

MARCH

SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

year of Calm

1 Go for a short walk before bed and look up at the sky.

2 Did you know that Calm launches a new Sleep Story every Friday? Check it out.

3 Do something that will make your sleeping space feel more relaxing.

4 Do one thing that will help you feel more organized for the week ahead. Beat the #SundayScaries

5 Notice how you spend your time before bed. How do you set yourself up for a good night's rest (or not)?

6 Set a bedtime for tonight and stick to it.

7 Dim the lights and light some candles a couple of hours before bed.

8 Reach out to a woman who inspires you and tell her why.

9 Did you know that being dehydrated can disrupt your sleep? Stay hydrated during the day & notice how it affects your sleep.

10 Go outside today and move.

11 The senses are the entry point to the present moment. Delight your senses with lovely smells, sounds, sights, tastes, and things to touch! #SelfCareSunday

12 Today, notice how the foods you eat impact your energy levels.

13 Turn down screen brightness on your phone (or computer) at night.

14 Keep a note pad/journal by your bed so you can empty your mind of any future thoughts and leave them for tomorrow

15 Meditate on the coziness of your bed & blankets before going to sleep.

16 Unwind from your day with a progressive muscle relaxation body scan, Deep Sleep Relax.

17 When you get into bed, visualize yourself somewhere calm and relaxing.

18 Go for a photo walk. Discover the beauty in your neighborhood. Share one of your photos with the hashtag #YearOfCalm

19 At bedtime, lie on your back, place your hands on your belly, and pay attention to the rise and fall of every inhale and exhale (for at least 5 breaths).

20 Spray some Sleep Mist or lavender on your pillow before bed.

21 It's World Poetry Day. Share your favourite poem with the hashtag #YearOfCalm

22 Skip your afternoon caffeine (this means chocolate too)--don't worry, it'll still be there in the morning :)

23 Make relaxing plans with a good friend.

24 Do something playful today that nourishes you!

25 Try a meditation or a Sleep story that you've never done before. #SelfCareSunday

26 Detox from technology at least an hour before bed.

27 Go for a 15 minute walk in the morning and get some sunshine.

28 Go to bed with one of our Sleep Music Tracks.

29 Based on all you've learned this month, design a relaxing bedtime ritual just for you. Tell us about it with the hashtag #YearofCalm

30 Unwind from your day with a progressive muscle relaxation body scan, Deep Sleep Relax.

31 Cuddle up with a book instead of the TV before bed.

Share your progress with our global community using the hashtags #YearOfCalm and #CalmCommunity!

