

March 2026

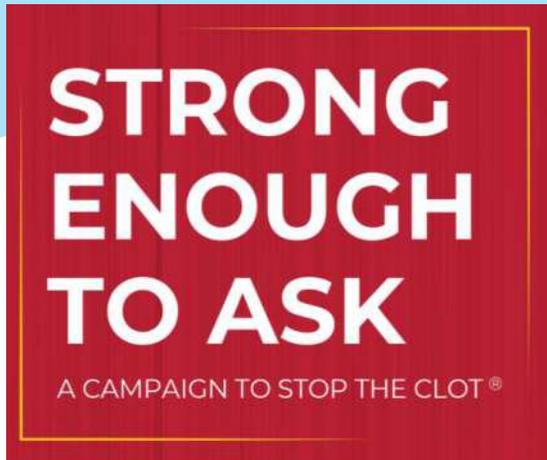


Strive
for better health

Light Jacket Weather Is Coming Soon



The vernal equinox on March 20 marks the first day of spring (even if the weather says otherwise). As night and day find their balance, think about ways to find yours.



Blood Clot Awareness Month

The National Blood Clot Alliance recognizes [Blood Clot Awareness Month](#) every March. This year the focus is on self-advocacy, encouraging you to understand your risk for blood clots and speak up if something doesn't feel right.

Blood clots cause 100,000 deaths each year in the U.S., many of which are preventable. Take some time this month to learn about the [signs and symptoms](#) of blood clots and to [understand your risk](#).

If you do have risk factors for blood clots, talk to your doctor about how to stay healthy.

- [National Blood Clot Alliance](#)
- [Understanding blood clots](#)



PROBLEM GAMBLING AWARENESS MONTH

→ **CARING COMMUNITIES,
STRONGER FUTURES**

For many people, gambling is harmless entertainment, whether it's lottery tickets, poker night, or the office March Madness bracket.

Gambling can stimulate the brain's reward system in much the same way as [drugs or alcohol](#). For some people, that dopamine boost can lead to compulsive gambling, a problem affecting every aspect of their well-being.

This month, the National Council on Problem Gambling encourages learning about problem gambling and [getting screened](#) for signs of gambling disorder. And if you're having trouble controlling your gambling, [ask for help](#).

- [National Problem Gambling Helpline](#) (1-800-MY-RESET)
- [Gambling Disorder Screening Day](#) (March 10)

National Consumer Protection Week • March 1–7 #NCPW2026

Did you share personal information with a scammer?

Find out what to do next:

[IdentityTheft.gov](https://www.identitytheft.gov)



March 1–7 is [National Consumer Protection Week](#). This year, the Federal Trade Commission is focused on helping people [avoid](#), [report](#), and [recover from](#) scams.

Being scammed is [more common](#) than you might think, but feelings of shame and embarrassment can [prevent people from reporting](#) these crimes. It's important to remember that the scammer is the one who should feel ashamed, not the victim. If your friend or loved one gets scammed, be sure not to shame or blame them for it!

- [2025 Alloy State of Scams Report](#)
- [Scams to watch out for in 2026](#)



International Day of Happiness

The U.N. recognizes [International Day of Happiness](#) on March 20, coinciding with the annual release of the latest [World Happiness Report](#).

The 2026 report focuses on the effects of social media usage on happiness. Research on the topic has often produced [mixed results](#), but [overuse of social media](#) is associated with [negative effects](#) on mental health.

Regardless, take some time on March 20 to acknowledge the things that make you happy, whether they're online or IRL.

- [Greater Good Magazine happiness topic](#)
- [How to be happy, according to science](#)

Employee Appreciation Day



Is there someone in your workplace who does a great job? Be sure to let them know how much you appreciate them for [Employee Appreciation Day](#) on March 6.

A [handwritten note](#) can be a great way to express your appreciation for a colleague's efforts. [Be specific](#) about what they do well, and explain how their work helps you, the team, or an initiative to succeed.

If a colleague is particularly helpful, don't wait till next year to let them know! Gratitude and appreciation are [beneficial anytime](#), but especially in the moment.

- [How to write a meaningful thank-you note](#)
- [How gratitude can transform your workplace](#)