

WELLNESS Wednesday | *March 4th, 2026*

Nutrition Month



Nutrition Month is a great time to rethink how we nourish our bodies—not with rigid rules, but with kindness, curiosity, and care.

Instead of chasing perfection, consider setting gentle goals that support your energy, mood, and overall well-being. Nutrition isn't just about what you eat—it's about how you feel, your relationship with food, and the habits that help you thrive.

Try these kind nutrition practices:

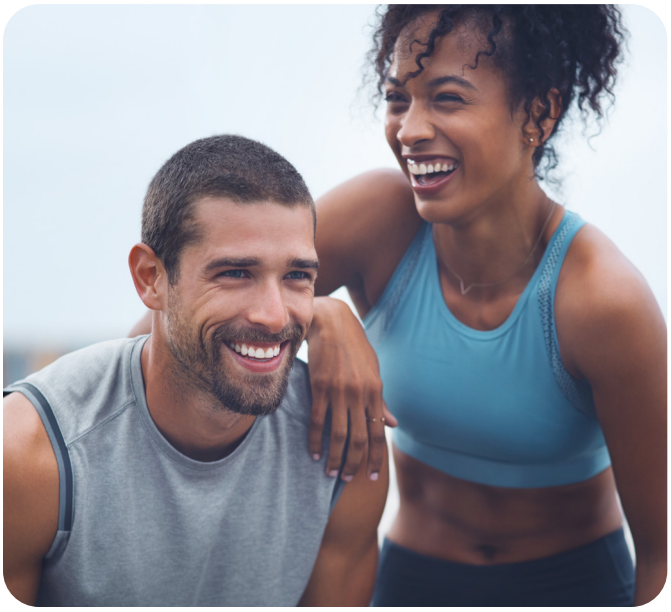
- **Tune in to hunger and fullness cues** – slow down and savor your meals. Notice when you feel satisfied rather than overly full or still hungry.
- **Add nutrient-rich foods rather than restrict** – focus on what nourishes your body, rather than eliminating foods.
- **Make meals enjoyable** – eat without distractions whenever possible and savor flavors, textures, and the experience of eating.
- **Honor your body's needs** – your body changes daily. Some days you may need comforting foods or larger portions; other days you may crave lighter meals or extra protein. Listening and responding to your body's cues helps build a stronger, more intuitive connection to food.
- **Let go of guilt** – all foods can fit into a balanced lifestyle. Food isn't just fuel; it serves your emotional, social, and cultural wellness too. Sharing meals with loved ones, enjoying favorite treats, and eating foods that bring joy are all part of holistic health. When you release guilt, eating becomes a nourishing, satisfying experience rather than a source of stress.

This month, focus on progress over perfection. Small, sustainable changes rooted in self-care can lead to lasting wellness.

Resource Link







Sleep Awareness Week (3/8-3/14)

Each year, Sleep Awareness Week (led by the National Sleep Foundation) highlights the vital connection between sleep and our overall well-being. This campaign is a reminder that quality sleep is essential to our mental, physical, and emotional health.

Yet, in the midst of busy schedules and constant demands, sleep often becomes the first thing we sacrifice. Whether it's staying up late to catch up on work, doom-scrolling before bed, or simply struggling to unwind, many of us aren't getting the restorative rest we need.

Getting enough high-quality sleep impacts nearly every aspect of our health:

- It helps regulate mood and stress
- Supports immune function and physical recovery
- Boosts memory, concentration, and productivity
- Contributes to heart health and hormone balance
- Plays a critical role in emotional resilience

Adults generally need 7–9 hours of sleep each night. Getting good quality, uninterrupted sleep is also crucial!

If your sleep has taken a back seat, this is the perfect time to reset. Try starting with just one or two of the following:

- **Create a consistent schedule.** Go to bed and wake up at the same time (even on weekends!).
- **Build a wind-down routine.** Dim the lights, avoid screens, and do something calming before bed. Things like reading, stretching, or deep breathing can all help!
- **Make your sleep environment restful.** A cool, dark, and quiet room supports deeper sleep.
- **Be mindful of caffeine and alcohol.** Both can interfere with the quality of your rest, especially later in the day.
- **Move your body during the day.** Regular physical activity can help you fall asleep more easily at night.

Improving your sleep doesn't have to be a complete overhaul. Start where you are, and notice how even small changes can lead to more energy, focus, and balance throughout your day.

During Sleep Awareness Week, give yourself permission to rest and recognize that better sleep is one of the most powerful forms of self-care you can practice.

International Women's Day

International Women's Day is celebrated annually on March 8 to honor women's achievements and advocate for gender equality. The 2026 theme is "Give to Gain", emphasizing collective action through giving, visibility, and empowerment.

What Is International Women's Day (IWD)?

International Women's Day (IWD) is a global celebration recognizing the social, economic, cultural, and political achievements of women. It also serves as a call to action for accelerating gender parity.

- **Date:** March 8 every year
- **Origin:** First observed in 1909 in New York as "National Woman's Day," inspired by labor movements and women's suffrage activism
- **Global Reach:** Celebrated in over 100 countries, with events ranging from rallies and conferences to art exhibitions and community gatherings
- **UN Involvement:** Officially recognized by the United Nations in 1975



2026 Theme: "Give to Gain"

The 2026 campaign theme, #GiveToGain, encourages individuals and organizations to:

- **Fundraise and donate** to women-focused causes
- **Elevate visibility** of women's achievements
- **Share knowledge and resources** to empower others
- **Support women-owned businesses** and creators

Why It Matters

- **Raises awareness** about gender inequality and discrimination
- **Celebrates progress** in women's rights and leadership
- **Inspires future generations** to continue advocating for equity

How to Get Involved

- Attend or host an IWD event
- Support women-led initiatives and businesses
- Share stories and achievements of women in your life
- Use hashtags like #IWD2026 and #GiveToGain to amplify the message



Benefit Basic Feature – Guardian App

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