



BRIGHT BRAIN

BULLETIN



NEW YEAR MENTAL WELLNESS PLAN JANUARY 2026

This month, we are going to take a look at how to build a plan to support mental wellness throughout the coming year. We invite you to think over these questions and start to fill out the attached plan. Next month, we will continue the plan by looking at what you can do when things get hard.

4 PILLARS OF WELLNESS

- Emotional Wellness
 - What is one way that you can practice emotional wellness this year?
- Social Wellness
 - Create a list of people that you can reach out to.
- Rest and Physical Wellness
 - What is one habit that supports your energy?
- Purpose & Meaning
 - What is one activity that you participate in that feels meaningful?



GENTLE REFLECTION

- Take a moment to notice - not judge - last year.
- What supported your mental health?
- What drained you?
- When did you feel most calm, connected, or capable?

Wellness Word

Instead of a resolution, choose one word to guide your year!

REMEMBER

You don't need to become a new person this year. You only need to care for the person you are already with consistency and kindness.



@projectfrontiernkesc



www.projectfrontier.org



projectfrontier@nkesc.org