

Wellbeing Calendar 2022

January



Healthy Life

Financial Wellbeing

Relieve worry and regain control of your finances using tools and support.

Dry January

Join in the UK's one-month alcohol free challenge and enjoy benefits such as saving money and improved sleep.

Building Resilience

Beat any January blues and start the new year with a positive mind set.

February



Healthy Body

4th World Cancer Day

A global event to raise awareness of cancer including prevention, detection and treatment.

3rd Time to Talk Day

Highlighting the importance of reaching out to others and encouraging people to open up about their mental health.

7th - 11th Tinnitus Awareness Week

A campaign to raise awareness and help improve the patient journey, ensuring that everyone gets the right information at the right time.

March



Healthy Work

Inclusivity in the Workplace

An opportunity to reflect on what we can do to ensure everyone feels included in the workplace.

Rest and Recovery

Raising the importance of sleep, rest and recovery to help us look after all areas of our wellbeing.

14th - 20th Nutrition and Hydration Week

An annual event to highlight and promote improvements to nutrition and hydration.

April



Healthy Body

28th On Your Feet Britain

A national activity awareness day that encourages us to sit less and move more at work.

2nd World Autism Awareness Day

Highlighting the need to help improve the quality of life of those with autism and to inspire a more inclusive world.

Stress Awareness Month

Helping to spread awareness about the causes of stress and what we can do to manage it in a healthy way.

May



Healthy Mind

9th - 15th Mental Health Awareness Week

Raising awareness of mental health issues and ways to promote better mental wellbeing.

2nd - 8th Sun Awareness Week

Highlighting the dangers of sun exposure and exploring what we can do to protect our skin in the sun and enjoy it safely.

8th - 15th National Women's Health Week

Encouraging women to take steps to improve their physical and mental health.

June



Healthy Life

Carers Week

Highlighting the challenges unpaid carers face and the contribution they make to their families and society.

Diabetes Week

Run by Diabetes UK, helping to spread greater awareness of diabetes and raise funds towards further research.

Pride Month

A celebration of LGBTQ+ communities around the world and an opportunity to raise awareness on issues affecting the LGBTQ+ community.

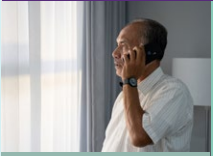
Wellbeing inspiration, delivered to you every month of the year!



Workplace Wellbeing

Wellbeing Calendar 2022

July



Healthy Mind

Talk to Us

Raising awareness that the charity Samaritans are available 24/7 to listen to anyone who's struggling to cope.

National Schizophrenia Awareness Day

Highlighting the challenges faced by those living with a diagnosis of schizophrenia and sharing greater understanding of the mental health condition.

30th International Day of Friendship

Celebrating the importance of connection with others including friends, family and colleagues.

August



Healthy Body

4th Cycle to Work Day

Encouraging us to give cycling a go and highlights the benefits of an active lifestyle.

1st World Lung Cancer Day

One of the most common cancers worldwide, this date raises awareness about the risk factors and preventative measures.

Digital Detox

Sharing tips and advice on ways to take a break from our digital devices and exploring the benefits it can bring to our mental health.

September



Healthy Body

Know Your Numbers Week

Highlighting the importance of knowing your numbers to help reach and maintain a healthy blood pressure.

10th World Suicide Prevention Day

A campaign to raise awareness and promote action to help save lives.

World Alzheimer's Month

A global opportunity to raise awareness and highlight issues faced by those affected by dementia.

October



Healthy Body

Winter Health

Tips and ideas on how to keep your body and mind healthy during the winter months.

Back Care Awareness Week

An opportunity to revisit and refresh health promotion and education around back care and back pain management.

10th World Mental Health Day

A call to action to talk about mental health and signpost people to available help and support.

November



Healthy Work

13th - 20th Inter Faith Week

A platform to celebrate diversity and help increase awareness of different faith communities in your organisation.

November

Raising awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide.

Action Against Domestic Violence

16 Days of Action Against Domestic Violence aims to support businesses to take action against domestic abuse and violence in the workplace.

December



Healthy Life

Grief Awareness Week

Highlighting the support available for those living with grief.

1st World AIDS Day

An opportunity to raise awareness of HIV and AIDS and to help fight HIV stigma and discrimination.

3rd International Day of Persons with Disability

Promoting an understanding of the challenges of having disabilities and raising awareness of the rights and wellbeing of persons with disabilities.

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Workplace Wellbeing