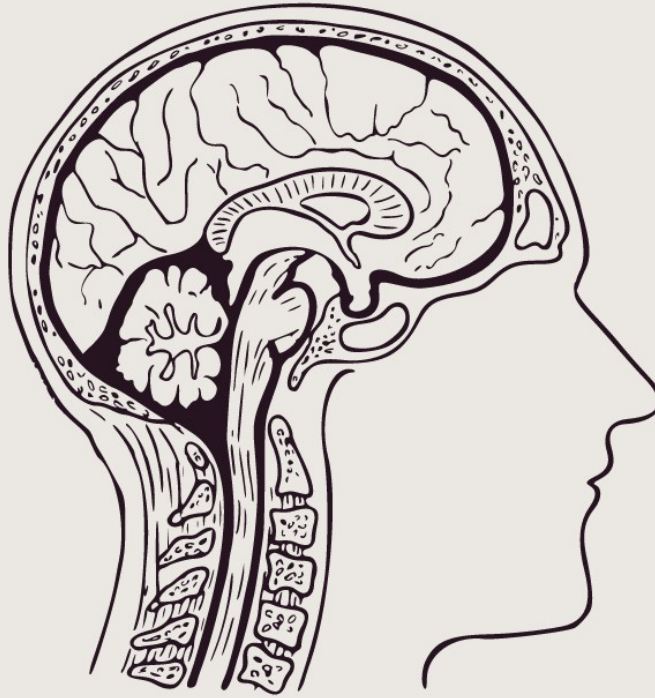




1

It may be St. Patrick's Day, but it is the day to evaluate your sleeping habits and improve both your mental and physical health. Click this link to see why sleep is important [Why is sleep important? 9 reasons for getting a good night's rest \(medicalnewstoday.com\)](https://www.medicalnewstoday.com/articles/why-is-sleep-important).

BRAIN AWARENESS DAY



MARCH 18, 2023

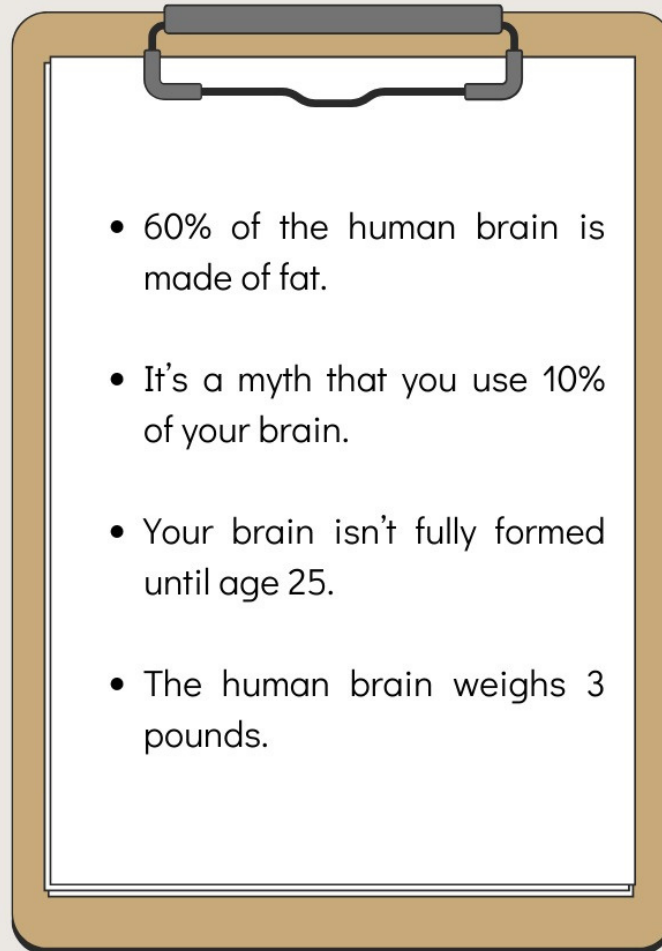
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2

Six tips to improve your brain health: exercise regularly, get plenty of sleep, eat a Mediterranean diet, stay mentally active, remain socially involved and keep blood vessels healthy. Learn more about how to keep your brain healthy by clicking on this link [Tips to keep your brain healthy - Mayo Clinic Health System](#).

Brain Facts



11 Fun Facts About Your Brain | Northwestern Medicine




Here are few facts about the human brain you may not know. Click here to learn more about your brain [11 Fun Facts About Your Brain | Northwestern Medicine](#).

National Drug and Alcohol Week

March 20 - 26, 2023

What is a standard drink?

