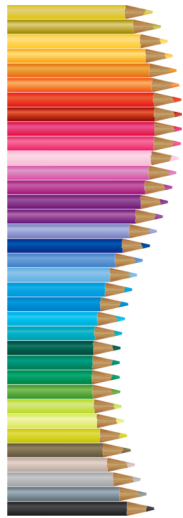


# MARCH 2024



## Color Therapy Month

*The use of colors to change our world!*



Take a moment to color me...



### What are the benefits of color therapy?

Help to relieve stress. Colors like **blue** and **green** are thought to have soothing affects.

Help with seasonal affective disorder. Colors like **yellow** and **orange** have been known to help.

Help to boost energy! Colors such as **red** and **yellow** have been known to help motivation.

### How can you participate in color therapy month?

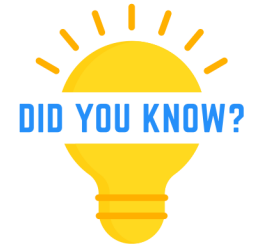


Indulge in some rainbow snacks!

Explore colorful art!



Try to find as many colors around you!



**YELLOW INDUCES HAPPINESS**

**RED INCREASES ENERGY**

**PURPLE PROMOTES CREATIVITY**

**GREEN EVOKES FRESHNESS**

**ORANGE BRINGS JOY**

**BLUE EXUDES RELAXATION**











**COLOR IS A POWER WHICH DIRECTLY INFLUENCES THE SOUL.**

*WASSILY KANDINSKY*

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_



# MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 National Day of Unplugging 	2
3	4  National Snack Day	5 <i>dream, believe, achieve</i>	6 Color for 30 mins tonight! 	7 12% of Americans Dream in Black & White	8 Anxiety Test <a href="https://www.talkspace.com/assessments/anxiety-test">https://www.talkspace.com/assessments/anxiety-test</a>	9
10	11 <i>zzzz</i> National Napping Day	12 <b>Hypnic Jerks:</b> The sensation of falling when 1/2 asleep and jerking yourself awake.	13 <b>THE CONNECTION BETWEEN SLEEP &amp; MENTAL HEALTH</b> <a href="https://nationaltoday.com/world-teen-mental-wellness-day/">https://nationaltoday.com/world-teen-mental-wellness-day/</a>	14 <b>Sleep Personalities:</b> Your favorite sleeping position is linked to your personality.	15 Go to bed 30 earlier tonight! 	16
<i>National Sleep Awareness Week</i>						
17	18 <b>Worry vs. Anxiety</b> <a href="https://www.talkspace.com/blog/worry-vs-anxiety/">https://www.talkspace.com/blog/worry-vs-anxiety/</a>	19 Read for 30 mins tonight! 	20 <b>International Day of HAPPINESS</b>	21 Write down 3 things you would like to accomplish.	22 <b>Feeling the Blues?</b> <a href="https://www.talkspace.com/blog/feeling-the-blues/">https://www.talkspace.com/blog/feeling-the-blues/</a>	23
24 31	25 Aim to refill your water bottle 3-5 times a day! 	26 <i>Things TAKE Time</i>	27 <b>10 Tips to Stop Worrying</b> <a href="https://www.talkspace.com/blog/stop-worrying/">https://www.talkspace.com/blog/stop-worrying/</a>	28  Go on 30 minute walk!	29 <b>International Pay It Forward Day</b> 	30

TO-DO LIST

