

2020 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 – 1st-31st

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

FEBRUARY

Time to Talk Day - 6th

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

MARCH

World Sleep Day - 13th

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

Nutrition & Hydration Week 16th - 22nd

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

APRIL

Stress Awareness Month 1st - 30th

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

Walk to Work Day - 3rd

Encouraging people to put their car keys down, to reduce carbon emissions as well as adding some healthy movement to your day.

MAY

Mental Health Awareness Week – 18th-24th

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

Learning at Work Week 18th-24th

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

World Meditation Day - 31st

An opportunity to celebrate and experience the practice of meditation to support wellbeing, better manage stress and achieve a sense of calm.

JUNE

Massage at Work Week Date TBC

To promote and celebrate the benefits of having a massage in the workplace.

SEPTEMBER

Know Your Numbers Week 7th-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.

OCTOBER

Go Sober for October 1st-31st

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

National Cholesterol Month 1st-31st

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.

National Work Life Week Date TBC

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.

World Mental Health Day 10th

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

NOVEMBER

November – 1st-31st

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

National Stress Awareness Day - 4th

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.

Alcohol Awareness Week Date TBC

The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society as a whole.



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