























# March 2022

# Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Flower of the Month: Daffodils 		Compliment a friend.  World Compliment Day	Get rid of three things today.  Old Stuff Day	Treat yourself today.  I Want You to be Happy Day	Appreciate someone in your life.  Employee Appreciate Day	Go to the library or bookstore and get a book to read. 
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Make sure you are keeping your 6-month dental appointments.  Dentist Day	Start your day or end your day with a bowl of cereal.  National Cereal Day	To all the working women, we are grateful for you!  International (Working) Women's Day	No negative thoughts.  Get Over It Day	Think of a fabulous time in your life.  International Day of Awesomeness	Go to a coffee shop and enjoy your favorite drink. 	Plant some flowers today.  Plant a Flower Day
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Do a good deed for someone else.  National Good Samaritan Day	Tap a 20-minute nap  National Napping Day	Make tea for two.  Tea for Two Tuesday	Positive Thoughts!!!  Everything You Do is Right Day	Enjoy some corn beef and cabbage.  St. Patrick's Day	Lay down in your yard and watch the clouds or birds fly by. 	Watch a funny movie.  Let's Laugh Day
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Listen to music you love.  International Day of Happiness	Pick or buy some flowers for your home. 	How old do you feel today?  As Young as You Feel Day	Have some chips and dip.  National Chip and Dip Day	Order in dinner. 	For dinner, make yourself some waffles.  Waffle Day	Experiment with making a spinach dish.  National Spinach Day
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
Binge-watch a show and not feel guilty, 	Work in your garden and pull those weeds out.  Weed Appreciation Day	Sing out loud to a song you love. 	Take a walk in the park.  Take a Walk in the Park Day	Get some crayons and color.  National Crayon Day		Red Cross Month National Women's History Month National Nutrition Month Music in our Schools Month National Craft Month