- 12 ounces of beer (5% alcohol content).
- 8 ounces of malt liquor (7% alcohol content).
- 5 ounces of wine (12% alcohol content).
- 1.5 ounces of 80-proof distilled spirits or liquor such as gin, rum, vodka, whiskey (40% alcohol content).

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4

All alcoholic drinks do not have the same amount of alcohol, and drinking in moderation is key

to having a healthy relationship with alcohol. Learn more about how alcohol affects your physical and mental health by clicking this link [Drinking too much alcohol can harm your health. Learn the facts | CDC](#).

NATIONAL LGBT HEALTH AWARENESS WEEK

MARCH 20-24, 2023

THIS WEEK IS A TIME TO BRING ATTENTION TO THE DEVASTATING CYCLE OF DISCRIMINATION AND HEALTH DISPARITIES THAT AFFECT LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT) PEOPLE.



5

It is important to be inclusive when talking about mental health. Click this link to learn about resources about LGBTQIA+ health [Home » LGBTQIA+ Health Education Center](#).

World Bipolar Day

MARCH 30, 2023

Bringing the population information about bipolar disorders that will educate and improve sensitivity toward the illness.



World Bipolar Day (rethink.org)



6

Today is World Bipolar Day and the birthday of Vincent Van Gogh, who was posthumously diagnosed as having bipolar disorder. The Mayo Clinic offers resources about bipolar disorder, treatments and doctors. Click this link to learn more about bipolar disorder [here Bipolar disorder - Symptoms and causes - Mayo Clinic.](https://www.mayoclinic.org/diseases-conditions/bipolar-disorder/symptoms-causes/slc-20054821)

Women's History Month



Anna Freud

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7

This month we are celebrating women in psychology. Anna Freud is considered the founder of child psychoanalysis and a contributor to adolescent psychology. Read more about Freud here [Anna Freud Biography and Contributions to Psychology - Simply Psychology](#).

Women's History Month



Stronger Together

8

During this month we should take time to celebrate all women. #StrongerTogether

Women's History Month



Christine Ladd-Franklin

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9


During Women's History Month, we're celebrating Christine Ladd-Franklin. She is best-known for her work on color vision. Forming the Ladd-Franklin theory, she emphasized the evolutionary development of increased differentiation in color vision and assumed a photochemical model for the visual system and its developing stages of sight. Learn more about Ladd-Franklin here [Christine Ladd-Franklin | American scientist | Britannica](#)

SELF-INJURY AWARENESS DAY

- Text HOME to 741741 to connect with a person who can help you calm down.
- Get creative. Making art allows you to process your emotions.
- Find your zen. It is important to find healthy alternatives during hard times.
- Talk to a pro. Talking to a professional is important for your physical and mental health.

National Crisis Lifeline: 988

TTY: 1-800-799-4889

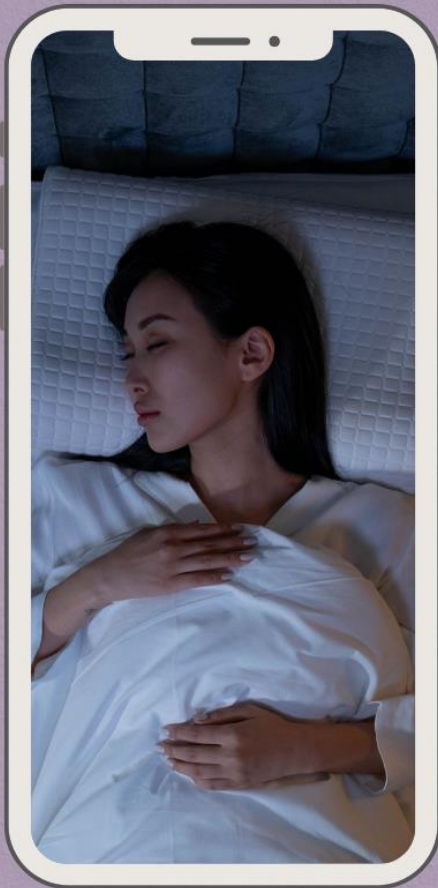
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10

You are not alone, and there are many resources to help you if you feel the need to harm yourself. It is important to have a discussion with a health professional and learn how to heal from self-harm. Click this link to learn more about how to get free help [FREE Help for Self-Harm | Text CONNECT to 741741 | Crisis Text Line](#).

NATIONAL SLEEP AWARENESS WEEK

March 13-19, 2023



🔍 How do I create healthy sleep habits?

Develop a routine

Get outside at least once a day

Limit social media and news before bed

Give yourself compassion and grace

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Sleep is beneficial to your health and well-being. There are many resources to improve healthy sleep habits. Click this from the Center of Disease Control link to learn see tips for better sleep offered [Tips for Better Sleep | CDC](#).