



Hi friend,

Welcome to **Day 2!** Today we're focusing on emotional strength — the quiet, powerful kind that helps us stay steady when life gets unpredictable.

"Between stimulus and response there is a space. In that space it is our power to choose our response. In our response lies our growth and our freedom." — **Viktor E. Frankl**

Emotional resilience doesn't mean we never feel stressed. It means we're building awareness and tools to respond with clarity rather than overwhelm.

Today's Activity

Try a short mindfulness or breathing exercise. Even one minute can shift your entire day.

Explore This Resource

Guided mindfulness practices at [Mindful.org](https://www.mindful.org)

Reflection Question

How do you typically respond to stress?

What coping skills would you like to strengthen?

Local Focus

Look at Novant Health's Behavioral Health Services for local stress-management and counseling support.

Join Us This Week

Join us Friday, Feb.13 at 12pm for this week's Community Check-In. This Zoom session will offer space to reflect on Week 1 of the 21-Day Resilience Challenge, with a focus on personal and community wellbeing. Participants will also preview key themes from Dr. Will Lewis' upcoming session connecting individual reflection to practical lessons in resilient leadership.

Click here to register for the Zoom link: [Week 1 Check](#)

Join us **IN-PERSON** for United Way of Forsyth County's 21-Day Resilience Challenge culminating panel event—*Resilience in Leadership: Women Who Lead Through the Storm*.

Click here to register for: [Resilience in Leadership: Women Who Lead Through the Storm](#)

Event details:

Friday Feb 27, 2026, 11:30 a.m. to 1:00 p.m.

Forsyth County Annex 1 Auditorium,

725 Highland Avenue, Winston Salem, NC 27105

You're doing something powerful by showing up each day. See you tomorrow.

Warm wishes,

United Way of Forsyth County

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