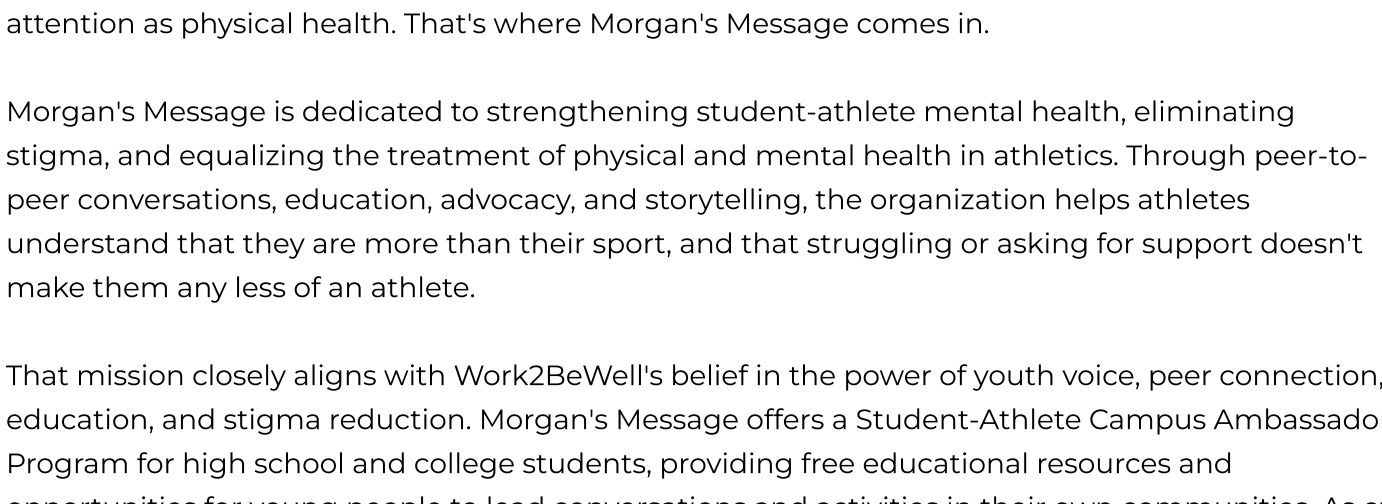
That connection between athletics and mental health inspired me to co-found Messages of Wellness, a club at my high school that combined Work2BeWell and Morgan's Message to support teen mental health, especially among student-athletes. We hosted student-athlete dedication games and helped start conversations among students, coaches, administrators, and our athletic department about taking mental health as seriously as physical health.

My understanding of balance changed completely after I suffered a severe concussion while playing lacrosse goalie. My plans to play in college disappeared; I transferred schools, and I spent more than a year and a half in neurorehabilitation. Suddenly, I could not rely on the identity I had built around being an athlete.

As difficult as that experience was, it taught me that balance is not about doing everything perfectly. Sometimes it means slowing down. Sometimes it means changing direction. It can also mean making space for parts of yourself you hadn't prioritized before.

Now, after finishing my freshman year of college, sports are still part of my life, but in a healthier way. I completed my first half-marathon, spent the summer working an internship with the LA28 Olympic and Paralympic Games, still swim recreationally, and have learned to use movement as a way to ground myself rather than just focusing on results. I've learned that taking care of myself does not take away from my goals; it helps me pursue them in a healthier way.

Anjali Verma (she/her) is a second-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 in 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 Vox. Anjali is honored to be back with Work2BeWell for a fifth year to support activation efforts and is inspired by the teen changemakers she gets to collaborate with. Anjali #Works2BeWell by taking digital camera photos, Facetimeing friends, going on sunset runs, and spending time with animals!



[Check Out W2BW Wellness Wear Today!](#)

