

SAFETY SEGMENTS MARCH

NUTRITION & WELLNESS



MONTHLY MESSAGE

As we roll into spring and start to see signs of new life, it's a great time to reflect. Spring cleaning often comes to mind, whether it's clearing out old clothes from your closet or changing some bad habits. In the spirit of out with the old and in with the new, this month's safety segments focus on healthy habits we might want to add.

Wellness is unique to each person and can take many forms. This month, we'll explore what we can do to feel our best. Think about a time when you felt your best both physically and mentally. What were you doing for yourself then? Were you going for regular walks, not skipping meals, reading books, or gardening? Now, consider how many of those things you're still doing.

TOPICS BY WEEKS

Overview

Nutrition & Stress

Stress Relieving Snacks

Mindfulness

Music & Mindfulness



IMPORTANT REMINDERS

Continuous Improvement is Better than Delayed Perfection - Mark Twain