



MARCH 2025

WELLBEING FOR
THE HUMAN BEING

THEME

Growth is the theme for this month. Time to Spring into Action. Now that Spring is here, Nature is again bursting with new life, blossoming bright and beautiful, and beginning the next season of the year. The same is true of us. Time to focus on new ways to promote wellbeing this month. Burst into laughter on Let's Laugh Day. Help someone blossom by sharing a compliment or showing appreciation for their hard work. Let your optimism shine bright and enhance your physical health by eating healthy and getting needed sleep. Spring is a wonderful time to embrace your true nature and focus your spiritual growth on inner peace and harmony.

OBSERVANCES

National Nutrition and Hydration Week
National Nutrition Month
Sleep Awareness Month
Listening Awareness Month
National Optimism Month
Self-Injury Awareness Month
Spiritual Awareness Month

National Pet Poison Prevention Week
(March 16 – 22)
PAWS to Read Month

FOCUS # 1

Spiritual Wellbeing

One of the dimensions of wellbeing that often is overlooked. This does not necessarily refer to religious beliefs and practices, although that aspect can certainly be a source of inspiration and wellbeing. It is also about discovering and awakening our true self and pursuing meaning in our life - to find peace, harmony, and to be a part of something beyond ourself.

Ways to promote spiritual wellbeing:

1. Self-care and self-reflection
2. Embrace and celebrate our connections with others nature
3. Engage in activities that fulfill your purpose and provide a sense of awe (work, volunteering, being in nature)



1. <https://worldhealth.net/news/healing-power-meditation-nurturing-your-mind-body-and-soul/>

FOCUS # 2

Physical Wellbeing

Nutrition and hydration are essential for life. Eating healthier comes with a lot of benefits that can last a lifetime. Combined with exercise, healthy eating makes our bodies stronger and improves our immune system and can help reduce the risk for chronic illnesses like diabetes and heart disease.

The Theme for 2025 National Nutrition Month is Food Connects Us. Sharing a meal is a great way to connect with family, friends, and other cultures. Taking time to savor the ingredients, smells and tastes enriches the experience of nourishing our bodies and our souls. Good food is not only a part of health, but of memories, traditions, and seasons.

Try these tips for healthier eating:

- [Health Tips](#)
- [Health Tips on the Run](#)

1. <https://www.eatright.org/national-nutrition-month/resources>

FOCUS # 3

Emotional Wellbeing

Optimism is about hopefulness, having confidence in a better future, and finding the good in the world. It is not about denying that challenges occur. An optimist will see an adversity as not personal, temporary, and localized to one part of their life. Optimism is being realistic in the moment and knowing you still have choice and control over some part of what is happening, even if it is only choosing your own attitude.

Optimists have a "I get to" mindset. Rather than have a negativity bias, they choose to reframe their perspective in some positive way. By doing so, optimism can reduce stress, trigger the release of dopamine, and protect against depression. Optimism contributes to emotional wellbeing which also positively influences our mental and physical wellbeing.

FOCUS # 4

Let's spring into action to protect our furry friends safe from potential poisonings by educating owners on what is toxic to their pets.

Here is a link to some helpful resources: <https://www.aspcapro.org/printable-pet-safety-materials>

Top 10 Pet Poisons of 2024²:

CATS: Lilies, Chocolate, Onions/Chives/Leeks/Shallots, Garlic, Ibuprofen, Peruvian Lily, Vitamin D3 (overdose), Amphetamine Combos, Carprofen, Tulips

DOGS: Chocolate, Grapes/Raisins, Bromethalin, Xylitol, Ibuprofen, Marijuana, Anticoagulant Rodenticides, Vitamin D3 (overdose), Carprofen (overdose), Onions/Chives/Leeks/Shallots

1. <https://www.petpoisonhelpline.com/toxin-trends/>

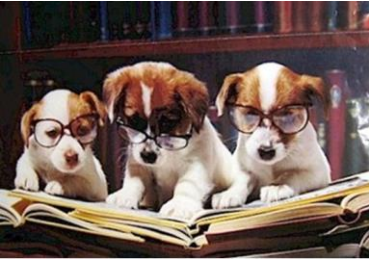
















FOCUS # 5

We are all familiar with the benefits of pets. One extraordinary benefit of animals is how they positively impact the lives of children.

PAWS for Reading is a program that helps children improve their reading skills, confidence, and focus by reading to animals (pets, shelter or therapy animals). You can promote this program by recommending books about animals, creating awareness around this program or even sharing your pet with a child who does not have one. A Happy Tale ☺

Get to know these breeds this month: Welsh Corgi, Akita, West Highland Terrier, & Newfoundland

Fun Fact: Saint Gertrude of Nivelles is the Patron Saint of Cats

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
 <p>PAWS to Read Month</p> <p><small>This Photo by Unknown Author is licensed under CC BY</small></p>	 <p>Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. Helen Keller</p>			 <p>Berries & Cherrie Month</p> <p>WORLD COMPLIMENT DAY MARCH 1</p> <p>https://stock.adobe.com/</p>	<p>1 World Compliment Day</p>
<p>3 If Pets Had Thumbs Day</p>  <p>WORLD WILDLIFE DAY 3 MARCH</p>	<p>4 MARDI GRAS</p>  <p>Enjoy a King Cake</p>	<p>5</p>	<p>6</p> <p>Re-read a Favorite Book</p>	<p>7</p> <p>Employee Appreciation Day</p> <p>National Be Heard Day</p>	<p>8th International Women's Day</p> <p>9 Daylight Savings Time begins</p>
<p>10</p> <p>National Hug your Dog Day</p> <p>International Day of Awesomeness</p>	<p>11</p> <p>National Nutrition and Hydration Week</p>	<p>12</p> <p>k / National Sleep Awareness Week</p> <p>Drink your water!</p> 	<p>13</p> <p>National K9 Veterans Day</p> <p>Popcorn Lover's Day</p> 	<p>14 FULL MOON</p> 	<p>15/16</p>
<p>17</p>  <p>Happy St. Patrick's Day</p>	<p>18</p>	<p>19 National Let's Laugh Day</p>  <p><small>This Photo by Unknown Author is licensed under CC BY-NC</small></p>	<p>International Day of Happiness</p> <p>20 First Day of Spring</p> 	<p>21</p> <p>National Planting Day</p>  <p><small>This Photo by Unknown Author is licensed under CC BY-SA</small></p>	<p>23</p> <p>World Puppy Day</p> <p>Cuddly Kitten Day</p> 
<p>24</p> <p>Name 3 blessings you had today.</p> <p>"We should certainly count our blessings, but we should also make our blessings count." — Neal A. Maxwell</p>	<p>25</p>	<p>26</p> <p>Enjoy the Sunset</p> 	<p>27</p> <p>What are you proud of today?</p>	<p>28</p> <p>Respect Your Cat Day</p> 	<p>30</p> <p>National 'I am in control' Day</p> 
<p>31</p>					