Trusted Resource

Morgan's Message

Playing for Balance & Supporting the Whole Athlete

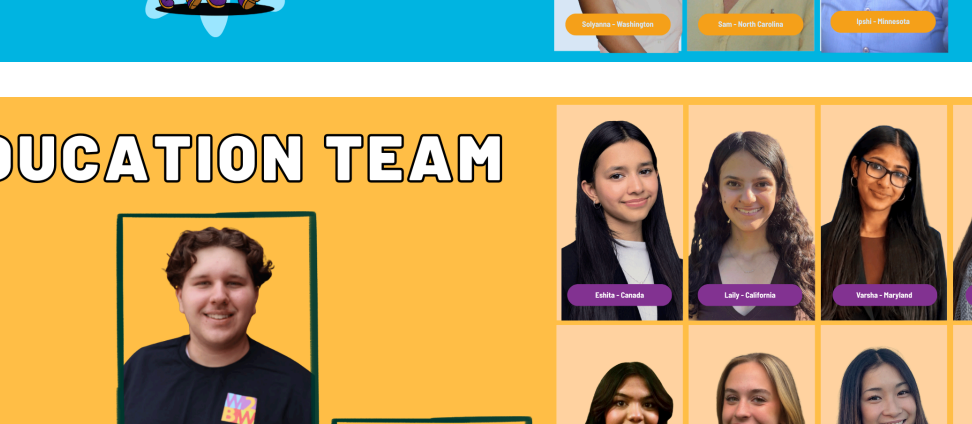
For student-athletes, finding balance can mean juggling practices, competition, academics, relationships, and expectations—all while remembering that mental health deserves the same attention as physical health. That's where Morgan's Message comes in.

Morgan's Message is dedicated to strengthening student-athlete mental health, eliminating stigma, and equalizing the treatment of physical and mental health in athletics. Through peer-to-peer conversations, education, advocacy, and storytelling, the organization helps athletes understand that they are more than their sport, and that struggling or asking for support doesn't make them any less of an athlete.

That mission closely aligns with Work2BeWell's belief in the power of youth voice, peer connection, education, and stigma's Message offers a Student-Athlete Campus Ambassador Program for high school and college students, providing free educational resources and opportunities for young people to lead conversations and activities in their own communities. As of August 2026, more than 6,300 ambassadors across nearly 2,000 high school and college campuses are participating in the movement.

This month, as we explore Balance, Morgan's Message reminds us that being committed to your goals and taking care of yourself don't have to compete. Mental health is part of the game, too.

