

# TAKE CARE CALENDAR

## MARCH 2021

The CARE Team identifies students who may be experiencing distress or have concerns within the university community that could potentially impact student well-being. The team consults in order to generate awareness and plan collaborate responses.

[csumb.edu/studentlife/care-team](http://csumb.edu/studentlife/care-team)

	MAR 1	MAR 2	MAR 3	MAR 4	MAR 5	MAR 6
LET'S DO IT!	PREPARE A SPECIAL LUNCH	AVOID SOCIAL MEDIA FOR THE DAY	SPEND TWO HOURS OUTSIDE	SPEND TIME WITH SOMEONE INSPIRING	RELAX AT A NEARBY BEACH OR POND	SLEEP IN
MAR 7	MAR 8	MAR 9	MAR 10	MAR 11	MAR 12	MAR 13
LISTEN TO MUSIC WITHOUT DOING ANYTHING ELSE	ENCOURAGE A COLLEAGUE	THINK ABOUT ALL THE PEOPLE YOU LOVE	GIVE A COMPLIMENT TO SOMEONE	STAY PRESENT WHILE DRINKING COFFEE OR TEA	DECLUTTER SPACE IN YOUR HOME	NOTICE HOW YOU SPEAK TO YOURSELF. BE KIND
MAR 14	MAR 15	MAR 16	MAR 17	MAR 18	MAR 19	MAR 20
PI DAY DAYLIGHT SAVING EAT PIE AND GO TO BED EARLY	NAP MEDITATE BREATHE	TREAT YOURSELF TO A SPECIAL SNACK	ST. PATRICK'S DAY WEAR SOMETHING GREEN	LAUGH	TRY TO REMEMBER YOUR DREAM	GET OUTSIDE NOTICE 5 BEAUTIFUL THINGS
MAR 21	MAR 22	MAR 23	MAR 24	MAR 25	MAR 26	MAR 27
BINGE: WATCH, READ, LISTEN	LOOK AT SOMETHING BEAUTIFUL	WEAR YOUR FAVORITE SOCKS	EXERCISE FOR SEVEN MINUTES	THINK OF SOMETHING POSITIVE	CLOSE YOUR EYES AND FOCUS ON YOUR GOALS	AVOID BAKED GOODS
MAR 28	MAR 29	MAR 30	MAR 31	<p>Women's History Month: "Valiant Women of the Vote: Refusing to be Silenced" National Women's History Alliance: Recognizing the achievements of women in all facets of life – science, community, government, literature, art, sports, medicine – has a huge impact on the development of self-respect and new opportunities for girls and young women.</p> 		
DRESS UP	CALL A FRIEND OR RELATIVE	DO SOMETHING THAT BRINGS YOU JOY	CREATE SOMETHING NEW			