

MARCH MADNESS ACTIVITIES



1. Make 1/2 of your plate fruits and vegetables.
2. Take 1-2 minutes to meditate.
3. Book a virtual wellness offering for your department.
4. Spend 10 minutes organizing your desk or workspace.
5. Write down three things for which you are grateful.
6. Read a book, magazine or interesting article for 10 minutes or more. Audio books & podcasts count too!
7. Track your spending for one day. Write down each time you make a purchase. Find a weekly tracker on gatorcare.org/money-2020.
8. Use reusable grocery bags instead of plastic.
9. Use a reusable water bottle all day.
10. Fill in the blank and post in your workspace or home: I am grateful to money because _____.
11. Complete a word search, crossword or Sudoku puzzle. Race with your coworkers to enhance your social wellness too!
12. Begin your day with 2 minutes of deep breathing.
13. Start your workday with a specific intention. Write it down and keep it visible in your workspace.
14. Practice an act of kindness. Hold the door for someone, clean a shared space in your home, or something else to boost your social wellness.
15. Journal about your meaning and purpose. Reflect on the question "Why is this important to me?"
16. Incorporate physical activity into your workday. Take a walk or Deskercise.

MORE INFORMATION AT [GATORCARE.ORG/MM](https://gatorcare.org/mm)