

# January Wellness:



## *Mental Health Resolutions to Build Resiliency in 2026*

As the new year begins, exploring ways to take care of mental health is a great start to the pathway of wellness. Guidelines in the article, “7 Mental Health Resolutions for 2026: Building Resilience at Work and Beyond”, are based on building resiliency in the workplace, and are on a website for “AI for mental health wellbeing”. However, AI is not necessary to implement these suggestions. The resolutions are useful tips that are relevant for workplace wellness, as well as personal overall well-being.

### **The 7 mental health resolutions in the article are:**

#### **1) Normalize Daily Mental Check-Ins**

Even brief breaks of taking a moment to reflect, acknowledge energy levels or check focus levels can be helpful.

#### **2) Build Emotional Resilience as a Skill, Not a Trait**

It can be helpful to learn and/or sharpen resiliency skills, such as: recognizing stress signals when they occur, reframing mindsets around stressors or challenges, and acknowledging when to take a break.

#### **3) Make Stress Reduction Practical, Not Performative**

Keep in mind that stress reduction does not need to be time-consuming. Examples of quick, effective techniques include: breathing exercises, short guided meditation, quick re-set moments of learning, or engaging in short moments of mindfulness.

#### **4) Use Technology That Supports Humans, Not Replaces Them**

If you use digital mental health tools, or offer them to your employees, find those that make guidance, privacy, relevant information and assistance priorities.

#### **5) Treat Mental Wellbeing as a Leadership Responsibility**

Leadership skills can be enhanced through the recognition and the response to the stress of those around you.

#### **6) Turn Habits Into Systems, Not Willpower Test**

Consider implementing small actions, that are manageable and that can help build healthy patterns over time.

#### **7) Measure Wellbeing Trends Without Micromanaging People**

To measure wellbeing, try to measure patterns (vs. individuals). With the results, see if there is room to adjust procedures such as workloads or support resources.

To reach the article, click here: [7 Mental Health Resolutions for 2026: Building Resilience at Work and Beyond](#) You will find that the article is geared towards leadership and mental health in the workplace; however, these resolutions can be effective for personal well-being, as well.