

# 2024 Wellbeing Calendar

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



**Reminder**  
Stay on track with your health and take time to enjoy the moment

Social Connections	Rediscovering Your Focus	Aging Gracefully	Saving Smart	Finding Balance	Nourishing Your Brain	Finding culinary Joy	Motivation to Move	Sleep Strategies for Success	Cultivating Your Purpose	Workplace Happiness	Letting Go of Holiday Stress
<b>January</b> Time For Friends: Did you make time to connect with a friend today?	<b>February</b> Keep It Routine: Did you reduce decision fatigue by sticking to routines for basic needs?	<b>March</b> Mindful Minute: Did you take a minute to pause and be mindful today?	<b>April</b> On Budget: Did you stick to your budget today?	<b>May</b> Device-Free Zone: Did you remove all devices from your bedroom?	<b>June</b> Brain Game: Did you play brain games or work on puzzles today?	<b>July</b> A Bit of Everything: Did you eat a variety of different foods from different food groups today?	<b>August</b> Workout Time: Did you schedule time for your workout today?	<b>September</b> Loosen Up: Did you take time to relax your body before bed?	<b>October</b> Staying Thoughtful: Did you look inwards today to stay curious about your emotions?	<b>November</b> Seriously Fun: Did you make work fun today (by sharing a laugh, celebrating a win, etc.)?	<b>December</b> Holiday Slowdown: Did you choose to step away and calm your emotions, when needed?
<b>Dry January</b> Rally around a shared goal to reassess alcohol intake & kickstart the year with healthier habits.	<b>American Heart Month</b> Boost morale & heart health through wellness programs & heart-healthy challenges.	<b>National Nutrition Month</b> 	<b>National Financial Literacy Month</b> Seek out tools & resources to improve your financial health.	<b>10 - 16</b> <b>Mental Health Awareness Week</b> Create a culture of openness & understanding that supports every individual in their personal mental health journey.	<b>Employee Wellbeing Month</b> Join us! Let's amplify workplace wellbeing & make a positive impact on the lives of employees.	<b>UV Safety Month</b> 	<b>National Wellness Month</b> 	<b>National Self-Care Awareness Month</b> 	<b>Global Diversity Awareness Month</b> 	 <b>National Gratitude Month</b> 	<b>1</b> <b>World AIDS Day</b> 
<b>Veganuary</b> Explore plant-based diets, promote healthier choices, and show some love to our environment.	<b>Black History Month</b> 	<b>1</b> <b>National Employee Appreciation Day</b>	<b>National Minority Health Month</b> Get involved: address the health disparities that affect racial & ethnic minority populations within your workforce.	<b>20</b> <b>International HR Day</b> Let's appreciate our HR champions!	<b>LGBTQ+ Pride Month</b> Celebrate your LGBTQ+ employees and the community by learning about the challenges they face, and how you can make your workplace more inclusive.	<b>3</b> <b>Plastic Bag Free Day</b> 	<b>10</b> <b>Suicide Prevention Day</b> 	<b>4</b> <b>Improve Your Office Day</b> No matter where you work, there are plenty of ways to spruce up your workspace!	<b>3</b> <b>International Day of Persons with Disabilities</b> Honor & uplift your team members of all abilities.		
<b>1</b> Happy New Year! 	<b>4</b> World Cancer Day 	<b>8</b> International Women's Day 	<b>7</b> World Health Day 	<b>21</b> International Cultural Diversity Day 		<b>24</b> International Self-Care Day Prioritize your self-care at work & at home.	<b>1</b> World Lung Cancer Day 	<b>16</b> Working Parents Day To take care of others, you need to take care of yourself first. How does your organization support working parents? 	<b>10</b> World Mental Health Day 	<b>25</b> Hanukkah Begins 	
<b>4</b> World Braille Day 	<b>10</b> Lunar New Year 	<b>15</b> World Sleep Day Don't forget to catch up on those Zzzs.	 <b>THRIVE SUMMIT</b> 9-11 	<b>21</b> World Meditation Day Pause & tune in with a company-wide meditation to promote a more mindful workplace	<b>5</b> World Environment Day 	<b>26</b> National Disability Independence Day 	<b>15</b> National Relaxation Day Build in time to relax & recharge. Remember, downtime is necessary for reduced stress & improved productivity.	<b>11</b> National Coming Out Day 	<b>13</b> World Kindness Day Ask someone how their day is, give a compliment, or lend a helping hand. 		
<b>15</b> Martin Luther King Jr. Day 	<b>14</b> Valentine's Day 	<b>20</b> International Day of Happiness 	<b>22</b> Earth Day Take part in direct action to help clean up our world. Remember to reuse, reduce, and recycle!	 <b>31</b> World No Tobacco Day 	<b>10 - 16</b> Men's Health Week 	<b>30</b> World Friendship Day Appreciate your close friends & tell them how much they mean to you.	<b>19</b> World Humanitarian Day 	<b>21</b> World Gratitude Day List 3 things you're grateful for today. It's a great way to ground yourself in a busy world.	<b>18</b> World Menopause Day Talk openly about the impact of menopause & ask what kind of support your people need. 	<b>25</b> Christmas Day 	
	<b>20</b> World Day of Social Justice Reflect on how you can make the world a better place—no matter big or small.	<b>13 - 19</b> Neurodiversity Celebration Week Connect with your teams by promoting awareness of neurodiversity, and how everybody is unique.	<b>28</b> World Day for Safety and Health at Work 	<b>19</b> Juneteenth 		<b>26</b> Women's Equality Day 	<b>26</b> Human Resource Professional Day		<b>29</b> Transgender Day of Remembrance 	<b>31</b> New Year's Eve 	