



March



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

Self-Care Calendar