



March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Go for a walk— explore your neighborhood	2 Listen to music— your favorite song or two	3 During your lunch break, sit quietly and listen to your thoughts	4 Stay in bed an extra 15 minutes just enjoying your surroundings
5 Do a random act of kindness for someone you don't know	6 Listen to how you speak to yourself— proclaim that you are amazing	7 Make a choice to do something meaningful	8 At dinner, appreciate the taste, texture and flavor of the food	9 Look around—find three things that please you	10 Are you in a hurry? Try slowing down— take a breath	11 Drink a glass of water—be sure to hydrate
12 Take advantage of Daylight Savings-- plan an evening walk	13 Tackle 2 things on your "To Do" list before noon today	14 Go outside and play-walk, jump rope, throw a frisbie	15 Get up and stretch every hour—move around, roll your shoulders	16 Check in with your goals—celebrate your accomplishments	17 Go Green for St. Patrick's Day--eat broccoli or spinach	18 Do something creative that absorbs your attention
19 Tell a joke to someone else-- laugh and enjoy	20 Celebrate the first day of Spring-- check out the flowers.	21 Stand up and do a jig at your desk	22 Reduce stress by breathing deeply for 5 minutes	23 Plan and take a healthy snack to work for when you want to nibble	24 If you can, grab a bite to eat at your favorite healthy eating place	25 Go to a Farmer's Market and get some fresh fruit and vegetables
26 Put your devices away for at least 30 minutes—out-of- sight and hearing	27 Take an unusual route to work and notice your surroundings	28 Take the stairs or the long way around—enjoy the walk	29 Go for a walk in the sunshine— breathe deeply	30 Relax and write in your journal for 10 minutes-anything that comes to mind	31 Watch a full sunrise or sunset	

Wellness Calendar

