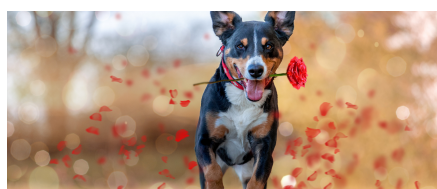


Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

February 2026



February arrives with a quieter kind of honesty.

The initial energy of the new year has faded, routines are being tested, and many of us are realizing that motivation alone isn't enough to carry us forward. This is the moment where mindset matters most—not as a slogan, but as a skill.

This month's Healthy By Choice focus is Mindset, with a theme built for real life: **Shift. Strengthen. Sustain.**

Not in a “just think positive” way. More like: let's learn how our thoughts, stress responses, and nervous systems actually work—and how to support them.

Mindset shapes how we experience pressure, respond to stress, and recover from challenges. When supported intentionally, it becomes one of the most powerful tools we have for resilience, clarity, and sustained well-being.

Throughout this issue, you'll find research-backed insights, practical tools,

and simple practices designed to help you feel calmer, more focused, and more grounded —without adding more to your plate.

This isn't about fixing yourself. It's about strengthening the system that carries you through everything else.

In This Issue, You'll Find:

- Why mindset directly impacts stress, health, and energy
- Expert insights from neuroscience and psychology
- A 7-day Mindset Reset mini-challenge
- A practical mindset workshop you can actually use
- Simple tools for navigating overwhelm
- A warm, grounding recipe to support your nervous system

So take a breath. Start where you are. And let February be about building mental resilience that lasts longer than motivation ever could.



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Nervous System Reset Soup

Why Mindset Matters

The unseen muscle shaping your health, stress, and sense of self.

We often think of mindset as a motivational slogan—something we flex at the start of a new year or scribble onto a sticky note. But mindset is more than a morning mantra. It's a dynamic filter through which we experience life. It shapes how we interpret challenges, respond to stress, and even how well we sleep at night.



The Mind-Body Connection Is Not a Metaphor

Scientific research has shown that mindset can directly impact our physiological systems. A chronically stressed mind can increase cortisol levels, disrupt circadian rhythms, and wear down the immune system. On the flip side, cultivating a mindset grounded in curiosity, compassion, and resilience can actually buffer those effects, improving everything from heart health to cognitive performance.

Stress, for example, isn't just about the external pressure we're under. It's also about the meaning we assign to that pressure. People with a growth-oriented mindset tend to perceive stress as a signal to adapt or learn—rather than a sign that they're failing. That simple shift in perception can reduce the intensity of the stress response in the body.

Post-January Burnout Is Real

Let's name what a lot of us are feeling right now: mentally maxed out. January was full of resolutions, routines, and maybe a few unrealistic expectations. But now, the motivation hype is fading, and the pressure to "keep it all up" can feel heavier than ever.

This is the moment when mindset becomes essential—not as another task on the to-do list, but as a tool for resilience. It allows us to move from rigid perfectionism to intentional adaptation. It helps us acknowledge burnout without guilt, and pivot without shame.



What Mindset Is Not

It's not about toxic positivity or pretending everything is fine. It's not about blaming yourself for your stress, sadness, or struggles. In fact, mindset work often starts with acceptance: Yes, this is hard. And yes, I can still choose how I engage with it.

Think of mindset as the narrator of your life. You can't always control the plot, but you can shape the way the story is told—and that narrative impacts your energy, your relationships, and your capacity to keep showing up.

When Stress Becomes Strength: What Neuroscience and Psychology Tell Us

Stress gets a terrible reputation — and honestly, a lot of people are just tired of hearing “stress is bad for you.” But what if that message is only half the story?

According to psychologist Dr. Adi Jaffe, Ph.D., stress isn't automatically harmful — and under the right circumstances, it can actually be a catalyst for growth, resilience, and success.

You can read the full article here:
[The Unexpected Upside of Stress: Pressure Builds Strength \(Psychology Today\)](#)

Stress Isn't All the Same

Dr. Jaffe points out that stress exists on a spectrum. Some stress can be adaptive — the kind that sharpens focus, helps us rise to challenges, and pushes us to grow. Other stress — the chronic, overwhelming kind — can indeed harm our health and well-being.

Here's the key:

- **Adaptive stress** feels manageable and temporary.
- **Maladaptive stress** feels overwhelming or out of control.

