

MARCH 2026



2
World Teen Mental Wellness Day
[Read more about it](#)

3
Let's learn about [Digital Wellbeing](#)

4
Listen to [Stephanie Reina's TEDx Talk](#) to learn more about digital wellbeing

5
[Digital Wellbeing Glossary](#)

6
Listen and watch [Faces of Digital Health](#)

1
Journal about this: "What is one 'Digital Boundary' I can implement in my home or classroom this month to create a space for deep, uninterrupted human connection?"

7 8
This weekend, reflect on your digital wellbeing.
Read "[Digital Minimalism](#)" by Car Newport

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Listen to Stephanie Reina's TEDx Talk, [Raising kids in a world of screens](#)

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Read the book "[The Anxious Generation](#)"
By Jonathan Haidt

11
Read: [The Amazing Generation](#)
By Jonathan Haidt & Catherine Price

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Listen to [Brain Rot Emergency](#)
By Dr Aditi Nerurkar & Jonathan Haidt

13
University Mental Health Day
Explore this [webpage](#) and meet [Jana Koci](#)

14 15
Watch this documentary [The Social Dilemma](#)

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Watch [Prince Harry interviewing Jonathan Haidt](#)

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Listen to [The Stolen Focus](#)

18
Read the Unicef article about [the social media ban](#)

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International Day of Happiness
Explore all the free resources [here](#)

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What is happiness for you?

21 22
Read [Flourish: A Visionary New Understanding of Happiness and Wellbeing](#) by Martin Seligman

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Listen to [Undistractable by Nir Eyal: Master internal triggers and stay focused.](#)

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Listen to [Screen Smarts: Finding Digital Balance with Amy Blankson](#)

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Watch this short film about [Nelly's Story](#).

26
Watch and Listen to [The Future of Happiness: Getting Unstuck in the Digital Era](#)

27
Read this blog: [Make Time](#)

28 29
Read [Make Time: How to Focus on What Matters Every Day](#) by Jake Knapp, John Zeratsky, et al.

30
Explore the movement. [Protect your eyes](#)

31
Journal: Create a March Dump and set some intentions for April



IT'S COMING TO YOUR INBOX!