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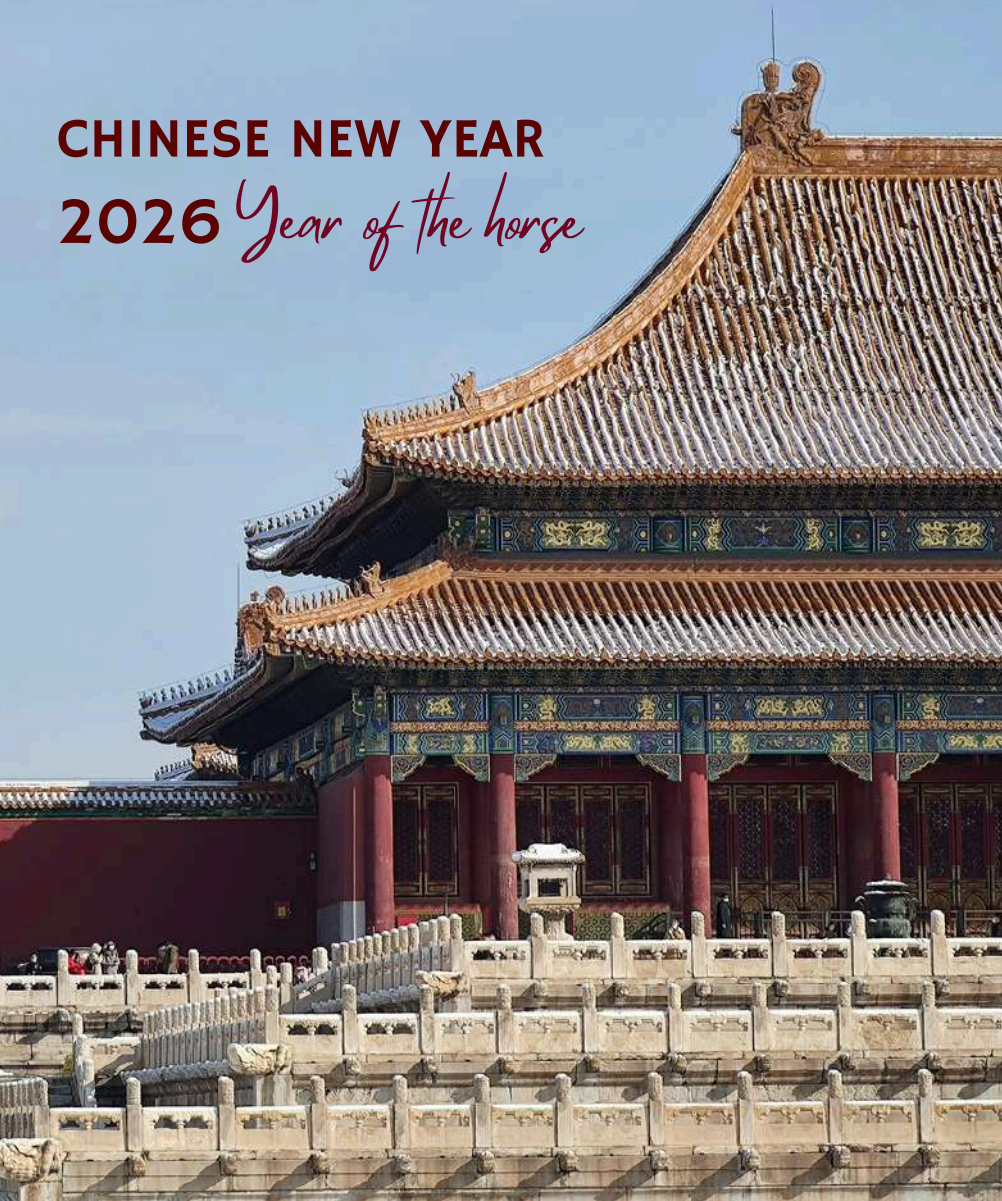
# CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



## CAPITAL PLACE

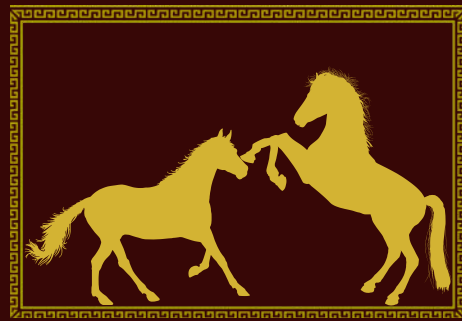
### CHINESE NEW YEAR 2026 *Year of the horse*



