

March

2020

A Month of Wellness- Take Care of Yourself Intentionally



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Turn your speakers up! Listen to your fave music!	3 "Collect" Positive emotions today	4 Be mindful today- of everything!!	5 Take a deep belly breath to open blood vessels.	6 Check in with yourself, how are you doing?	7
8	9 Consider aromatherapy.	10 Hydrate today!	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	16 Reconnect with someone!	17 Happy St. Pat's Day	18 Spend 10 minutes on a funny website.	19 Spring begins!! Go Outside!	20 Check in with yourself, how are you doing?	21
22	23 Share a recipe you like with someone you work with.	24 Take a walk.	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!				