

## Monday

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It's National Nutrition Month! Get inspired with our [Nutrition Toolkit](#).

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Start your day off on a positive note by engaging in an activity that brings you joy this morning.

16

Ready to start a new wellbeing program? [Check out our RFP Toolkit](#).

23



A new season is a great time to examine your financial goals. Take some time to [review your finances](#) and see where you can make improvements in your spending & saving habits.

30

**Practice gratitude** for a better mood. Take a few moments to focus on what you have rather than what you wish you had.

## Tuesday

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Got a bad case of the winter blues? Try filling your environment with an uplifting scent and some relaxing music to boost your mood!

10

**Try It Tuesday:** Find a new hobby that challenges you, like writing or painting.

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**Happy Saint Patrick's Day!** Corned beef and cabbage is rich in vitamins, iron, and protein, but try to stick to one serving.

24

**Diabetes Alert Day** - Today highlights the importance of understanding your risk of developing type 2 diabetes. [Learn the facts and take a quick Diabetes Risk Test](#).

31

The Josh Bersin Academy's [Wellbeing at Work](#) program begins on April 16! Register today at [bersinacademy.com](#)

## Wednesday

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March is also National Sleep Awareness Month. Shut off all devices a few hours before bed for better sleep.

11

Did you know that certain vitamin and mineral deficiencies can negatively impact your mood? Make sure you're eating a balanced diet full of vitamin-rich foods! [#NationalNutritionMonth](#)

18



Get the whole family involved in [#NationalNutritionMonth](#) by trying a new recipe or introducing a new healthy food this month.

25

Exercise is important, but don't forget to stretch! Stretching improves blood flow, promotes relaxation, improves posture, reduces back pain, and so much more.

## Thursday

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**Daylight Savings Time** starts this weekend. Preparing for the time change is essential for [workplace safety](#).

12

Struggling to fall asleep at night? Sign up for a yoga class after work. You'll get the benefits of exercise while relaxing your body & mind.

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**Spring has sprung!** We're looking forward to warmer weather, more sunlight, and more time spent outdoors.

26

[Thrive Summit 2020](#) in Scottsdale, AZ is just two months away!

## Friday

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**National Employee Appreciation Day** Showing your employees you care can be as simple as giving them a shout out. How will you celebrate your employees?

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**World Sleep Day** Catch more Z's with our [sleep toolkit](#).

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**International Day of Happiness** Laugh a little, smile a lot, and reflect on what makes you happy!

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You don't need to plan a vacation to take some time off. Schedule a day out of work for a long weekend & give yourself a little extra "me" time.