

# March Wellness Newsletter

Brought to you by: Mabel-Canton School District

**This is a month of celebration!**

**Daylight savings time! Warmer weather! Melting snow! Spring begins March 20th!**

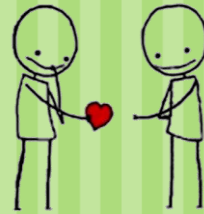
## MOVE!

Join an exercise program, take a walk with a friend, go for a short hike or jog!



## PAY IT FORWARD!

Do something nice for someone. Pay for someone's coffee or highway toll. This activity creates gratitude, empathy, community and much more!



Pay it forward

## GET DIRTY!

Go outside and play in the dirt...plant your garden.



## BREATHE IN!

Using essential oils and aromatherapy can take you to your happy place with each whiff. Try lavender or vanilla!



## GET CENTERED!

Educators who practice yoga say it has given them an outlet for the daily stresses and frustrations of teaching.



## UNPLUG!

These days, it feels like everyone's glued to a phone, laptop, or both at the same time. Deliberately taking a break from social media, e-mail, blogging, and so on can help us recharge and gives our brain the downtime it needs to work at an optimal level.