Research backs this up: when stress feels controllable — like preparing for a big presentation or training for a race — it can actually strengthen your resilience and cognitive performance. When stress feels uncontrollable, it tends to wear down the body and mind instead.

The Power of Perception

One of the most fascinating insights from Dr. Jaffe's article is how much our perception of stress shapes its impact.

Neuroscience research shows that when we think of stress as a challenge — not a threat — our bodies respond differently. This idea ties directly to the concept of eustress — “positive stress” — which psychologists describe as the type of stress that motivates and energizes us rather than depletes us.

In other words:

- It's not just what happens to you — it's how you interpret it.

That mental shift doesn't magically remove stress, but it changes your body's response to it. And that's huge for resilience.

Stress Can Actually Train Your Brain

Ever feel like a rough patch made you stronger in hindsight? That's not just philosophy — there's psychological research on what's sometimes called post-traumatic growth, where people report positive mental changes after navigating stress and adversity.

Along similar lines, neuroscience studies show that intermittent stress — when managed and combined with recovery — can stimulate neural growth in brain areas related to learning and memory, making you better equipped the next time challenge comes knocking.

So What Should We Do With Stress?

Here are a few research-backed takeaways that connect directly with Dr. Jaffe's message — and that you can apply today:

1. Reframe the Narrative

Stress signals challenge, not defeat. Think of it as your nervous system saying, “Get ready.”

2. Focus on What You Can Control

Taking action — even small steps — gives you agency, which reduces the harmful side of stress.

3. Balance Stress With Recovery

Short breaks, breathing exercises, and intentional rest aren't optional — they're part of building resilience.

4. Treat Stress Like a Skill

Just as lifting weights strengthens muscles, encountering manageable stress (plus recovery) strengthens your mental resilience.

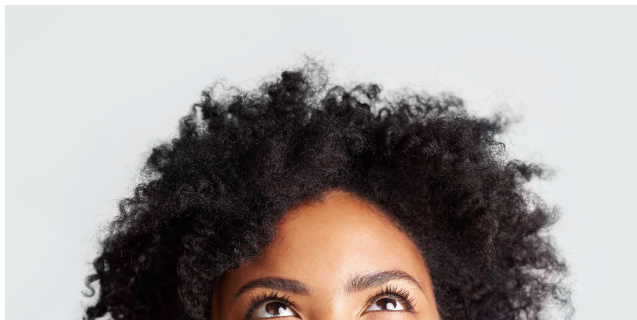
The Upshot

Stress isn't just something to endure or avoid. When we understand it, interpret it positively, and balance it with recovery, stress becomes a tool — not an enemy.

And as Dr. Jaffe's article makes clear, that shift in mindset is where real resilience begins.

For the full article, see:

[The Unexpected Upside of Stress: Pressure Builds Strength \(Psychology Today\)](#).



TIPS & RESOURCES:

Mindset Tools: Shift. Strengthen. Sustain.

Shift: Reframe Overwhelm

Instead of “I have too much to do,” try: “I’m holding a lot—and I’m allowed to set something down.”

Listen: The Nagoski Sisters on Burnout Recovery (Podcast)

Strengthen: Build a Reset Ritual

Create a 60-second check-in: Look outside, breathe deeply, ask “What’s one thing I can control right now?” **Watch:** Dr. Jud Brewer’s TED Talk on Breaking Stress Loops

Sustain: Anchor Tiny Mindset Wins

Pair a self-kindness prompt with daily habits. Example: While brushing teeth, ask “What do I need today?” **Read:** Atomic Habits by James Clear



EMPLOYEE PERKS – TICKETSATWORK:

Therapy, Made Simple

Navigating stress, burnout, or just feeling mentally stuck? You’re not alone—and you don’t have to figure it out solo. BetterHelp makes therapy easy to access, with licensed professionals available via phone, video, or live chat—whenever it works for you.

You can take a short quiz and get matched with a therapist in less than 24 hours. With over 30,000 licensed providers, there’s someone who gets your goals, your challenges, and your schedule. Not the right fit? Switching is simple and free.

Bonus: Get 30% off your first 3 months of therapy. Get matched and start [here](#).