## FEBRUARY 2026

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# Chinese New Year 2026 : Year of the horse

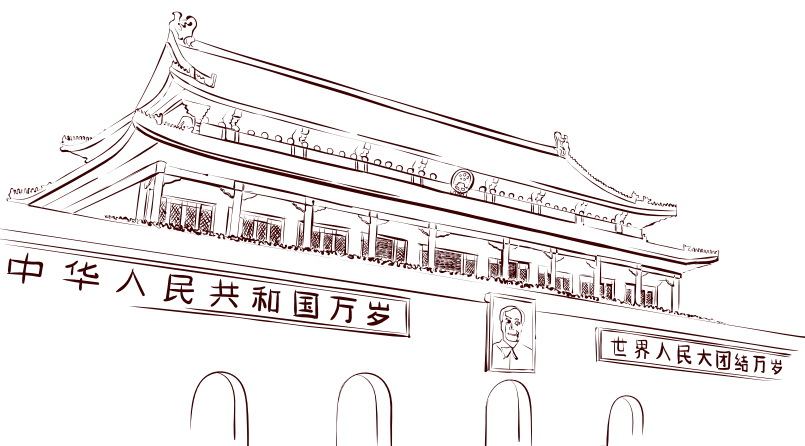


**Chinese New Year 2026** marks the beginning of the **Year of the Horse**, one of the most energetic and dynamic signs in the Chinese zodiac. Chinese New Year, also known as the Lunar New Year or Spring Festival, is the most important traditional celebration in Chinese culture. In 2026, the festival begins on February 17 and is celebrated by millions of people around the world.

The Horse is known for its **energy, independence, and strong determination**. People born under this zodiac sign are often described as confident, hardworking, and enthusiastic. The Year of the Horse symbolizes progress, freedom, and success, making it a favorable time to pursue new opportunities, embrace challenges, and work toward personal and professional goals.

During Chinese New Year, families gather to celebrate with reunion dinners, traditional decorations, and cultural performances such as lion dances and fireworks. Red decorations are widely used as they represent good luck and happiness. Chinese New Year 2026 encourages people to move forward with optimism, courage, and a positive spirit inspired by the dynamic nature of the Horse.

*“May 2026 bring peace, luck, and prosperity.”*





## Valentine's Day 2026 : Celebrating Love and Affection

**Valentine's Day** celebrates every year on February 14, as a special occasion to express love and affection. This day is not only meant for romantic couples but also for showing care and appreciation to family members, friends, and loved ones.

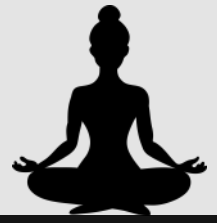
Valentine's Day continues to be celebrated in simple yet meaningful ways. Many people choose to give small gifts, write heartfelt messages, or spend quality time with those they care about. With the growth of digital communication, Valentine's wishes are often shared through social media and online messages, making the celebration more accessible and modern. It reminds us that love does not always have to be expressed through expensive gifts.

**Kindness, honesty, and attention** are the true essence of this day. By sharing love and positivity, Valentine's Day becomes a great moment to strengthen relationships and spread joy in everyday life. This day also encourages people to practice self-love and gratitude. Taking time to appreciate ourselves, reflect on personal growth, and maintain emotional well-being is an important part of celebrating love. This perspective helps individuals build healthier and more positive relationships with others.

Let's bring warmth and spread love to everyone near you!

*“Valentine's Day is a beautiful reminder that love grows stronger when it is shared with sincerity, kindness, and grateful heart.”*

# Stay Calm: Easy and Effective Ways to Manage Stress



**Stress** is a common part of everyday life. It can come from school, work, or personal problems. If stress is not managed well, it can affect both physical and mental health. Therefore, learning how to manage stress is important to stay healthy and calm.

Stress can affect anyone, regardless of age or background. Daily responsibilities, deadlines, and personal challenges often create pressure that can make people feel overwhelmed. Understanding stress and learning how to manage it effectively is an important step toward maintaining both mental and physical health.

## Simple Tips to Manage Stress

- **Take deep breaths**  
*Deep breathing helps relax our bodies and calm the mind.*
- **Get enough rest**  
*Sleeping well gives our bodies energy and helps reduce stress.*
- **Do light exercise**  
*Activities like walking or stretching can make our feelings better.*
- **Take short breaks**  
*Resting for a few minutes can help our feelings refreshed.*

**Managing stress** does not mean avoiding problems, but learning **how to handle them calmly**. By practicing these simple tips every day, we can reduce stress and improve our overall well-being.

