



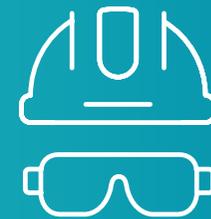
# 2022 Mental Wellbeing Calendar

Health and  
safety



Manage stress  
and build  
resilience

Diversity,  
equity, and  
inclusion



Holistic  
wellbeing



# Mental Wellbeing Calendar 2022



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p><b>Jan 1-8</b></p> <p>Accountability, support, &amp; habit tracking are key to achieving your 2022 goals. Looking for an employee wellbeing program that can do all that &amp; more? <a href="#">Here's how to find one that best fits your organization's needs.</a></p>	<p><b>Feb 1-5</b></p> <p><b>4: World Cancer Day:</b> Nearly 4 in 10 people will be diagnosed with cancer during their lifetime and most are of working age. Affected employees need more than just healthcare coverage; they also need <a href="#">support from their employer from diagnosis to recovery.</a></p>	<p><b>Mar 1-5</b></p> <p><b>4: National Employee Appreciation Day:</b> Boost morale &amp; retain top talent by regularly acknowledging the hard work of your teams, <a href="#">no matter where they work.</a></p>	<p><b>Apr 1-2</b></p> <p><b>1: April Fools' Day</b></p> 	<p><b>May 1-7</b></p> <p><b>7: National Fitness Day:</b> No gym membership? No problem! <a href="#">There are plenty of ways to get moving at home.</a></p> 	<p><b>Jun 1-4</b></p> <p>Kick off <a href="#">Employee Wellbeing Month</a> with a week of daily walking meetings or virtual mindfulness breaks.</p>	<p><b>Jul 1-2</b></p> <p>Working while traveling this summer? <a href="#">Hybrid working</a> provides more flexibility to work from anywhere, but be sure employees understand your organization's expectations.</p>	<p><b>Aug 1-6</b></p> <p>Stop slouching! From physical laborers to desk workers, <a href="#">back pain is a leading cause of disability in the workplace.</a></p>	<p><b>Sep 1-3</b></p> <p>Open enrollment season is quickly approaching. <a href="#">Reduce stress for your HR teams with our Open Enrollment Toolkit.</a></p>	<p><b>Oct 1-8</b></p> <p><b>5: World Teachers' Day</b></p> 	<p><b>Nov 1-5</b></p> <p>Avoid highly processed foods &amp; engage in 20-30 minutes of exercise to improve overall health &amp; <a href="#">reduce the risk of type 2 diabetes.</a></p>	<p><b>Dec 1-3</b></p> <p>Keep your workforce connected &amp; engaged during the holiday season with a <a href="#">virtual wellbeing challenge.</a></p> 
<p><b>Jan 9-15</b></p> <p><b>4: Clean Your Desk Day:</b> Looking for a productivity-boosting refresh? Start the year with a clutter-free, <a href="#">eco-friendly workspace.</a></p>	<p><b>Feb 6-12</b></p> <p>February is <a href="#">Black History Month.</a> Use this month to amplify Black voices, educate your workforce, &amp; give back to the community.</p>	<p><b>Mar 6-12</b></p> <p><b>8: International Women's Day</b></p> 	<p><b>Apr 3-9</b></p> <p><b>7: World Health Day</b> Creating global health equity starts with <a href="#">addressing the social determinants of health.</a></p>	<p><b>May 8-14</b></p> <p><b>Women's Health Week:</b> <a href="#">Understanding the struggles women face today</a> is the first step in building a more equitable future.</p>	<p><b>Jun 5-11</b></p> <p><b>11: Global Wellness Day:</b> Keep your global workforce connected to their health benefits by introducing a unified, easy-to-navigate <a href="#">digital wellbeing ecosystem.</a></p>	<p><b>Jul 3-9</b></p> <p><b>4: Independence Day</b></p> 	<p><b>Aug 7-13</b></p> <p><b>National Farmers Market Week:</b> Feel good knowing you're supporting local business &amp; enjoy the taste of fresh, in-season produce.</p>	<p><b>Sep 4-10</b></p> <p><b>5: Labor Day</b></p> 	<p><b>Oct 9-15</b></p> <p><b>10: World Mental Health Day:</b> Mental health issues have the power to negatively impact physical health, financial wellness, social wellbeing, &amp; employee performance. <a href="#">Reduce the stigma by offering mental health support to your employees.</a></p>	<p><b>Nov 6-12</b></p> <p><b>6: Turn those clocks back &amp; enjoy that extra hour of shut eye! Daylight Savings Time ends tonight.</b></p> <p><b>11: Veterans Day</b></p>	<p><b>Dec 4-10</b></p> <p>The holidays can be overwhelming. Give yourself the gift of 5-10 uninterrupted minutes of <a href="#">mindfulness</a> each day.</p>
