



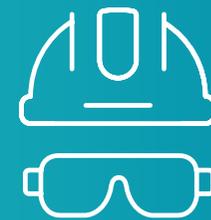
2021 Wellbeing Calendar

Health and
safety



Manage stress
and build
resilience

Diversity,
equity and
inclusion



Holistic
wellbeing

DESIGNED
WELLNESS
POWERED BY ACEC LIFE/HEALTH TRUST

Supported by the Services
and Technology of 

Wellbeing Calendar 2021

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>Jan 1-2</p> <p>Did you know that 80% of resolutions fail by February? A digital wellbeing program can help your employees stay focused on their 2021 goals with healthy habit tracking, nudges and reminders, peer support, live coaching and more. Here's how to find one that works for you.</p>		<p>Mar 1-6</p> <p>6: National Employee Appreciation Day: Boost morale by showing your employees you care!</p> <p>Challenge #1 - Great American Adventure Destination Challenge (March 1-31)</p>	<p>Apr 1-3</p> <p>1: April Fools' Day</p> 	<p>May 1-8</p> <p>National Fitness Day: Get moving at home with our virtual exercise dice!</p>	<p>Jun 1-5</p> <p>3: World Bicycle Day & National Running Day</p> 	<p>Jul 1-3</p> <p>Incorporate some movement into the workday with a walking meeting.</p>	<p>Aug 1-7</p> <p>Give an encouraging shoutout to a colleague who's going the extra mile. It will make their day and will spread positivity.</p> <p>Challenge #2 - Mental Health Spotlight Challenge (August 1 - 31)</p>	<p>Sep 1-4</p> <p>Feeling stressed? Take 3 slow, deep breaths to help calm your mind and body.</p>	<p>Oct 1-2</p> <p>Cold and flu season is here. Remind your employees to schedule an appointment to get a flu shot, wash their hands regularly and to stay home if they're feeling unwell.</p>	<p>Nov 1-6</p> <p>4: Stress Awareness Day Help your employees manage long-term stress with these resources.</p> <p>Challenge #3 - Walk the Wonders Destination Challenge (November 1-30)</p>	<p>Dec 1-4</p> <p>Celebrate the holiday season with a gift that keeps on giving - the gift of health and wellbeing!</p>
<p>Jan 3-9</p> 	<p>Feb 1-6</p> <p>4: World Cancer Day Between 30-50% of cancers can be prevented by avoiding risk factors like tobacco use, poor diet and lack of physical activity. While an employee wellbeing program can help with prevention, it's also important for your organization to know how to help employees with cancer from diagnosis to recovery.</p>	<p>Mar 7-13</p> <p>13: World Sleep Day Daylight Savings Time starts on April 14th - win back your sleep routine with these tips from sleep expert Dr. Matthew Walker.</p>	<p>Apr 4-10</p> <p>7: World Health Day Building the foundation for health based on your personal needs is key to preventing or delaying the onset of costly chronic conditions.</p>	<p>May 9-15</p> <p>National Nurses' Week: Take the time to thank a nurse for their hard work and dedication to saving lives!</p>	<p>Jun 6-12</p> <p>12: Global Wellness Day: Making small changes in your daily routine can have a big impact on your overall health and wellbeing.</p>	<p>Jul 4-10</p> <p>4: Independence Day</p> 	<p>Aug 8-14</p> 	<p>Sep 5-11</p> <p>6: Labor Day</p> 	<p>Oct 3-9</p> 	<p>Nov 7-13</p> <p>11: Veterans Day</p>	<p>Dec 5-11</p> <p>Busy schedules, financial strain and disrupted routines through the holiday season can increase feelings of anxiety and stress. Help your employees navigate this hectic season with mindfulness.</p>
<p>Jan 10-16</p> <p>It's a great time to pick up a new pastime or kick off a project—January is National Hobby Month!</p>	<p>Feb 7-13</p> <p>Valentine's Day is approaching. Instead of roses and chocolate, why not share some heart-healthy tips with a loved one?</p>	<p>Mar 14-20</p> <p>20: International Day of Happiness Practicing gratitude daily is a great way to boost your mood. Check out Dr. Laurie Santos THRIEx discussion on the importance of happiness and gratitude in times of stress.</p>	<p>Apr 11-17</p> <p>15: Tax Day: Money is a stressful topic, especially during tax season. A robust wellbeing ecosystem with financial wellbeing resources can help your employees manage their finances and reduce anxiety.</p> 	<p>May 16-22</p> 	<p>Jun 13-19</p> <p>19: Juneteenth: "A true culture of health and wellbeing for all cannot be achieved without a focus on equity." - Dr. Aletha Maybank.</p> <p>What steps are you taking to improve inclusivity and equity within your organization?</p>	<p>Jul 11-17</p> <p>Grilled vegetables make a great side dish for summer cookouts!</p>	<p>Aug 15-21</p> <p>15: National Relaxation Day: Unwind with a good book, a leisurely walk or your favorite movie.</p> 	<p>Oct 10-16</p> <p>10: World Mental Health Day True wellbeing cannot be achieved without a focus on mental health.</p>	<p>Nov 14-20</p> <p>14: World Diabetes Day Did you know that diabetes care accounts for 10% of all global healthcare spending? Learn more about the prevalence of this chronic condition and strategies for prevention in our world view infographic.</p> 	<p>Dec 12-18</p> 	
<p>Jan 17-23</p> <p>18: Martin Luther King Jr. Day</p>	<p>Feb 14-20</p> <p>20: World Day of Social Justice: The workplace plays an important role in creating health equity. Learn what steps your organization can take to create a truly inclusive, equitable environment.</p> 	<p>Mar 21-27</p> 	<p>Apr 18-24</p> <p>22: Earth Day: Small actions lead to big changes. Plant something outside today.</p>	<p>May 23-29</p> <p>If you're unsure of how your organization can support the mental health needs of your employees in times of stress, our experts have the answers.</p>	<p>Jun 20-26</p> <p>20: World Productivity Day</p>	<p>Jul 18-24</p> 	<p>Aug 22-28</p> <p>Keep your employees connected, engaged and active during the summer months with a virtual company-wide wellbeing challenge.</p>	<p>Sep 19-25</p> <p>21: World Gratitude Day Gratitude is a powerful tool that can boost your wellbeing and help you meet challenging situations head-on.</p>	<p>Oct 17-23</p> <p>Wellbeing isn't a one-size-fits-all solution. Help your hard-to-reach populations improve their health outcomes with personalized coaching and live services.</p> 	<p>Nov 21-27</p> <p>25: Happy Thanksgiving!</p> 	<p>Dec 19-25</p> <p>25: Merry Christmas!</p>
<p>Jan 24-31</p> <p>28: Data Privacy Day Keep your data safe by first learning how your personal information is being collected and used. Virgin Pulse is compliant with GDPR, the APEC Cross-Border Privacy Rules (CBPR) system and the APEC Privacy Recognition for Processors (PRP) framework.</p> 	<p>Feb 21-28</p> 	<p>Mar 2-31</p> <p>Maintaining a healthy diet can be difficult when stress levels are high. Learn how - and why - eating well can help during challenging times.</p>	<p>Apr 25-30</p> <p>28: World Day for Safety and Health at Work: What is your organization doing to create a safe, healthy work environment for high-risk employees?</p>	<p>May 30-31</p> <p>31: World No-Tobacco Day Tobacco use is associated with a number of health risks. Take the pledge to quit smoking and improve your health outcomes.</p>	<p>Jun 27-30</p> <p>Has Employee Wellbeing Month inspired you to start a wellbeing program at work? Learn how to build the business case for employee wellness initiatives.</p>	<p>Jul 25-31</p> <p>30: International Day of Friendship It's a great day to let your friends know how much they mean to you!</p> 	<p>Aug 29-31</p> 	<p>Sep 26-30</p> <p>Get a better night's sleep by leaving your phone outside of your bedroom. You'll avoid the temptation to check it right before bed and won't be disrupted by notifications at night.</p> 	<p>Oct 24-31</p> <p>31: Happy Halloween!</p> 	<p>Nov 28-30</p> <p>29: Hanukkah begins</p>	<p>Dec 26-31</p> <p>26: Kwanzaa begins Look back on your year and celebrate your accomplishments — you've earned it. Here's to a healthy, happy 2022!</p>

