



March Mental Health Calendar

	1 Focus on your breath for a full minute as you fall asleep.	2 Spend some time with a fluffy friend (or watch a video).	3 Blog: Tips To Ease Insomnia	4 Enjoy a bedtime tea like chamomile.	5 Small Talk: How to Balance Doing More and Doing Less	6 Do a quick, free bedtime yoga practice on Youtube.
7 Change your sheets and enjoy the fresh, clean feeling.	8 Blog: How Therapy Can Help Support Restful Sleep	9 Take a night off from screens.	10 Get 30 minutes of exercise doing something you enjoy.	11 Small Talk: Why Are We So Tired?	12 Reframe a negative feeling you have about sleep into a positive one.	13 Do something that relaxes you to unwind before bed.
14 Mental Health Tips: Guided Meditation	15 Check your phone or email notifications and turn something off.	16 Journal for fifteen minutes to clear your head before bed.	17 Do something that makes your bedroom more sleep-friendly.	18 Give yourself a hand, foot, or neck massage before bed.	19 Blog: 5 Ways You Can Improve Your Sleep Tonight	20 Enjoy some sunlight as soon as you wake up.
21 See if you can keep a bedtime routine going for the whole week.	22 Blog: How Psychotherapy and Sleep Reduce Stress	23 Take a warm bath or shower.	24 Small Talk: How do I not feel guilty for taking time for myself?	25 Try doing a meditation for sleep for 10 minutes.	26 Spritz a calming scent like lavender on your pillow.	27 Listen to some calming sounds on Youtube or a meditation app.
28 Blog: 4 Routines To Improve Sleep And Mental Health	29 Read a chapter of a book before bed.	30 Small Talk: I am burned out. What can I do NOW?	31 Write down the best thing that happened this month.	Find the right therapist or coach for you. Get matched for free.		