<p><b>Jan 16-22</b></p> <p><b>17: Martin Luther King Jr. Day</b></p>	<p><b>Feb 13-19</b></p> <p><b>14: Valentine's Day:</b> Show your sweetheart you care with flowers. <a href="#">Show your heart you care with good heart health.</a></p>	<p><b>Mar 13-19</b></p> <p><b>13: Daylight Savings Time begins</b></p> <p><b>18: World Sleep Day:</b> Getting those <a href="#">7-9 hours</a> each night is crucial to our overall health, mood, safety, &amp; productivity.</p>	<p><b>Apr 10-16</b></p> <p><b>15: Tax Day:</b> Reduce employee stress during tax season by making <a href="#">financial wellness</a> tools available within your employee wellbeing platform year-round.</p>	<p><b>May 15-21</b></p> <p><b>21: World Day for Cultural Diversity:</b> Enhance organizational culture by encouraging employees to give our <a href="#">virtual Cultural Diversity Dice</a> a roll.</p>	<p><b>Jun 12-18</b></p> <p><b>Men's Health Week:</b> Men are less likely to seek help when physical or mental health concerns arise. <a href="#">Break down those barriers with a personalized wellbeing experience.</a></p>	<p><b>Jul 10-16</b></p> <p>Swap juice &amp; soda for fruit-infused water. Try fun combinations like cucumber-mint, strawberry-basil, or lemon blueberry.</p>	<p><b>Aug 14-20</b></p> <p><b>15: National Relaxation Day:</b> Reading, yoga, meditation, an at-home spa day—the possibilities are endless!</p>	<p><b>Sep 11-17</b></p> <p><b>16: Working Parents Day:</b> Childcare concerns. Family planning. Mental health needs. Is your organization doing enough to <a href="#">support the parents in your workforce?</a></p>	<p><b>Oct 16-22</b></p> <p>Keep your global workforce connected, productive, &amp; healthy by <a href="#">centering your wellbeing initiatives around your DEI values.</a></p>	<p><b>Nov 13-19</b></p> <p><b>14: World Diabetes Day</b> Diabetes is one of the world's costliest health conditions. Fortunately, there are plenty of <a href="#">tools &amp; resources to help your employees adopt healthier habits</a> to reduce their risk.</p>	<p><b>Dec 11-17</b></p> <p>From mental health challenges to physical limitations to chronic conditions, many of your employees are struggling silently with their health &amp; wellbeing. <a href="#">Learn how your organization can provide equitable support.</a></p>
<p><b>Jan 23-29</b></p> <p>It's time to schedule your <a href="#">annual wellness appointments.</a> Don't forget to add them to your work &amp; personal calendars!</p>	<p><b>Feb 20-26</b></p> <p><b>20: World Day of Social Justice:</b> By <a href="#">aligning business efforts with public health initiatives</a>, we can create a healthier, more equitable future for all.</p>	<p><b>Mar 20-26</b></p> <p><b>20: International Day of Happiness:</b> <a href="#">Boost resilience</a> by focusing on the things that bring you joy.</p>	<p><b>Apr 17-23</b></p> <p><b>22: Earth Day:</b> Recycle, volunteer for a community clean-up, &amp; reduce waste: small actions like these can lead to a healthier future for people &amp; the planet.</p>	<p><b>May 22-28</b></p> <p>Exercise is great for physical health, but did you know it can also <a href="#">improve sleep quality?</a> Just make sure to finish your workout at least 2-3 hours before bed!