

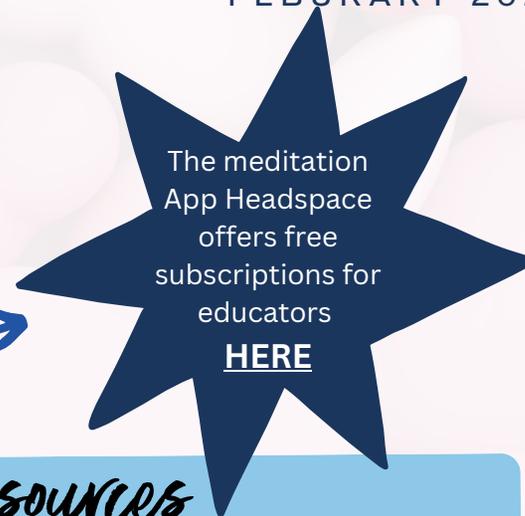
Wellness MENU



#Compassion & KINDNESS

FEBRUARY 2026

Did you know



The meditation App Headspace offers free subscriptions for educators

HERE

MONTHLY Focus

Valentine's Day is coming up this month, reminding us to show love and kindness to others, to ourselves, and to our communities. Research says that **loving-kindness and compassion meditations** can reduce stress, boost emotional well-being, and enhance empathy. Studies also suggest that these practices can help people better navigate anxiety, conflict, and caregiving stress.

If you'd like to give it a try, check out this short loving-kindness meditation:

[LINK HERE](#)

Resources

SOCIAL + MENTAL

[Summit Counseling Center](#)

[Employee Assistance Program](#)
company code: metlifeeap

[Teacher Discounts](#)

[Health & Wellness Quick Guide](#)

[Calm Meditation App](#)
40% discount for educators

REMINDER!

Join the slack channel #15for15 to be a part of our fun fitness challenge!

FINANCIAL WELLNESS

[Schedule a 1:1 with Principal](#)

[Build a budget and track your expenses with Rocket Money](#)

[NEA Personal Finance Resources for Educators](#)

[Resources for teaching financial literacy](#)

[Budgeting Apps](#)

Employee Assistance Program

With Sunlife all our employees have access to the Employee Assistant Program. Resources such as:

- Emotional Support
- Legal Guidance
- Financial resources
- & more



Scan the QR code to access the website.

To find out more about the Employee Assistant Program Resources Please see below:

- [EAP Registration](#)
- [EAP INFO](#)

GROUND FLOOR

The new [Groundfloor.coffee](#) code is inspired by this year's theme. Use it for 25% off your order

lead25!

ON-SITE SUPPORT

Physical Wellness with Hiro

Athletic Trainer Hiro Kariya offers services (injury evaluation & consultation, cupping, and dry needling) to faculty/staff. **He's available most afternoons for one-off appointments.**