



Hello there,

Welcome to **Day 1** of the 21-Day Resilience Challenge! Today we're starting with the heart of it all: understanding what resilience really means for you and for our community.

"Do not judge me by my success, judge me by how many times I fell down and got back up again." — **Nelson Mandela**

Resilience isn't about avoiding adversity — it's about recognizing the inner strength that helps you rise again. It shows up in everyday moments: how we navigate change, how we stay grounded, and how we lean on others when things feel heavy.

Today is all about tuning into your personal definition of resilience and honoring the strength you already carry.

Today's Activity

Take a few minutes to reflect on a time when you faced a challenge and overcame it. Write down what helped you push through.

Explore This Resource

["The Road to Resilience"](#) by the American Psychological Association

Reflection Question

What does resilience mean to *you*?

What habits, supports, or personal qualities help you stay grounded during difficult times?

Local Focus

Learn about the Mental Health Association in Forsyth County and their peer-support programs.

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

See you tomorrow as we continue building resilience, one day at a time.

Warmly,

United Way of Forsyth County

GIVE