

ELEVATE CALENDAR

MARCH FOCUS: DIGITAL WELLBEING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 2025					1 How do you plan to take care of your mental health this month? Find some ideas here	2 World Teen Mental Wellness Day Read more about it
3 Have you ever heard about the mental health continuum? Learn more here	4 Let's learn about Digital wellbeing	5 Listen to Stephanie Reina's TEDx Talk to learn more about digital wellbeing	6 Read this blog: Beyond The Feed Kristen Hansen	7 Listen and watch Faces of Digital Health	8 9 During this weekend reflect upon your digital wellbeing. Read " Digital Minimalism " by Car Newport	
10 Listen to La génération anxieuse - avec Zach Rausch	11 Read the book " The Anxious Generation " By Jonathan Haidt	12 Explore all the resources available at https://www.anxiougeneration.com/resources#books	13 University Mental Health Day Explore this webpage and meet Jana Koci	14 Explore this webpage to find resources to improve your attention	15 16 Watch this documentary The Social Dilemma	
17 Watch Prince Harry interviewing Jonathan Haidt	18 Explore all the resources at https://www.humantech.com/	19 Read The Stolen Focus	20 International Day of Happiness Explore all the free resources here	21 What is happiness for you?	22 23 Read Flourish: A Visionary New Understanding of Happiness and Well-being by Martin Seligman	
24 Explore the movement Protect your eye	25 Listen to Screen Smarts: Finding Digital Balance with Amy Blankson	26 Watch this short film about Nelly's Story	27 Watch and Listen to The Future of Happiness: Getting Unstuck in the Digital Era	28 Read this blog: Make Time	29 30 Read Make Time: How to Focus on What Matters Every Day , by Jake Knapp, John Zeratsky, et al.	
31 Read this blog: Make Time	EXPLORE, ENGAGE, EMPOWER!					

