

2026 National Wellness Month

Coming to you live is Kintsugi Consulting here to discuss
National Wellness Month.

What is *wellness* and how does it differ from *wellbeing*?

wellness

'wel-nəs

Noun

The active process of choices and activities that lead to a state of holistic health.

wellbeing

'wel'bi:ɪŋ

Noun

The state of being happy, healthy, or prosperous.

The meaning of *wellness* is multifaceted and can mean something different to each individual. So we are here to shed light on how we see wellness and what wellness means to us.

Finding Your Footing: Resilience When Life Won't Cooperate

National Wellness Month is often framed around building new habits — better sleep, more movement, cleaner eating. Those matter. But this month, I want to talk about a quieter, less Instagram-friendly kind of wellness: resilience when things simply won't go your way.

This past month has reminded me of something I tell clients often: resilience isn't the absence of disruption. It's what you do when a plan you carefully built runs into forces you can't control — a vendor who drops the ball, a process that takes three

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times longer than promised, a transition that asks more of you than you expected. I've had my own version of this lately, juggling a major life transition with more moving parts than I could have planned for, and more than one "outside my control" moment along the way.

A few things I've leaned on, and that I offer to you:

1. Separate the problem from your response to it. The delay, the mistake, the roadblock — that's the situation. How you narrate it to yourself is a separate, and much more controllable, variable.
2. Find the next right step, not the whole solution. When a plan falls apart, resilience rarely looks like solving everything at once. It looks like identifying the one next action you can actually take.
3. Let frustration move through you, not run you. Naming the feeling — "I'm frustrated, and that's a reasonable response" — tends to shorten its grip, rather than suppressing it and having it resurface later.
4. Protect one non-negotiable. When everything else is in flux, keeping even one small routine steady — a walk, a check-in with a friend, a full night's sleep — gives your nervous system an anchor.

Wellness this month doesn't have to mean everything going smoothly. Sometimes it just means noticing that you're still standing after the thing you couldn't control happened anyway — and that itself is worth acknowledging.

Wishing you steadiness, wherever your month takes you.

With warmth,
Dr. Abbey-Robin Durkin, PhD

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