

2022 Employee Wellbeing Calendar

Boost health and wellbeing across your organisation with 12 months of easy and fun ideas to help your people feel and perform their best.



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Productivity and Presenteeism	Heart Health	Sleep	Occupational Health & Safety	Diversity, Equity & Inclusion	Environment and Sustainability	Physical Activity	Financial Wellbeing	Nutrition	Mental Health	Stress and Burnout	Social Wellbeing
<p>Jan 1-2</p> <p>New Year, new goals! Encourage employees to set mini-goals - personal and professional - for each month of 2022.</p>		<p>Mar 1-6</p>	<p>Apr 1-3</p> <p>Feeling under the pump? Lighten the load by reducing your admin work.</p>	<p>May 1-8</p> <p>1: World Laughter Day Having a good ol' chuckle is good for the soul. Stay light-hearted, crack a joke, and make someone's day.</p>	<p>Jun 1-5</p> <p>5: World Environment Day Could you be reducing waste, using more natural light or spending more time in nature? It's time to build a better planet.</p>	<p>Jul 1-3</p>	<p>Aug 1-7</p> <p>On a budget? Try meal-prepping - you'll eat healthier and save money on eating out too.</p>	<p>Sep 1-4</p> <p>Good nutrition is vital to optimal wellbeing. Encourage healthy eating habits with these bite-sized tips!</p>		<p>Nov 1-6</p> <p>7-11: Stress Awareness Week With remote workers, it can be harder to recognise stress & burnout, but with these tips you can help.</p>	<p>Dec 1-4</p> <p>The end of year can be hectic! Remember to assess your work-life balance.</p>
<p>Jan 3-9</p> <p>It can be hard to get back into the groove after holidays. Are your workers physically logged on, mentally logged off?</p>	<p>Feb 1-6</p> <p>4: World Cancer Day Nearly 4 in 10 people will be diagnosed with cancer during their lifetime and most are of working age. Learn how you can support employees from diagnosis to recovery.</p>	<p>Mar 7-13</p> <p>8: International Women's Day Run a leadership workshop, ask employees to share an inspiring book or raise money for a women's shelter or refuge.</p>	<p>Apr 4-10</p> <p>7: World Health Day Boost wellbeing and lower stress by encouraging a healthy daily routine. These tips might help!</p>	<p>May 9-15</p> <p>Tai Chi. Yoga. Meditation. Assemble your people and practise some deep breathing exercises to help develop mindfulness.</p>	<p>Pride Month</p>	<p>Jul 4-10</p> <p>Go for a weeting, aka a 'walking meeting'. Instead of sitting down, get up and get moving.</p>	<p>Aug 2-8</p>	<p>Sep 5-11</p> <p>9: R U OK? Day Reach out to a colleague or friend to see how they're doing. A small gesture can go a long way.</p>	<p>Oct 3-9</p> <p>4: World Animal Day They don't judge. Make great company. And can help keep us active. Ask employees to post a pic of them and their pet and tag us @virginpulse</p>	<p>Nov 7-13</p> <p>November Prostate cancer. Testicular cancer. Suicide. Help eradicate the stigma of talking openly about these topics. You might save a life.</p>	<p>Dec 5-11</p> <p>5: International Volunteer Day It feels good to do good! Give back to the community and make an impact on another life. Be that human, animal or plant.</p>
<p>Jan 10-16</p> <p>10: Clean up your Desk Day Clear your space, clear your mind! Take 10 minutes to organise your workspace and boost focus, productivity and creativity!</p>	<p>Feb 7-13</p>	<p>Mar 14-20</p> <p>18: World Sleep Day Not the best lullaby singer? Try these other tips to help your employees catch more Zzzs.</p>	<p>Apr 11-17</p>	<p>May 16-22</p> <p>21: World Cultural Diversity Day Get ideas to embrace diversity and foster a fairer and more supportive workplace.</p>	<p>Jun 13-19</p> <p>Employee Wellbeing Month Engage employees in health and wellness with the assorted resources available.</p>		<p>Aug 8-14</p> <p>Financially stressed to financially savvy - it is possible. Learn how you can support your employees' financial wellbeing.</p>	<p>Sep 12-18</p>	<p>Oct 10-16</p> <p>10: World Mental Health Day Reduce stress and anxiety and build more resilient teams with a library of resources.</p>	<p>Nov 14-20</p> <p>14: World Diabetes Day Did you know obesity is strongly linked to the risk of developing type 2 diabetes? Learn about its impact on business.</p>	
	<p>Feb 14-20</p> <p>14: Valentine's Day Show employees you care by sharing these heart-healthy tips to look after the heart.</p>	<p>30: Re-connect your employees Bring your people together with a fun, team challenge - opens today!</p>	<p>Apr 18-24</p> <p>22: Earth Day From tree planting and recycling to recognising environmentally friendly achievements. Take action to promote and encourage sustainability!</p>	<p>May 23-29</p>	<p>Jun 18-24</p> <p>Hybrid working? Ensure your work model is setup for success!</p>	<p>Jul 15-21</p> <p>19: World Humanitarian Day Practise gratitude and take a moment to acknowledge the #reallifeheroes around, those that have committed their lives to helping other people.</p>	<p>Aug 15-21</p> <p>21: World Gratitude Day Positive mindset. Improved wellbeing. Better relationships. Start spreading the gratitude attitude today.</p>	<p>Oct 17-23</p>		<p>Dec 19-25</p> <p>Happy Holidays! Share some quality time with your friends and/or family.</p>	
<p>Jan 24-31</p> <p>Planning out the year? Get the 2022 Employee Wellbeing Strategy Toolkit.</p>	<p>Feb 21-28</p> <p>Promote cardiovascular fitness at work by organising a lunchtime workout. Take a snap and tag us @virginpulse</p>	<p>Apr 25-30</p> <p>28: World Day for Safety and Health at Work Discover how you can reduce the risk of injuries and accidents with a healthier workforce.</p>	<p>May 30-31</p> <p>31: World No-Tobacco Day It kills one person every 4 seconds. Causes cancer. And chronic disease. Help your people ditch the habit for better health.</p>	<p>Jun 27-30</p> <p>Inspired to roll out a wellbeing programme at work? Get a 4-step roadmap to building a business case.</p>	<p>Jul 25-31</p> <p>30: International Day of Friendship Friendships at work mean healthier, happier, more engaged employees. Are you creating enough opportunities for friendships to form?</p>	<p>Aug 22-28</p> <p>Keep your remote workers engaged with these practical ideas.</p>	<p>Sep 26-30</p>	<p>Oct 24-31</p> <p>31: Happy Halloween! Get your employees together, physically or virtually, for a Halloween Happy Hour. Don't forget to throw in some games and spooky dress-ups for extra laughs.</p>		<p>Dec 26-31</p> <p>Look back on your year and celebrate your accomplishments - you've earned it!</p>	