

# URLIFE WELLNESS CALENDAR

## MARCH 2022

01

Appreciate your partner for being there for you.

02

Keep a check on your allergies by changing bedsheets and [pillowcases](#).

03

Meditate to clear your mind.

04

Simplify your to-do list.

05

Achieve mental satisfaction by decluttering your home.

06

Practice [yoga](#) to unplug from negativity and [anger](#).

07

Practice [mindful breathing](#) early in the morning.

08

Book an appointment with a dermatologist to care for your skin and hair.

09

Read the Vagina Bible by Dr Jen Gunter for fact-based, inclusive information on [women's health](#).

10

Cast out [morning fatigue](#) by doing stretches and playing music.

11

Indulge your sweet tooth with this [healthy dessert](#).

12

Follow Instagram accounts that bring joy to your life.

13

Make sure to sleep soundly for 7-8 hours by listening to a bedtime podcast.

14

Spend time with your loved ones.

15

Take your pet to the vet for a [checkup](#).

16

Choose an early [dinner](#) routine to boost digestion.

17

Visit a dentist for an oral checkup.

18

Distance yourself from [toxic people](#).

19

Share a good laugh with friends.

20

Start your day with this [quick workout](#).

21

Sitting for too long? Stretch your arms and take a deep breath to [re-energise](#).

22

Cook a challenging dish that you have never tried before.

23

Turn off notifications one hour before bed.

24

Mend your [relationship](#) by communicating with your partner.

25

Buy [plants to boost your mental health](#).

26

Consume hibiscus tea for better immunity and health.

27

Irregular periods? Get to know more about [PCOS](#).

28

Keep [diabetes](#) in control. Schedule a fasting plasma glucose (FGP) test.

29

If you have hurt someone, acknowledge and [apologise](#).

30

Practice gratitude. List all the things that you are grateful for.

31

Listen to your favourite podcast while watering your plants.