

2022 Wellbeing Dates For Your Diary

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

DRY JANUARY

Challenging you to go alcohol free for 31 days and aiming to raise awareness of the effects of alcohol.

FEBRUARY

TIME TO TALK DAY, 3RD

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

MARCH

NUTRITION & HYDRATION WEEK, 14TH - 20TH

Aims to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

WORLD SLEEP DAY, 18TH

Aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.

APRIL

STRESS AWARENESS MONTH

Aims to increase public awareness about both the causes and cures for our modern stress epidemic.

MAY

MENTAL HEALTH AWARENESS WEEK 9TH - 15TH

Aims to provide education around mental health issues and to promote better mental health.

LEARNING AT WORK WEEK 16TH - 22ND

The primary goal of Learning at Work Week is to spotlight the benefits of learning and development at work and build learning cultures at work



SEPTEMBER

KNOW YOUR NUMBERS WEEK, 6 - 11TH

High blood pressure is a significant risk factor for heart disease and stroke, so it's important to know your blood pressure to live a long and healthy life.

WORLD SUICIDE PREVENTION DAY, 10TH

Promotes worldwide commitment and action to prevent suicides.

NATIONAL FITNESS DAY 28TH

Aims to highlight the importance of the role physical activity plays in helping us lead healthier lifestyles.



OCTOBER

GO SOBER FOR OCTOBER

Encourages people to go booze-free for the 31 days of October and raise funds for Macmillan Cancer Support.

NATIONAL CHOLESTEROL MONTH

Cholesterol is often tragically dubbed the 'silent killer' because for most people there are no obvious symptoms, which is why October is dedicated to raising awareness.

MENOPAUSE AWARENESS MONTH

Raising awareness of the menopause and the support options available to improve health and well-being.

WORLD MENTAL HEALTH DAY, 10TH

The World Health Organisation recognises World Mental Health Day on 10th October every year.

NATIONAL WORK LIFE WEEK, 10TH - 14TH

National Work Life Week is Working Families' annual initiative that gives employers the chance to showcase how they provide work life balance for their staff.

NOVEMBER

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The aim of November is to raise vital funds and awareness for men's health, specifically prostate cancer.

NATIONAL STRESS AWARENESS DAY, 2ND

The purpose of the day is to raise awareness of the effects of psychological distress in the workplace and of the many coping strategies and sources of help available to address it.

SELF CARE WEEK, 14TH - 20TH

Focuses on embedding support for self care across communities and families and empowering people to better look after their own physical health and mental well-being.

DECEMBER

NATIONAL GRIEF AWARENESS WEEK 2TH - 8TH

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



For activation ideas to champion these campaigns in your workplace, get in touch www.work-well-being.com

