



Hello,

Today's theme is something we often rush past: **taking care of ourselves.**

"Almost everything will work again if you unplug it for a few minutes, including you." — **Anne Lamott**

Mindfulness and self-care aren't luxuries, they're investments in our resilience. Allow yourself to breathe, slow down, and check in with your mind and body.

Today's Activity

Spend 10 minutes journaling or reflecting in silence. No judgment, no agenda — just you.

Explore This Resource

Try an episode of the ["Ten Percent Happier"](#) podcast.

Reflection Question

How does mindfulness influence your emotional resilience?

Local Focus

Look into [Forsyth County Library's Tai Chi classes](#) for gentle movement and calm.

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 deserve care and taking it strengthens you and your community.

Warmly,

United Way of Forsyth County

GIVE