

March

2020

A Month of Wellness- Take Care of Yourself Intentionally



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Turn your speakers up! Listen to your fave music!	2 "Collect" Positive emotions today	3 Be mindful today-of everything!!	4 Take a deep belly breath to open blood vessels.	5 Check in with yourself, how are you doing?	6 7
8 Consider aromatherapy.	9 Hydrate today!	10 11 Give a co-worker a mega-watt grin ☺	12 Consider donating your time to a worthy cause.	13 Check in with yourself, how are you doing?	14	
15 Reconnect with someone!	16 Happy St. Pat's Day	17 18 Spend 10 minutes on a funny website.	19 Spring begins!! Go Outside!	20 Check in with yourself, how are you doing?	21	
22 Share a recipe you like with someone you work with.	23 Take a walk.	24 25 Try Chair Yoga! Free you tube videos. ☺	26 Be aware of your posture.	27 Check in with yourself, how are you doing?	28	
29 30 Have a healthy snack.	31 Remember—hand hygiene!					