

MARCH 2022

Character strengths are critical in building resilience, handling problems, and buffering future struggles from happening. This month, focus on using several of your strengths, including Gratitude and Humor, to cultivate happiness and effectively manage stress. Use this calendar for inspiration or as a resource to discover more in-depth information surrounding your strengths.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>HUMOR</p>	 <p>GRATITUDE</p>	<p>1</p> <p>Celebrate the first day of Women's History Month.</p>	<p>2</p> <p>Sign up for Mindfulness and Strengths Half-Day Virtual Retreat.</p>	<p>3</p> <p>Feeling stressed? Take some time to get outside.</p>	<p>4</p> <p>Learn ways to flourish in your everyday life.</p>	<p>5</p> <p>Navigate daily life stressors with the Mindfulness and Strengths in Daily Life course.</p>
<p>6</p> <p>Brainstorm three things that bring you happiness.</p>	<p>7</p> <p>See how your strengths have developed by retaking the free VIA Survey.</p>	<p>8</p> <p>Celebrate International Women's Day by showing appreciation to the women in your life.</p>	<p>9</p> <p>A resource for teens to increase optimism and resilience.</p>	<p>10</p> <p>Dance or sing to your favorite song.</p>	<p>11</p> <p>Prepare to have a relaxing and stress-free weekend.</p>	<p>12</p> <p>Spend time with those you love today.</p>
<p>13</p> <p>Combat the Sunday Scaries with new ways to fight work stress.</p>	<p>14</p> <p>Set a new goal for the week.</p>	<p>15</p> <p>Help others develop happiness by finding their character strengths.</p>	<p>16</p> <p>How to develop your top five character strengths.</p>	<p>17</p> <p>Share something that makes you laugh with others.</p>	<p>18</p> <p>Discover how character strengths can help with perspective on illness.</p>	<p>19</p> <p>Nurture your body. Get some exercise or rest- whichever you need!</p>
<p>20</p> <p>Ease your anxiety with three simple steps.</p>	<p>21</p> <p>Log the funny moments each day this week.</p>	<p>22</p> <p>Celebrate International Day of Happiness!</p>	<p>23</p> <p>Practice being an optimist and focus on the good that came out of today.</p>	<p>24</p> <p>Give someone you admire a compliment.</p>	<p>25</p> <p>Activate your strengths to improve well-being.</p>	<p>26</p> <p>Take five conscious deep breaths.</p>
<p>27</p> <p>Cultivate strength and resilience for the week ahead.</p>	<p>28</p> <p>Take the evening to practice self-care.</p>	<p>29</p> <p>Smile at a stranger today.</p>	<p>30</p> <p>Practice gratitude for what is in your life.</p>	<p>31</p> <p>Read how to appreciate and ignite your character strengths.</p>		