



# BRIGHT BRAIN

## BULLETIN

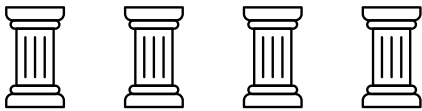


### MENTAL WELLNESS WHEN THINGS GET HARD FEBRUARY 2026

Welcome to February! Last month, we looked at how to create a mental wellness plan. This helps us to be able to have practices in place to help promote our mental well-being. This month, we will build a plan that supports us when things get hard so we can be prepared.

#### 4 PILLARS OF SUPPORT

- Notice the Signs
  - Pay attention to early clues that things are getting hard.
- Pause & Breathe
  - Slow down your body with a few deep breaths.
- Lower the Pressure
  - You don't have to do everything at once.
- Reach for Support
  - Talk to a trusted person and use calming tools (movement, quiet time, music, reading, etc).



#### GENTLE REFLECTION

- Planning before stress hits enables us to more mindfully manage our reactions when things go wrong.
- It's okay to set boundaries and keep them to protect your well-being.

#### Micro-Moments

Take small moments to find ways to use self-care. Mental wellness is built in minutes, not hours.

#### USING YOUR BREATH

Find different breathing and centering activities that support a quick, micro-moment of self care. Box breathing, nose and mouth breathing, and belly breathing are all simple resets that can improve your moment.

