

March 2020

I.T.S. Wellness Newsletter

Stay Safe this St. Patrick's Day

March 17th brings us St. Patrick's Day, the one holiday where, regardless of your cultural background, everyone is Irish for a day!

Most of us associate the holiday with shamrocks, eating corned beef and cabbage, and wearing green, but many also associate St.

Patrick's Day with heavy drinking. Drinking to excess can be harmful to your health and impair your judgement, so making a plan beforehand can help. Here are some suggestions if your St.

Patrick's Day celebrations involve alcohol:

- Plan how many drinks you will have beforehand and keep track of the drinks you consume
- Pour and measure your own drinks
- Eat a meal before drinking
- Limit yourself to one drink per hour
- Alternate alcoholic drinks with a glass of water
- Take an Uber, Lyft, or cab to and from the festivities



Celebrate Holi: The Festival of Spring

March 21st marks the Hindu festival of Holi, a colorful holiday celebrating Spring. Holi is celebrated by Hindus and non-Hindus alike, so everyone can join in on these joyous festivities and learn about the cultural significance of the holiday.

To honor the arrival of springtime blooming, celebrants throw colored powder on one another and sing loudly to awaken the body and mind from hibernation. Use this

day to get active in whatever way makes you feel good, and listen to some good music as you move. Many use Holi as time to clean their homes to generate positive energy.

Take an afternoon to do a little spring cleaning and see how a clutter-free space can help your mental well-being. Holi is also known as the festival of love, and is a day to meet

new people and mend broken relationships. Spread the love to other this Holi, and most importantly,

practice self-love.

