

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Problem Gambling Awareness Month</h2>					1  Set a monthly intention.	2  Recharge for World Teen Mental Health Awareness Day.
					3  Unplug from social media.	4  Try a new activity or interest.
10  Send a thank you text or note.	11  Take a 5-minute stretch break.	12  Explore a new place.	13  Set an intention for your day.	14  Take a break from social media for at least an hour.	15  Tell a friend or family member that you care about them.	16  Recognize the signs of problem gambling.
17  Wear green for St. Patrick's Day.	18  Table Talk: Why do you choose to be substance-free?	19  Get outside for the first day of spring! 	20  List 5 reasons to be happy today.	21  Treat yourself (in whatever way you would like).	22  Implement a relaxing bedtime routine.	23  Know when and where to get help.
24  Dance to your favorite song.	25  Try a new recipe.	26  Unfollow a social media account that does not bring you joy.	27  Meditate for 5 minutes.	28  Read a poem and write down how it made you feel.	29  Clear off a cluttered space in your room.	30  Test your problem gambling knowledge.
31  Write down the best thing that happened this month.						Prevention Action Alliance