

# Wellbeing Calendar

## 2021

Q1



### JANUARY

DRY JAN  
VEGANUARY

3RD  
Festival of Sleep Day

18TH - 24TH  
Cervical Cancer Prevention Week

21ST  
National Hug Day

### FEBRUARY

NATIONAL HEART MONTH

1ST - 7TH  
Children's Mental Health Week

4TH  
World Cancer Day

4TH  
Time to Talk Day

17TH  
Random Acts of Kindness Day



### MARCH

OVARIAN CANCER AWARENESS  
MONTH

1ST - 7TH  
National Eating Disorder Week

11TH - 18TH  
Brain Awareness Week

14th  
Mother's Day

19th  
World Sleep Day



## APRIL

**STRESS AWARENESS MONTH**  
**NATIONAL PET MONTH**

**2ND**

**Walk to Work Day**

**7TH**

**World Health Day**

**7th**

**National Walking Day**

**22ND**

**Earth Day**

**29TH**

**On Your Feet Britain**



## MAY

**NATIONAL WALKING MONTH**

**3rd - 9th**

**Deaf Awareness Week**

**4TH - 9TH**

**Maternal Mental Health Awareness Week**

**10TH - 16TH**

**Mental Health Awareness Week**

**21ST**

**World Meditation Day**



## JUNE

**2ND**

**National Running Day**

**5TH**

**World Environment Day**

**8TH - 13TH**

**Carers Week**

**14TH - 20TH**

**Men's Health Week**

**15TH - 20TH**

**Cervical Screening Week**

**21ST**

**International Yoga Day**



# HEKA

Q3



## JULY

24th  
International Self-Care Day

24TH  
Samaritans Big Listen

30TH  
International Day of Friendship



## AUGUST

PSORIASIS AWARENESS MONTH

1ST - 7TH  
World Breastfeeding Week

5TH  
Cycle to Work Day

12TH  
International Youth Day

15TH  
Cavernoma Awareness Day

19TH  
World Humanitarian Day



## SEPTEMBER

PCOS AWARENESS MONTH

7TH  
Youth Mental Health Day

7TH - 13TH  
Organ Donation Week

10TH  
World Suicide Prevention Day

20TH - 26TH  
International Week of Happiness  
at Work

21ST - 27TH  
National Eye Health Week

23RD  
National Fitness Day

28TH - 4TH OCT  
Healthy Eating Week



## OCTOBER

STOPTOBER  
NATIONAL CHOLESTEROL MONTH  
BREAST CANCER AWARENESS  
MONTH

4TH - 8TH  
Back Care Awareness Week

8TH  
Clean Air Day

10TH  
World Mental Health Day

11TH - 15TH  
National Work Life Week

18TH  
World Menopause Day



Q4

## NOVEMBER

MOVEMBER

1ST - 5TH  
International Stress Awareness  
Week

9TH  
Social Media Kindness Day

TBC  
Alcohol Awareness Week

19TH  
International Men's Day

25TH - 10TH DEC  
Action Against Domestic Abuse



## DECEMBER

1ST  
World Aids Day

2ND - 7TH  
Grief Awareness Week

10TH  
Christmas Jumper Day