New Year, Healthier You: Encourage your employees to approach resolutions with a plan. Remember, small steps lead to big results!

American Heart Month: When it comes to heart disease prevention, [a healthy lifestyle is key.](#) Learn why employers are looking towards employee wellbeing platforms to help their high-risk populations adopt heart-healthy habits through digital therapeutics programs, live coaching, wellbeing challenges and more.

National Nutrition Month: What you eat affects not only your physical health but also your mental wellbeing. See how you can [utilize digital health tools](#) to help your workforce adopt healthy eating habits and improve their overall wellbeing.

Stress Awareness Month: Stress impacts every aspect of a person's life and has a significant effect on one's overall sense of wellbeing. [Make sure your workplace culture supports the mental wellness of your workforce.](#)

Mental Health Awareness Month: With the emerging global mental health crisis, it's time for organizations to [support the mental wellbeing of their employees.](#)

Employee Wellbeing Month: Your employees are the core of your business. Put the wellbeing of your workforce first with resources, tips and actionable strategies to boost company culture, employee engagement, productivity and health through [Employee Wellbeing Month and beyond.](#)

Hiking, swimming, biking, running - Summer provides so many opportunities to have fun and stay active. Don't forget the sunscreen!

National Wellness Month: Taking a [holistic approach to wellbeing](#) will help your employees feel their best in all areas of life.

National Self-Care Awareness Month: [Self-care and self-improvement](#) can work together to help you build resilience and better manage stress in the future.

It's National Apple Month! What's your favorite way to enjoy this delicious in-season fruit?

National Diabetes Month: Learn how [diabetes is impacting your workforce](#) and what you can do to support your at-risk populations.

Community The holidays are a time of joy but also a source of stress for many. Inspire your workforce to find balance and prioritize wellbeing with our [Happy & Bright toolkit.](#)