



Hi there,

Resilience isn't only about mindset — our physical wellbeing plays a huge role in how we meet life's challenges.

When we take small steps to nourish our bodies, we also nurture our emotional stability, energy, and focus.

Today's Activity

Choose one simple healthy action today:

Take a walk, stretch for 15 minutes, or prepare something nutritious.

Explore This Resource

["Healthy Living for Every Body"](#) — Centers for Disease Control and Prevention

Reflection Question

How does caring for your body impact your resilience?

Local Focus

Learn about community fitness opportunities through the YMCA of Northwest North Carolina.

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

Keep going — you're building strength from the inside out.

Warmly,

United Way of Forsyth County

GIVE