
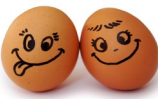







March 2023



Self-Care Inspiration

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Click on the links for the resources to get started</p> <p>For more inspiration, check out our Wellbeing Insights e-magazine</p>				<p>NATIONAL NUTRITION MONTH Choose foods that are helpful to your body and the environment</p>	<p>Reflect on what is important to you in life and how you might achieve it</p>	<p>DRESS IN BLUE DAY Bring awareness to colorectal cancer as well as honor those impacted</p>
<p>Make your spring cleaning checklist</p> 	<p>Be a tourist in your own town—check out a local museum or park</p>	<p>Write a thank you note to someone who has had a positive impact on your life</p>	<p>Do something silly to make a friend smile</p> 	<p>SAVE YOUR VISION MONTH Schedule your annual eye exam</p>	<p>Eat a piece of fruit and savor every bite</p> 	<p>Save money by planning meals around the food you have in your pantry or freezer</p>
<p>Invite a friend to go for a walk with you</p>	<p>DAYLIGHT SAVINGS TIME BEGINS Take a 15-20 minute power nap</p>	<p>Turn on some upbeat music and dance while you are cooking dinner</p>	<p>NATIONAL SLEEP AWARENESS WEEK Keep a sleep diary to improve your sleep</p>	<p>Reach out to an older relative and ask if they need anything</p>	<p>Enjoy the later daylight—take an after work walk</p>	<p>ST. PATRICK'S DAY Make yourself a green smoothie</p> 
<p>Do a free yoga video at home</p>	<p>Buy some flowers for yourself</p> 	<p>NATIONAL KIDNEY MONTH Get to know your hard working kidneys</p>	<p>Look for the beauty in the people around you</p>	<p>Schedule some volunteer time for a favorite cause</p>	<p>Let yourself day dream today</p> 	<p>Use a grocery list and shop sales when purchasing food</p>
<p>Connect with the serenity and wonder of nature from anywhere</p>	<p>Have a tech-free day. Turn off your phone or social media for the day</p>	<p>Eat your lunch outside today</p> 	<p>AMERICAN DIABETES ALERT DAY Take the diabetes risk test</p>	<p>Prepare for the sunny months—throw out any expired sunscreen and replace it with new</p>	<p>Dedicate the day to eating whole food. Leave out anything processed or with added sugar</p>	<p>Check in on your 2023 financial goals and adjust where needed</p> 