

MARCH

2023 MENTAL HEALTH

A W A R E N E S S



#SelfHarmAwarenessMonth

SUN

MON

TUE

WED

THU

FRI

SAT



1
Self-Injury
Awareness
Day

2
Teen Mental
Wellness
Day

3

4 **Mental
Health Tip:**
Take a 30-60
min break from
social media.

5
6 **Self-care:**
Give yourself
3 positive
compliments.

7

8
International
Women's
Day

9
10
11
Daily Affirmations:
I am strong and capable.

12
13
14
15
Sleep Awareness Week (March 12-18)

16

17
18

19
20
21
Daily Affirmations:
I'm grateful for today.

22
Ramadan

23

24
**Mental
Health Tip:**
Its okay to
say no.

25

26
27 **Self-care:**
Spend time
with a pet.

28

29

30
World
Bipolar Day

31
30
**Second
Mental Health
Checkup**

Depressed? Anxious? We Can Help!

Schedule a Free Consultation

www.abetterwaytms.com
714-716-2900