EVENT ANNOUNCEMENTS



Gainesville Blue Ribbon 5K - Feb 08/26
Southfield Biometric Screening - Feb 18/26

All Locations & Remote

Power Walks
Go Red for Heart Health - Feb 06/26
Mindset Workshop - Feb 20/26

TEAM COACHING GROUPS



Pillar #2 Mindset

This month’s mindset workshop is designed to help you feel clearer, calmer, and more in control—without adding more to your plate.

You’ll walk away with:

- Tools to manage overwhelm
- Quick mindset resets you can use daily
- Permission to stop aiming for perfect

• Who’s it for?

Anyone with a full schedule, a full mind, and a need to press reset. If you’ve ever said “I’m too busy for this,” this is exactly for you.

Join the FRI - 1:15 PM Session



WELLNESS CHALLENGES

Mini-Challenge: 7 Days to Shift the Narrative

Duration: Feb 16 - 22

Points Available: 500

This month, we're keeping things simple—and powerful. Over 7 days, you'll gently explore the thoughts that shape your stress, motivation, and mood. No journaling marathons. No pressure to “stay positive.” Just 2-5 minutes a day to notice, reflect, and shift.

Day 1 – Awareness

- Notice one recurring thought that shows up during stress.

Day 2 – Name the Pattern

- Is this thought helpful, neutral, or draining?

Day 3 – Reframe (Gently)

- Try a more supportive version of that thought.

Day 4 – Body Check-In

- How does stress show up in your body?

Day 5 – Control the Controllables

- Name one thing you can control today—and let the rest go.

Day 6 – Wins Count

- Acknowledge one thing you handled well this week.

Day 7 – Integration

- What mindset shift helped you the most this week?

SHARE YOUR WINS!



We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. submit it [Here](#) or Email us at wellness@procarerx.com to have your story featured in our next newsletter.



A FEW NOTES TO REMEMBER

Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.

You can find the PDF version of the Newsletter for printing at hbc.procarerx.com under resources or [Here](#)

HAPPY BIRTHDAY

We couldn't be more excited to celebrate our January birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

MINDSET RESET

WORDSEARCH

M	I	N	D	S	E	T	H	J	K	B	L	A	R	S
M	N	R	E	F	R	A	M	E	W	R	E	S	E	T
C	B	M	O	P	W	E	R	T	Y	E	U	T	S	O
O	K	S	H	I	F	T	M	L	P	A	Q	R	I	M
N	R	Q	W	C	V	B	N	I	O	T	P	E	L	J
T	X	B	A	L	A	N	C	E	T	H	R	S	I	F
R	Q	W	E	S	D	G	H	J	K	E	L	S	E	M
O	S	U	P	P	O	R	T	Q	W	E	R	T	N	Y
L	P	A	W	A	R	E	N	E	S	S	D	F	C	M
Z	X	C	I	V	I	B	N	M	A	S	D	F	E	G
U	P	M	N	V	T	H	O	U	G	H	T	Q	W	E
A	S	D	S	J	A	L	Z	X	C	V	B	N	M	Q
W	E	R	T	Y	U	P	C	L	A	R	I	T	Y	A
S	D	F	G	H	L	J	K	L	Z	X	C	V	B	N
C	O	M	P	A	S	S	I	O	N	E	R	T	Y	I

MINDSET
REFRAME
BREATHE
AWARENESS

RESET
STRESS
CONTROL
SHIFT

RITUAL
WINS
SUPPORT
COMPASSION

RESILIENCE
THOUGHT
BALANCE
CLARITY

Nervous System Reset Soup

Warm. Grounding. Stress-supportive.

When stress is high, the body craves warmth, minerals, and steady energy. This simple soup supports the brain-body connection while being easy enough for a weeknight.

Ingredients: (Serves 4)

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 cup cooked lentils (or shredded chicken)
- 4 cups low-sodium vegetable or chicken broth
- 1 teaspoon turmeric
- ½ teaspoon ground cumin
- Salt and pepper to taste
- Optional: handful of spinach or kale



Instructions:

1. Heat olive oil in a pot over medium heat.
2. Sauté onion and garlic until soft and fragrant.
3. Add carrots and celery; cook 3–5 minutes.
4. Stir in lentils (or chicken), broth, and spices.
5. Simmer 15–20 minutes.
6. Add greens during the last 2 minutes, if using.
7. Serve warm and enjoy slowly.

Why We Love It:

Warm foods signal safety to the nervous system

Protein + fiber help regulate blood sugar (aka fewer stress spikes)

Minerals support calm focus and energy

Thank you for reading!

