










# Wellness Activities

## Create A Mindful March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>March into March with a Mindful Mind</i></p>	<p>1 <i>It's a new month! Reflect on your 2021 intentions. What will you devote time to this month? Mindfulness</i></p>	<p>2 <i>Jump for Joy! Journal about your moments of joy and jump rope for 5 minutes today.</i></p>	<p>3 <i>Mindfulness Moment Set a timer for 4 minutes and focus on your breath.</i></p>	<p>4 <i>Nutrition—Keep track of your water intake today. Make sure you get at least 48-60 oz of water.</i></p>	<p>5 <i>Fresh Air Friday—Treat yourself to a 20-30 minute walk or run outside today.</i></p> 	<p>6 <i>Keep track of your joy Each day write down what brought you and your family joy from the day.</i></p>
<p>7 <i>HIT Workout Warm up then run 5 minutes, 20 sit-ups, 10 pushups, Run for 5 minutes, 30 sec. plank</i></p>	<p>8 <i>Sleep Well—Stretch your whole body before bed. Take 5 minutes to stretch tonight.</i></p>	<p>9 <i>Mindfulness Moment Set a timer for 4 minutes and focus on your breath.</i></p>	<p>10 <i>Notice— What body of water would describe how you feel today? Still lake, raging river, hot spring</i></p>	<p>11 <i>Add to your list of joyful moments for March.</i></p> 	<p>12 <i>Fresh Air Friday—Treat yourself to a walk or run on the bike trail today.</i></p> 	<p>13 <i>Spring Ahead! Change your clocks tonight.</i></p> 
<p>14 <i>An extra hour of sunlight! Spend it outside strolling, running, biking—enjoy!</i></p>	<p>15 <i>Random Acts of Kindness Spread kindness to others today!</i></p>	<p>16 <i>Sleep Well—Stretch your whole body before bed. Take 5 minutes to stretch tonight.</i></p>	<p>17 <i>Turn on some Irish music and dance your own St. Patrick jig today.</i></p> 	<p>18 <i>Mindfulness Movements—Set a timer for 4 minutes and focus on your breath.</i></p>	<p>19 <i>Fresh Air Friday—Treat yourself to a hike at a park or the Dunes today.</i></p> 	<p>20 <i>First Day of Spring Go outside and find 20 signs of spring.</i></p>
<p>21 <i>Self Talk Sunday Speak kindly to yourself today. Be your own best friend today and every day.</i></p>	<p>22 <i>Mindfulness Moment Set a timer for 4 minutes and focus on your breath.</i></p>	<p>23 <i>Apology day—Does anyone in your life need to hear an apology from you today?</i></p>	<p>24 <i>Notice— How do you feel when you make time for yourself? Make sure you take 2-5 minutes each day.</i></p>	<p>25 <i>Sleep Well—Stretch your whole body before bed. Take 5 minutes to stretch tonight.</i></p>	<p>26 <i>Fresh Air Friday with a Friend—Grab a friend and go for a brisk walk today.</i></p> 	<p>27 <i>Full Moon— Get out for a late night hike in the spring moon light.</i></p> 
<p>28 <i>Sleep Well—Stretch your whole body before bed. Take 5 minutes to stretch tonight.</i></p> 	<p>29 <i>Self Talk—What message do you need to hear? Write it and post it so you see it a few times today.</i></p>	<p>30 <i>New Beginning— Each moment we can begin again. Where do you need to begin again?</i></p>	<p>31 <i>Mindfulness Moment Set a timer for 4 minutes and focus on your breath.</i></p>	<p><i>Thank you for taking time for yourself this March. I hope you enjoyed your March.</i></p>		