

The Monthly Thrive



Thrive Within

By Lifetime Counseling Center

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What's Your Love Language?

Have you heard about love languages? Knowing your loved ones' love language can help you love them in ways that they can actually feel and recognize as love. Showing love and appreciation in someone's love language can help reduce misunderstandings and conflicts, improve relationships, and make small efforts more intentional and powerful. Try taking a free love language quiz online this month! Which love language is yours?

- Words of affirmation
- Quality time
- Receiving gifts
- Acts of service
- Physical touch



Random Acts of Kindness

This month, try improving your emotional and physical wellbeing by practicing random acts of kindness. These acts are more than just "being nice." Random acts of kindness can help to change the way we feel, think, and connect with others and ourselves. The best part is, these acts don't have to be big and over the top, they are just as impactful when they're small and quiet. Here are some ways showing kindness can improve our wellbeing.

- Boosts mental health by releasing "feel-good" neurotransmitters
- Gives us a sense of purpose and improves morals and self-respect
- Improves relationships by strengthening connections with others
- Creates a kindness ripple effect
- Shifts our focus to see positive and good things rather than focusing on negatives
- Helps to lower blood pressure by reducing stress

So, what random acts of kindness will you try this month?

988 SUICIDE & CRISIS
LIFELINE

A Journey to Resilience

A program of Space Coast Health Foundation
& Lifetime Counseling Center



Dates and Events

- 2/2 - Groundhog Day
- 2/7 - Coati Crawl 3K at Brevard Zoo
- 2/14 - Happy Valentines Day
- 2/16 - Presidents' Day
- 2/17 - Random Acts of Kindness Day
- 2/21 - Brevard Autism Coalition 5k

Happy
Valentines
Day

