

2024 Wellbeing Calendar



We have put together this selection of national and international campaigns to help you plan your health and wellbeing strategy and activities for the year ahead.

January

Blue Monday 15 January

Associated with feelings of sadness and low motivation. Check out our selection of Winter workshops to support you through January [here](#)

February

Time To Talk Day 1 February

A day for all of us to be more open about mental health – a chance to talk, to listen, to change lives.

March

Nutrition & Hydration Week 11-17 March

Two fundamental elements to health and wellbeing.

World Sleep Day 15 March

Aims to lessen the burden of sleep problems on society.

International Women's Day 8 March

A global celebration of the achievements of women

April

Stress Awareness Month

Increases public awareness about the causes and cures for our modern stress epidemic.

World Health Day 7 April

Promoting the benefits of good health and wellbeing worldwide

May

Mental Health Awareness Week 13-19 May

Education on mental health issues & better mental health.

Learning At Work Week 13-19 May

The benefits of learning and development at work

World Meditation Day 21 May

Raising awareness of the benefits of meditation

September

World Suicide Prevention Day 10 September

Promotes worldwide commitment & action to prevent suicides.

International Happiness At Work Week 23-27 September

Focuses on employee wellbeing and happiness at work.

October

Menopause Awareness Month

Awareness of menopause and support available to improve health & well-being.

Work Life Week 7-10 October

Working Families' annual initiative - employers chance to show how they provide work life balance for staff.

World Mental Health Day 10 October

Recognised by the World Health Organisation every year.

November

Movember

To raise awareness and vital funds for men's health specifically prostate cancer.

Stress Awareness Day 6 November

To raise awareness of stress in the workplace and sources of help available.

December

Grief Awareness Week 2-8 December

Aims to raise awareness of the impact of grief, to normalise grief and get the public talking.