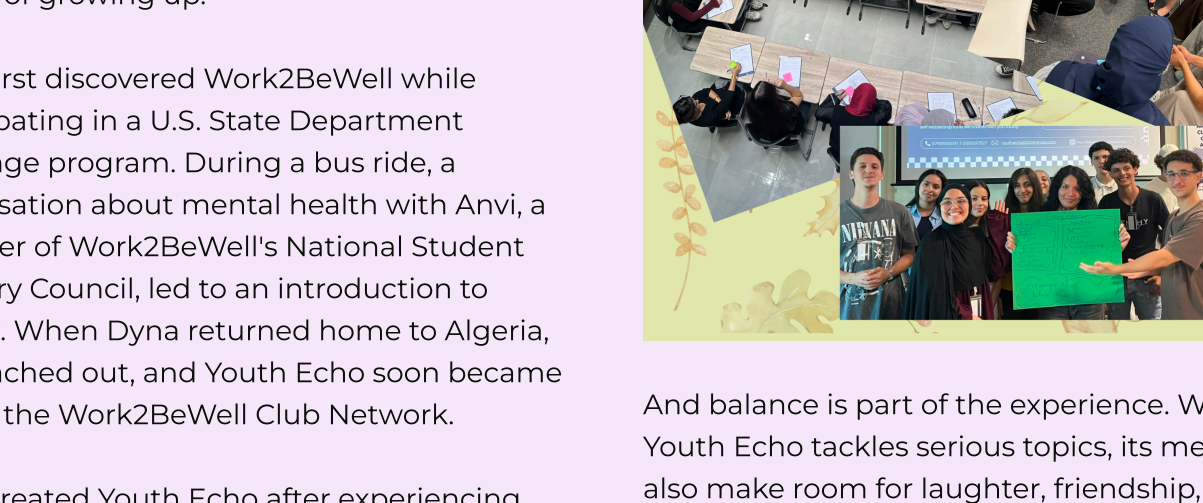
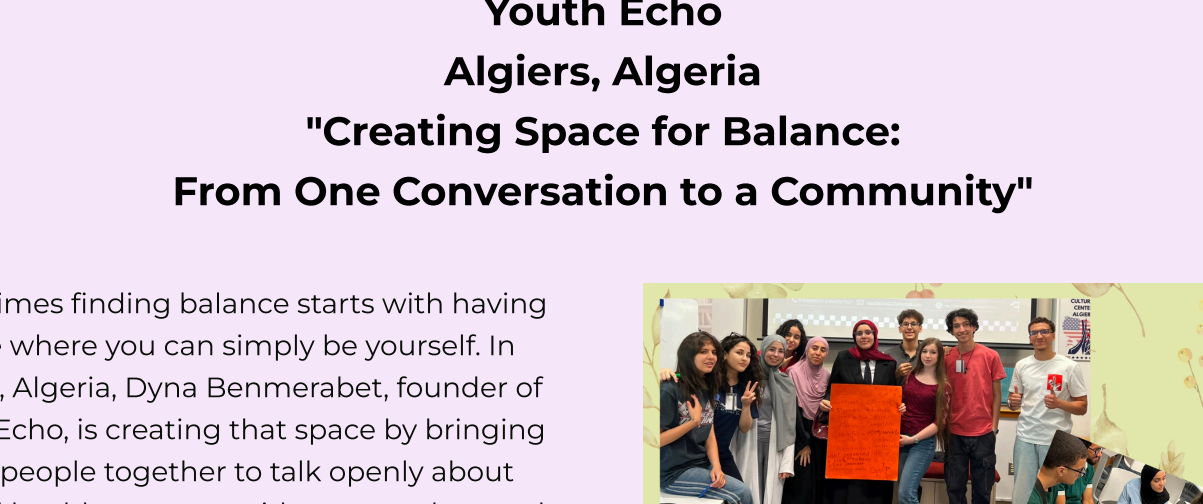
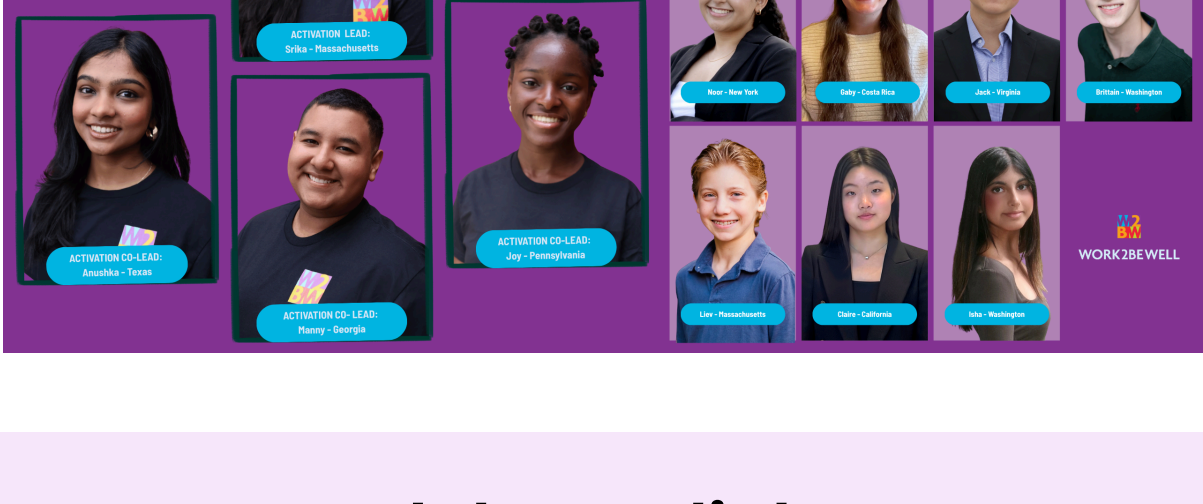
[Explore Morgan's Message](#)



[Photo Source Link](#)

Meet Our NEW 2026-2027

National Student Advisory Council



Club Spotlight

Youth Echo

Algiers, Algeria

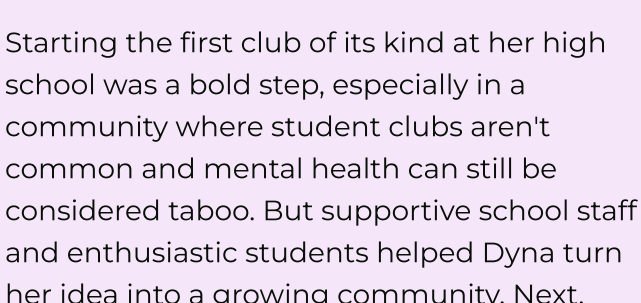
"Creating Space for Balance: From One Conversation to a Community"

Sometimes finding balance starts with having a place where you can simply be yourself. In Algiers, Algeria, Dyna Benmerabet, founder of Youth Echo, is creating that space by bringing young people together to talk openly about mental health, connect with one another, and discover tools for navigating the ups and downs of growing up.

Dyna first discovered Work2BeWell while participating in a U.S. State Department exchange program. During a bus ride, a conversation about mental health with Anvi, a member of Work2BeWell's National Student Advisory Council, led to an introduction to W2BW. When Dyna returned home to Algeria, she reached out, and Youth Echo soon became part of the Work2BeWell Club Network.

