



## ***NBSRT Wellness – February – 2026***

---

February can be the most challenging month of the year. It seems to play havoc on your personal wellness journey. Look to use this month as one to view yourself and world through a fun, relaxing and comical way. Here are some thoughts that may spark some smiles or laughter to get you through the shortest but as mentioned, challenging time of the year. Consider February as your “mental fitness” month. Look for ways to view everything in a fun and humorous way:

1. Consider your luck to be like a bald person who just won a comb.
2. When someone asks for directions, just say “go east”.
3. Don’t try to walk in someone else’s shoes, try to spend thirty seconds in their head, that will freak you out for sure.
4. Look to get at least eight hours of sleep. It may take you three days, but you got the eight hours in.
5. If you hear someone say, ‘when one door closes, another door opens’ – tell them that they were probably in jail.
6. Consider that age 60 is the new 40, but 9:00 pm is the new midnight.
7. If you are sitting on a park bench and a stranger sits down beside you, just stare straight ahead and say, ‘did you bring the money?’
8. When talking to a friend and you say ‘the other day’, refer to sometime 15 years ago.
9. If someone asks, “what did you do over the weekend?”, say, “why, what did your hear?”
10. Remember ‘drink responsibly’ means...don’t spill it.

If the above thoughts are not enough – consider the following activities:

- Watercolour or acrylic painting – relaxing and expressive without perfection
- Creative writing or storytelling – share life stories, poems or funny tales
- Music appreciation – find and listen to music to boost your mood
- Puzzle afternoons – crosswords, Sudoku or jigsaw for cognitive stimulation
- Trivia time – theme them around music, history or personal memories
- Board games – scrabble, Rumi, dominoes, etc for fun and focus
- Chair yoga or tai chi – improves flexibility, balance and relaxation
- Meditation, mindfulness or breathing exercises – reduces stress
- Nature walks – combine exercise with outdoor sensory engagement
- Book clubs – sparks conversations and friendship
- Cooking or baking – share recipes and enjoy the results

Attempt to find an activity to have you enjoy the month.