

Spilling the Tea at CWC

February 2026

Show yourself some love and be your own Valentine!

February is the perfect time to prioritize your self care and personal well being. Move away from New Year's resolutions and focus instead on consistent, nurturing **habits that build strength, confidence and self love.**

Maybe this is the month that you **focus** on adding a little physical movement into your daily life. What about focusing on setting boundaries and protecting your peace by learning to say no to things that don't serve your well-being? Maybe you want to start **"Self Care Sunday"** to allow yourself time to reset before the week begins. Or maybe a simple **positive affirmation** reminding yourself that you are uniquely and wonderfully made is the fuel you need to love yourself this month!

What we're listening to this month:

**The Self Love
Podcast, hosted by
Elaine Denton**

**The Men's Self Help
Podcast with John
Moore, PhD.**

Random Acts of Kindness Day February 17th

Have you ever done something nice for someone just because you could? If you haven't experienced the joyful feeling of spontaneously making someone's day, today is the day to give it a try! **Celebrate Random Acts of Kindness Day** by giving someone a well deserved compliment, or writing a quick note or text to a friend or family member letting them know how much they mean to you. **The best part about Random Acts of Kindness?** When we extend kindness to others, we end up feeling good too! If you don't believe me, give it a try and find out for yourself!

Wellness Wednesday

Take some time out of your day to take care of YOU!

Join us in the CWC Library anytime between 9:00-10:00 am. Drop in, or stay the entire hour.

February 4th: Growth Mindset and the Power of Yet!

February 18th: An introduction to Mindfulness