



# BRIGHT BRAIN

## BULLETIN



### EMERGING FROM OUR CAVES MARCH 2026

March is the time when those of us who live in temperate, northern climates start feeling the pull of being outside. Even though we've experienced a relatively mild winter here in Northwest Kansas, the anticipation of green grass, blue skies, fresh flowers, and bird call draws outside. Follow the call and feel the benefits!

#### MARCH4MARCH

Started in the UK in last year, March4March encourages everyone to get outside and walk an extra 10,000 steps in March. Spending time outdoors is great for your mental well-being as is physical exercise. Take your kids with you, get your dog on a leash, pop in your earbuds with your favorite audiobook, or get together with your friends for a group walk! Taking care of your physical health has the amazing side-effect of also taking care of your mental health. Make taking a walk a part of your daily routine. Your brain and body will thank you!



#### WRITE A LETTER

- Connecting and relationship building are essential for mental wellness.
- Physically write and send a letter to an old friend or relative. Brighten your day and theirs!

#### Micro-Moments

"Where flowers bloom, so does hope." Lady Bird Johnson



#### "BEAR"-LY MOVING

Take a moment of mindfulness and stretch like a bear emerging from its cave after a long winter of hibernation. Stand tall, plant your feet, stretch your arms wide, push out your chest, and roar!



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