





March 2021 Happiness Calendar

This month, be kind to yourself and others.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters.**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Give a compliment to someone for World Compliment Day.	2 Being hard on yourself? Think about how you would treat a friend in your situation.	3 Turn on some music for a mood boost.	4 After a tumultuous year in politics , take time to process what you've been through.	5 Sign up for our new online courses for educators.	6 Make a plan in case someone in your household gets COVID-19.	
7 If you're in a relationship, schedule some time for cuddling.	8 Stand up for women on International Women's Day.	9 How altruistic are you? Take our quiz to find out.	10 Spend time outdoors for greater peace of mind.	11 Reach out to an older person who might be lonely during lockdown.	12 When you want to complain, look for something to appreciate instead.	13 Make sure your goals are aligned with what's important to you.
14 Try a walking meditation.	15 Watch a TV show about people who are different from you.	16 Share your troubles with a friend.	17 Think about the ways you've been lucky in life.	18 Do a kind deed for someone.	19 Get some exercise to help you cope with dark moods.	20 Plan to do something pleasant today.
21 Be mindful of suffering; try not to resist or deny your pain.	22 Offer help to a coworker when they need it.	23 How strong is your sense of purpose? Take our new quiz.	24 Look for things you have in common with people who are different from you.	25 Notice experiences of awe, wonder, and beauty in everyday life.	26 Reflect on your hopes for the world post-COVID-19.	27 Give yourself care and compassion, because you deserve it.
28 Want to join the GGSC? Apply to be our director of marketing and partnerships.	29 Help a young person discover their kindness and goodness.	30 Remember that social change work takes time and perseverance.	31 Put up a visual reminder of your connections or community.		 Greater Good Science Center ggsc.berkeley.edu greatergood.berkeley.edu	



[Five Science-Backed Strategies to Build Resilience](https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience)

The Greater Good Science Center has collected many resilience practices on our website Greater Good in Action, alongside other research-based exercises for fostering kindness, connection, and happiness. Here are 12 of those resilience practices (squeezed into five categories), which can help you confront emotional pain more skillfully.

greatergood.berkeley.edu

https://greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience



[Episode 86: Scheduling Time to Feel Awe\(some\)](https://greatergood.berkeley.edu/podcasts/item/scheduling_time_to_feel_awe_chris_duffy)

Chris Duffy I have a friend, who sometimes describes himself as like, "I am so grateful and happy for you and for friends and also for the fact that I have brain chemistry that makes me happy." And I've often identified with that like, "Oh, wow. I guess I just have the right chemicals flowing through my brain that make it so that I'm often happy."

greatergood.berkeley.edu

https://greatergood.berkeley.edu/podcasts/item/scheduling_time_to_feel_awe_chris_duffy



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March 15-21, 2021

Celebrate Brain Awareness Week!

Join the global campaign to foster public enthusiasm and support for brain science.

[Learn More →](#)

<https://www.brainawareness.org/>



March Wellness Focus – “Eat Right”

What better time to start focusing on nutrition in your life than during National Nutrition Month? The type, quality, and amount of food that individuals consume each day play a vital role in their overall health and physical fitness. To achieve optimum health for both today and tomorrow, “**Eat Right**” by checking out the food, nutrition, and health information listed below:

Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with milk instead of water. Mix in raisins or dried cranberries. Top with chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.
- Top a toaster waffle with low-fat yogurt and fruit.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread almond butter on a whole-grain toasted bagel. Top with apple slices.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.





March Monthly Events

National Nutrition Month®
 American Red Cross Month
 Brain Injury Awareness Month
 Cerebral Palsy Awareness Month
 Deaf History Month (3/13 to 4/15)
 International Listening Awareness Month
 National Chronic Fatigue Syndrome Awareness Month
 National Colorectal Cancer Awareness Month
 National Developmental Disabilities Awareness Month
 National Endometriosis Awareness Month
 National Eye Donor Month
 National Hemophilia Month
 National Kidney Month
 National Multiple Sclerosis Education & Awareness
 National Social Work Month
 Save Your Vision Month

National Celery Month
 National Caffeine Awareness Month
 National Flour Month
 National Frozen Food Month
 National Noodle Month
 National Peanut Month
 National Sauce Month
 Irish American Heritage Month
 National Craft Month
 National Women's History Month
 Optimism Month
 Quinoa Month
 Sing With Your Child Month
 Youth Art Month
 National Ethics Awareness Month

Weekly Events

2/28-3/6 National Consumer Protection Week
 4-14 Florida Strawberry Festival
 7-13 Girl Scout Week
 8-12 National School Breakfast Week

8-14 World Salt Awareness Week
 14-20 Patient Safety Awareness Week
 21-27 National Agriculture Week
 21-27 Poison Prevention Week



Founded: March 12, 1912, Savannah, GA

3 THINGS TO NOTICE DAILY

1. What ENERGIZES you
2. What you're GRATEFUL for
3. What's NOT WORKING & why

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HOW TO CONNECT WITH OUR GUIDANCE COUNSELORS:

Our current options for access to Wellness and Mental Health Supports:

- Students can request a meeting with a school counselor with their building secretary.
- Parents may also reach out to our Mental Health Consultant, Josie Muterspaw, between 7:30 am– 2 pm. Phone: 513-897-649-7344 or jmuterspaw@wayne-local.com.
- Guidance Counselors available for assistance:

MS/HS: Sarah Snyder and Cathy Joefreda

Elementary: Charnelle Bees

