

Wellness Institute Monthly Calendar

March 2022



Sleep Awareness Month

Each March, many in the US lose one hour of sleep. We are reminded of the importance of how sleep impacts. As you sleep, your brain helps you store and organize your memories and any new learning. Your body heals during sleep. When sleep is disrupted, you are more likely to get sick, develop a health problem or have an accident or injury. Sleep has many important benefits for memory, mood, energy, and overall wellness in all dimensions!

The [National Sleep Foundation](#) is promoting Sleep Awareness Week from March 13-19, 2022.



Week 1: March 1-5

March 1 is the first day of Women's History Month. Learn more on the [History Channel](#).

March 1 also is Plan a Solo Vacation Day to boost your intellectual wellness. If your budget doesn't allow it, or you want to stay home, try armchair traveling by taking online tours.

March 2 is National Read Across America Day

The [National Education Association](#) (NEA) promotes reading for everyone all year, with resources, special events, and recommended books. For 2022, the NEA is sponsoring a sweepstakes to award a virtual author visit at the public school of your choice!

March 4 is the National Day of Unplugging. Who can't use a day to unplug? Leaving the TV off and keeping your phone in its charger. You may find that you [benefit in many ways!](#)



Week 2: March 6-12

March 7 is National Cereal Day.

Cereal is an easy way to add whole grains to your breakfast and snacks. Have fun eating your favorite cereal or trying something new

March 12 is **National Plant a Flower Day**.

If you live where it's too early to plant outside, you may want to try starting seeds indoors. You don't need fancy containers—you can use [recycled materials](#) instead!



Week 3: March 13-19

March 15 is World Social Work Day



March 17 is St. Patrick's Day



Week 4: March 20-26

March 20 is the [International Day of Happiness](#)

March 21 is National Common Courtesy Day

This is a great way to remind ourselves that the world is better off when we show gratitude and graciousness in both big and small ways.

Remember to say “please” and “thank you.”

March 21 is **Harmony Day in Australia**

On Harmony Day in Australia everyone celebrates the core values of inclusiveness, respect for other cultures, tolerance, and diversity. It is a day that began in 1999 and coincides with the UN’s International Day for the Elimination of Racial Discrimination.

March 21 is World Poetry Day

On March 21, 2021 The Academy of American Poets picked a [spring poem](#) for their Poem-A-Day selection. The following is an excerpt.

After the Winter Rain by *Ida Coolbirth*

After the winter rain,
Sing, robin! Sing, swallow!
Grasses are in the lane,
Buds and flowers will follow.

You can find other poems and sign up for a poem a day at the [Poets website](#).

March 22 is National Sing Out Day



Karaoke anyone?

Week 5: March 27-31

March 27-April 2 is National Cleaning Week

Make your home [cleaner and healthier!](#)

March 30 is Take a Walk in the Park Day

Get moving. Take a short walk, quiet stroll, or a long hike—or visit a park! Not sure what’s nearby? Some [searchable websites](#) list trails all over the United States.

References and Resources

The World Social Work Day image is from the [International Federation of Social Workers](#). Other illustrations are listed online as free for reuse without attribution from Microsoft Word® icons and pixabay.com

You can find lots more special days on various online sites such as <https://nationaltoday.com/> and <https://www.holidayscalendar.com>