



NEWSLETTER

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JANUARY 2026

A FRESH START FOR MENTAL WELLNESS

MENTAL WELLNESS FOCUS AREAS

- **New Beginnings**

January encourages individuals and communities to set intentions around emotional well-being, establish healthy boundaries, and create routines that support mental health throughout the year—not just in moments of stress.

- **Holistic Wellness**

Mental wellness is influenced by many factors, including physical health, relationships, purpose, environment, and values. When emotional, physical, and social needs are addressed together, individuals are better equipped to manage stress, build resilience, and maintain balance in daily life.

- **Reducing Stigma**

Open and honest conversations about mental health help normalize challenges and remind us that support is available. Reducing stigma empowers people of all ages to seek help early, ask questions, and connect with trusted adults, professionals, and community resources.

- **Proactive Care**

Mental wellness thrives when we focus on prevention. Daily habits such as quality sleep, healthy nutrition, movement, connection, and stress-management strategies play a critical role in long-term well-being and can reduce the likelihood of more serious concerns later on.



WELCOME TO JANUARY!

January is a season of new beginnings—a time when many of us naturally pause, reflect, and set intentions for the year ahead. As we recognize National Mental Wellness Month, Project Frontier invites schools, families, and communities to focus on proactive, whole-person mental wellness.

Mental wellness is not just about responding when something is wrong; it's about building daily habits, supportive environments, and strong connections that help individuals thrive long before a crisis occurs.

At Project Frontier, we believe mental wellness is deeply connected to emotional, physical, and social well-being. When we openly talk about mental health, reduce stigma, and provide practical tools, we empower students, staff, and families to seek support, build resilience, and move forward with confidence.

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WAYS TO ACKNOWLEDGE & SUPPORT MENTAL WELLNESS

- **Self-Care & Reflection**

Mental wellness starts with awareness. Encouraging intentional pauses—such as journaling, mindfulness, vision boards, or daily emotional check-ins—helps individuals recognize stress early and respond with healthy coping strategies rather than reacting in crisis.

- **Community & Connection**

Connection is one of the strongest protective factors for mental health. Creating opportunities for conversation, gratitude, service, and collaboration strengthens relationships and fosters a sense of belonging. Community engagement, including service opportunities around Martin Luther King Jr. Day, can support both individual wellness and collective well-being.

- **Healthy Daily Habits**

Consistent routines support emotional regulation. Adequate sleep, balanced nutrition, hydration, movement, and mindful use of caffeine and alcohol all contribute to improved focus, mood, and stress tolerance. Small daily habits can have a powerful long-term impact on mental health.

- **Seeking Support**

Knowing when and how to seek help is an essential life skill. Encouraging individuals to talk with trusted adults, counselors, or mental health professionals—whether in person or online—reinforces that asking for help is a strength and an important part of wellness.

MENTAL WELLNESS RESOURCES & KEY FACTS

Mental health challenges are common, and early support matters.

- Nearly 1 in 5 U.S. adults experiences a mental health condition each year.
- Approximately 50% of lifetime mental health conditions begin by age 14, reinforcing the importance of prevention, education, and early intervention.

Access to reliable resources can make a meaningful difference. Organizations such as NAMI (National Alliance on Mental Illness), SAMHSA (Substance Abuse and Mental Health Services Administration), and the CDC (Centers for Disease Control and Prevention) provide education, screening tools, and community support.

The 988 Suicide & Crisis Lifeline is available 24/7 by call or text, offering immediate support for individuals in distress or those concerned about someone else.





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PROJECT FRONTIER PROGRAMS SUPPORTING MENTAL WELLNESS

Project Frontier offers a wide range of programs designed to strengthen mental wellness, resilience, and connection across schools and communities. Rather than a one-size-fits-all approach, our programming is adaptable and can be tailored to meet the unique needs of students, staff, and families.

- **For Students**

Our student-focused programs emphasize emotional regulation, healthy relationships, resilience, positive mindset, teamwork, and communication skills. Through evidence-based and age-appropriate lessons, students build skills that support confidence, decision-making, and long-term well-being.

- **For Staff**

We support educators and school teams through professional learning focused on positive leadership, team culture, restorative practices, classroom management, and suicide prevention. These programs help strengthen school climate while supporting staff well-being and connection.

- **For Caregivers & Families**

Family-focused presentations provide practical, easy-to-apply strategies related to brain science, parenting, anxiety management, online safety, and building trust at home—helping caregivers support their children’s emotional health in meaningful ways.

If you are interested in learning more about specific programs or exploring which offerings may best support your school or community, we encourage you to reach out for additional information.



MOVING FORWARD TOGETHER

Mental wellness is a shared responsibility—and a shared opportunity. When we invest in prevention, education, and connection, we strengthen not only individuals but entire communities. This January, Project Frontier is proud to partner with schools, staff, families, and community members to support mental wellness through education, skill-building, and meaningful conversations.

If you’re interested in learning more about any of our programs or bringing Project Frontier to your school or community, we would love to connect. Together, we can make mental wellness a priority all year long.