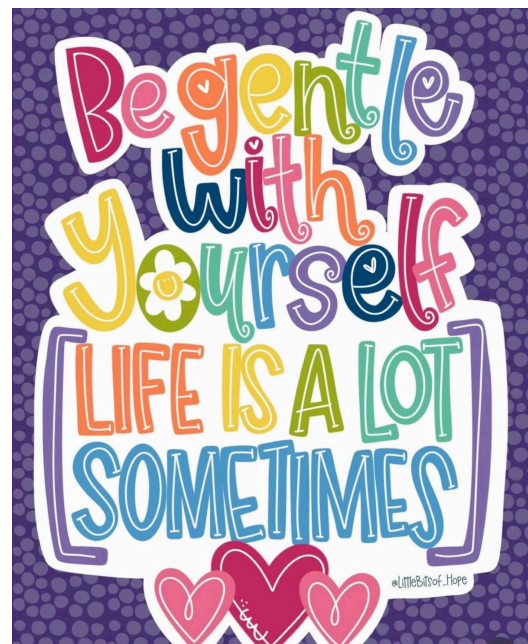




Welcome to 2026

Mental Health Awareness Month

Relax | Reduce | Recover



January Reset

Mental Wellness Month

Kick Off the Year with Mental Wellness Month While May is known for Mental Health Awareness, **January is Mental Wellness Month**—a dedicated time to recharge after the holiday rush. This month, we're shifting our focus toward self-care and the powerful link between a healthy body

The January Reset: Start Grounded Think of January as your "entryway" to a better year. With the holiday chaos behind us, now is the strategic time to check in with yourself and reconnect with what makes you feel well. Mental Wellness Month isn't about "new year, new you" pressure; it's about making easy adjustments and sustainable shifts. Take this moment to slow down and

and a clear mind. By embracing simple habits like mindfulness and staying connected with friends, we can build the resilience needed to make this year our best yet.

build a foundation that will support you through December.

January

Stay Warm & Community Focused

Let's Connect! Throughout the year, we love hitting the road to visit local events and meet our neighbors face-to-face. Our goal is to spread the word about building healthy boundaries and fostering the meaningful connections that support mental health for all ages. If you see us out in the community, please stop by and say hi—we'd love to meet you and hear your story!



Hit Pause

Why January is the Perfect "Pause Button" Schedules naturally slow down this month, giving us the rare room to reflect.

Mental Wellness Month takes advantage of this timing, offering a chance to recalibrate before life gets busy again.

- **The Goal:** Simple, honest self-checks.
- **The Approach:** Small adjustments over big, stressful changes.
- **The Result:** A more grounded, resilient version of you for the rest of 2026.

Student Wellness Fair

- **Student-Athlete Wellness Fair** Success in sports starts with a healthy mind and body. We invite all student-athletes and families to the Wellness Fair at Henry Ford II on January 21, 2026. Between 6:00 PM and 7:30 PM, you can explore tools for stress management, recovery, and mental resilience. Come say hi and learn how to stay at the top of your game!



Make your mental health a priority in 2026 and remember...

Be kind to yourself.
Make time for self-care.
Improve your positive self-talk.

Happy New Year!

Reduce Stigma by normalizing the conversation and equating mental care with physical care.

You can be the difference. If a friend or family member is having a hard time, help them connect with the **988 Lifeline**. Supporting someone can be hard on you, too. **Take care of your mental health** and reach out for support if you need it.

Connect with us!



Thaar Care Foundation Inc | 43329 Schoenherr Road | Sterling Heights, MI 48313 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!