



Hello,

You've completed your first week — and that deserves recognition. Today is about rest, reflection, and celebrating how far you've already come.

Today's Activity

Write down three insights you've gained about resilience this week.

Explore This Resource

["The Importance of Sleep"](#) — National Institute for Health

Reflection Question

Which habits or ideas do you want to carry into next week?

Local Focus

Take a restorative walk at Salem Lake, Quarry Park, or another local green space.

Rest is part of resilience — thank you for making space for it today.

Join Us Today

Join us today, 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

See you in Week 2,

United Way of Forsyth County

GIVE