

March 2025



Motto of the month:
Focus on right here
and right now.
Be mindful.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™

						<p>It's Mindful March! Slow down and focus on your needs this month. You're almost a quarter of the way through 2025 – how are your goals looking?</p>	<p>1</p> <p>Relax and recharge. Prioritise self-care today.</p>
<p>Take a 10-minute movement break every hour. Your body (and mind) will thank you.</p>	<p>3</p> <p> Hydrate, hydrate, hydrate! Aim for 8 glasses of water.</p>	<p>4</p> <p>Connect with a colleague. A strong social network boosts wellbeing.</p>	<p>5</p> <p>Try a new healthy recipe. Explore different cuisines and flavours.</p>	<p>6</p> <p> Celebrate your small wins this week. Progress is progress!</p>	<p>7</p> <p>International Women's Day Celebrate the amazing women in your life!</p>	<p>8</p> <p> Get some fresh air! Go for a walk or spend time in nature.</p>	
<p>Practice mindfulness for 5 minutes. Find your inner peace.</p>	<p>10</p> <p>Stretch it out! Improve flexibility and reduce muscle tension.</p>	<p>11</p> <p> Prioritise sleep. Aim for 7-9 hours of quality rest.</p>	<p>12</p> <p>Learn something new! Keep your mind active and engaged.</p>	<p>13</p> <p>World Sleep Day Make sure you get at least 8 hours of sleep tonight. Set yourself up for the weekend!</p>	<p>14</p> <p> Cook a healthy meal with friends or family. Sharing is caring!</p>	<p>15</p> <p>Reflect on your goals and celebrate your achievements so far.</p>	
<p>Set a small, achievable health goal for the week.</p>	<p>17</p> <p> Take the stairs instead of the lift, if you can. Every step counts!</p>	<p>18</p> <p>Practice gratitude. Focus on the positive aspects of your life.</p>	<p>19</p> <p>Limit screen time before bed. A good night's sleep is essential.</p>	<p>20</p> <p>Treat yourself to something healthy and enjoyable. You deserve it!</p>	<p>21</p> <p>Volunteer your time to a cause you care about. Giving back feels good!</p>	<p>22</p> <p> Spend quality time with loved ones. Connection is key to wellbeing.</p>	
<p>Try a new type of exercise. Mix it up and keep things interesting.</p>	<p>24</p> <p>Pack a healthy lunch for work. Fuel your body with nutritious food.</p>	<p>25</p> <p>Mindfulness tip De-stress by adding 15 minutes of self-care to your daily routine.</p>	<p>26</p> <p> Express yourself creatively. Art, music, or writing can be therapeutic.</p>	<p>27</p> <p>Reflect on the month's progress and celebrate your wins.</p>	<p>28</p> <p> Plan a relaxing weekend getaway, even if it's just a short trip.</p>	<p>29</p> <p>Prepare for a successful week ahead by setting intentions and goals.</p>	
<p>Review your monthly goals and celebrate your accomplishments.</p>	<p>31</p>						

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