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1

SELF-INJURY AWARENESS DAY

2

WORLD TEEN MENTAL WELLNESS DAY

3

WORLD HEARING DAY

4

READ SOMETHING INSPIRING

5

LISTEN TO SOMETHING UPBEAT

6

NATIONAL DAY OF UNPLUGGING - STARTS AT SUNDOWN

7

NATIONAL DAY OF UNPLUGGING - ENDS AT SUNDOWN

8

CREATE A BETTER SLEEP SPACE

9

GO THROUGH YOUR SOCIAL MEDIA AND UNFOLLOW ANY 'TOXIC' PEOPLE

10

WATCH SOMETHING FUNNY

11

GET UP AND MOVE YOUR BODY

12

NATIONAL PLANT A FLOWER DAY

13

WORLD SLEEP DAY

14

NATIONAL PI DAY

15

NEWSLETTER RELEASE

16

EAT SOMETHING WHOLESOME

17

DRINK SOMETHING REFRESHING

18

LIGHT A SCENTED CANDLE AND ENJOY THE SMELL

19

DRAW OR DO SOMETHING CREATIVE

20

INTERNATIONAL DAY OF HAPPINESS

21

NATIONAL COMMON COURTESY DAY

22

WORLD WATER DAY

23

ASK FOR HELP/SUPPORT WITH SOMETHING

24

FORGIVE YOURSELF

25

TAKE A WALK WITHOUT CHECKING YOUR PHONE

26

PURPLE DAY (EPILEPSY AWARENESS)

27

MEET UP WITH A FRIEND AND DO SOMETHING FUN

28

GO SOMEWHERE THAT MAKES YOU FEEL PEACEFUL

29

NEWSLETTER RELEASE

30

WORLD BIPOLAR DAY

31

MAKE A NOTE OF YOUR HAPPY MEMORIES SO FAR THIS YEAR

MARCH 2020

"Self-care is giving the world the best of you, instead of what's left of you."

KATIE REED



TeenHelp

WWW.TEENHELP.ORG

