March 2021

A year in review:
Coping through a pandemic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 **Set a new goal for yourself; add in an exercise routine, learn a new skill.**	2 **Turn off the news/social media for a whole day.**	3 **Write down 10 positive things that happened over the last year.**	4 **Make a gratitude list - hang it where you can see it to remind yourself all you are grateful for.**	5 **Take 30 minutes for a mindfulness activity.**	6 **Reach out to a friend virtually to say hi and catch up.**
7 **Take 15 minutes to write down your thoughts and feelings.**	8 **Remind yourself today that we are all in this together.**	9 **Perform 3 random acts of kindness.**	10 **Enjoy a hobby that brings positive emotions.**	11 **Spend at least 15 minutes outdoors today.**	12 **Write 5 positive items that happened to you this year.**	13 **Look for opportunities to laugh today.**
14 **Get "connected". Zoom with friends or family.**	15 **Exercise for a least 15 minutes to release endorphins.**	16 **Host a virtual cooking class.**	17 **Create healthy boundaries. It's ok to say "no" and take care of your needs first.**	18 **Write a list of pros and con's for making a decision.**	19 **Reward or pamper yourself when successful.**	20 **Take a class you have been thinking about.**
21 **Keep an inspirational quote with you.**	22 **Accept a challenge with a positive attitude.**	23 **Get involved in a worthy cause.**	24 **Schedule some time for yourself today.**	25 **Spend some quality time with your pets.**	26 **Identify and address your shifting moods.**	27 **Make time for your loved ones.**
28 **Watch cute animal videos on YouTube.**	29 **Write a note to someone you care about.**	30 **Lower your expectations of situations today.**	31 **Be flexible in today.**	1	2	3
4	5	Notes				