# MAINTAINING HEALTH DURING UNPREDICTABLE WEATHER CHANGES

Weather changes that occur suddenly and unpredictably can have a significant impact on our health. Shifts between hot and cold temperatures, rain, and high humidity may weaken the immune system and increase the risk of illness. Therefore, it is important to take proper care of our health during these changing conditions.

One of the best ways to stay healthy is by maintaining a strong immune system. Eating nutritious food, drinking enough water, and getting sufficient rest help the body adapt to weather changes. Wearing appropriate clothing according to the weather can also protect our body from sudden temperature shifts.

In addition, maintaining personal hygiene is essential during this type of weather. Washing hands regularly, keeping the environment clean, and avoiding close contact with sick individuals can reduce the risk of infection. Regular physical activity and managing stress also play an important role in keeping our body fit and resilient.

Regular health check-ups and listening to our body's signals are also important. When experiencing symptoms such as fatigue, fever, or influenza, it is better to rest and seek proper treatment. Avoiding excessive activities and maintaining a balanced daily routine can help our body to recover faster, to prevent more serious health issues and to stay healthy throughout the year.



# HSE BULLETIN FEBRUARY 2026 : WORK SMART, WORK COMFORTABLY

BY RISKA OKTAVIANA - CHIEF HSE

Most office work involves long hours of sitting, looking at screens, and repetitive movements. If done with poor posture or without breaks, this can lead to muscle pain, stiffness, eye strain, and fatigue. Good ergonomics helps your body work more comfortably and reduces the risk of long-term discomfort.

Ergonomics is not about expensive equipment, it's about using your body correctly during daily work.

## **Safe Working Position**

Proper working posture helps reduce strain on your neck, back, and shoulders:

- Sit with your back supported by the chair
- Keep feet flat on the floor
- Adjust your screen so the top of the monitor is at or slightly below eye level
- Keep keyboard and mouse within easy reach
- Relax your shoulders and avoid leaning forward for long periods

## **Stretching and Micro Breaks**

Staying in one position too long can cause stiffness and muscle fatigue:

- Take a short break every 30 – 60 minute
- Stretch your neck, shoulders, arms, and back
- Stand up, walk briefly, or change position
- Rest your eyes by looking away from the screen occasionally

## **Preventing Muscle Pain and Fatigue**

- Avoid working in awkward positions
- Do not ignore early signs of discomfort or pain
- Adjust your chair, screen, or desk when needed
- Balance work with adequate rest and hydration
- Maintain healthy habits outside work, such as light exercise and sufficient sleep

## **Comfort Supports Productivity**

Healthy work habits help prevent muscle pain, reduce fatigue, and improve focus. By being aware of posture and movement, we can work more comfortably and stay productive throughout the day.

***Small movements throughout the day  
make a big difference.***

# WELCOMING NEW MEMBER OF CAPITAL PLACE



**Mrs Fiska Fauzia** joined Capital Place in **January 15, 2026** as the **Head of Tenant Relations**, where she oversees and monitors all tenant-related needs and coordinates with the Receptionist Team on daily bases operational matters.

Known for her firm leadership, yet down-to-earth and bubbly personality. she continues to grow while contributing positively to her team and working environment.

You can meet Mrs. Fiska at the **Management Office, Level 3, Capital Place**, or contact her via email at:

*tenant.relation@capitalplace.co.id*

*fiska.fauzia@capitalplace.co.id*

We believe that Mrs. Fiska will be a strong role model by delivering excellent service to Capital Place, the Team, and all Tenants.

**PLEASE GIVE HER A WARM GREETING  
WHEN YOU SEE HER!**



# “FEBRUARY’S HOTTEST CONCERTS: WHERE TO ENJOY LIVE MUSIC”



**Josh Groban – February 15, 2026**, at The Ritz-Carlton Jakarta, Pacific Place.

Part of the “**GEMS World Tour 2026**”, with **Raisa** as the *special guest*.

**Bryan Adams – February 3, 2026**, at Beach City International Stadium, Jakarta.

This concert is part of his “**Roll with The Punches**” tour.



**Westlife – February 10, 2026**, at Nusantara International Convention Exhibition (NICE) PIK 2, North Jakarta.

**Dream Theater – February 7, 2026**, at Stadion Madya Gelora Bung Karno, Jakarta.

This concert celebrates 40 years of their musical journey.