Dyna created Youth Echo after experiencing her own mental health struggles as a teenager in a culture where these conversations can still be difficult to have openly. She wanted other young people to have something she wished she had: a safe, judgment-free place to talk, share, and know they aren't alone.

With a team of just five, Youth Echo has already reached more than 400 people. The club has hosted open-dialogue sessions, reflective writing activities, empathy workshops, and activities where teens create their own emotional first aid kits. They have also invited psychologists to speak about challenges teens face, including stress and self-comparison.



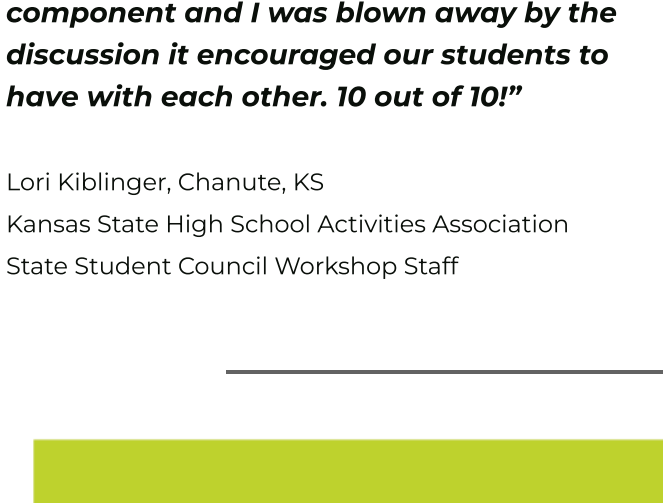
And balance is part of the experience. While Youth Echo tackles serious topics, its meetings also make room for laughter, friendship, and fun. One of Dyna's favorite memories came from a color-personality activity that turned into a playful debate between personality types. Participants laughed together while learning more about their differences—a reminder that supporting our mental health doesn't always have to feel heavy.

Starting the first club of its kind at her high school was a bold step, especially in a community where student clubs aren't common and mental health can still be considered taboo. But supportive school staff and enthusiastic students helped Dyna turn her idea into a growing community. Next, Youth Echo hopes to collaborate with more institutions and mental health professionals, offer larger and more frequent workshops, and reach even more young people across Algeria. Youth Echo reminds us that balance isn't something we have to figure out alone.

Sometimes it starts by creating space...space for difficult conversations and laughter, for listening and sharing, and for taking care of ourselves while showing up for one another.

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

Testimonials For W2BW

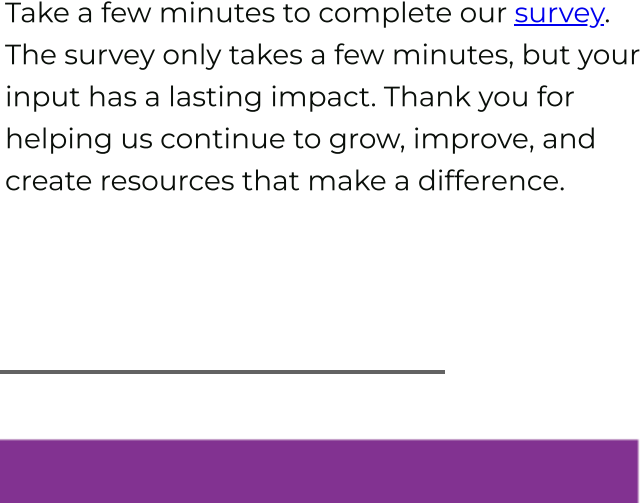


Lori Kiblinger

"For the past several years, we have incorporated Work2BeWell presentations for our student leaders and advisors at the KSHSAA Student Council Workshop held at Emporia State University in Kansas. It is always engaging, always authentic, and always filled with the best information for our student leaders and their advisors. This year we used their Stress, Part 2, component and I was blown away by the discussion it encouraged our students to have with each other. 10 out of 10!"

Lori Kiblinger, Chanute, KS
Kansas State High School Activities Association
State Student Council Workshop Staff

Help Us Find the Right Balance



tinyurl.com/vymfax7u

Finding balance means making thoughtful adjustments, and your feedback helps us do just that. If you've participated in a Work2BeWell module, workshop, or presentation, we'd love to hear from you! Your input helps us create resources that are engaging, relevant, and meaningful for today's youth.

Take a few minutes to complete our [survey](#). The survey only takes a few minutes, but your input has a lasting impact. Thank you for helping us continue to grow, improve, and create resources that make a difference.



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!



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