</p>	<p><b>Jun 19-25</b></p> <p><b>19: Juneteenth:</b> "Equity &amp; social justice shouldn't be priorities; they really should be core values because values don't shift." - <a href="#">Dr. Marlette Jackson</a>, Global Director of Justice, Equity, Diversity, &amp; Inclusion, Virgin Pulse</p>	<p><b>Jul 17-23</b></p> <p>Keep your employees motivated through the summer with a little help from your organization's <a href="#">wellbeing champions.</a></p>	<p><b>Aug 21-27</b></p> <p>Back-to-school season can be hectic for working parents &amp; disruptive to their workday routine. Help them navigate the transition with this <a href="#">Back-to-School Toolkit.</a></p>	<p><b>Sep 18-24</b></p> <p><b>21: World Gratitude Day</b> <a href="#">There's power in positivity.</a> Write down 3-5 things you're grateful for today.</p>	<p><b>Oct 23-29</b></p> <p>Encourage employees to take preventative measures this cold &amp; flu season. Flu shots, regular handwashing, and staying home when sick can <a href="#">reduce the spread of sickness in the workplace.</a></p>	<p><b>Nov 20-26</b></p> <p><b>25: Happy Thanksgiving!</b></p> 	<p><b>Dec 18-24</b></p> <p><b>18: Hannukah begins</b></p>
<p><b>Jan 30-31</b></p> <p>80% of New Year's resolutions fail by February,<sup>1</sup> but <b>you've got this!</b> <a href="#">Connect with a health</a> coach to stay focused on your goals.</p> 	<p><b>Feb 27-28</b></p> <p>Winter blues got you down? Step outside for a few minutes of mood-boosting sunshine.</p> 	<p><b>Mar 27-31</b></p> <p>Our eating habits are influenced by factors like cultural identity, socioeconomic background, geographical location, &amp; religious beliefs, so <a href="#">a personalized approach to nutrition is key.</a></p>	<p><b>Apr 24-30</b></p> <p><b>28: World Day for Safety and Health at Work:</b> <a href="#">Healthy employees are safe employees.</a></p> 	<p><b>May 29-31</b></p> <p><b>31: World No-Tobacco Day</b> Ditch your tobacco habit for better health &amp; lower healthcare costs.</p> 	<p><b>Jun 26-30</b></p> <p>We believe that every month is Employee Wellbeing Month. Does your organization provide employees with tools &amp; resources year-round to address <a href="#">all aspects of health &amp; wellbeing?</a></p>	<p><b>Jul 24-31</b></p> <p><b>30: International Day of Friendship</b> Having friends at work can <a href="#">boost productivity, engagement, &amp; motivation.</a></p> 	<p><b>Aug 28-31</b></p> <p><a href="#">9 in 10 Americans aren't meeting the recommended daily intake of vegetables.</a> Sneak some veggies into your pasta, smoothies, &amp; omelets to hit that goal!</p>	<p><b>Sep 25-30</b></p> <p><b>29: World Heart Day:</b> Roughly 1 in 4 deaths in the U.S. can be attributed to heart disease each year.<sup>4</sup> <a href="#">Fortunately, a healthy lifestyle can reduce risk &amp; lower healthcare costs.</a></p>	<p><b>Oct 30-31</b></p> <p><b>31: Happy Halloween!</b></p> 	<p><b>Nov 27-30</b></p> <p>Commit to a set spending budget this year to avoid additional financial stress this holiday season.</p>	<p><b>Dec 25-31</b></p> <p><b>25: Merry Christmas!</b></p> <p><b>26: Kwanzaa begins</b> Reflect on your accomplishments this year: Where did you shine, and where could you make improvements? Keep 2022 in mind as you set new goals for the year ahead!</p>
<p><b>New year, new goals:</b> Encourage employees to set mini-goals for each month of 2022. By focusing on small achievements throughout the year, your people will stay on track to achieve their larger resolutions.</p>	<p><b>American Heart Month:</b> Heart disease remains the #1 cause of death in the U.S. The long-term effects of COVID-19 &amp; lifestyle risks during the pandemic are expected to influence heart health &amp; death related to heart disease for years to come.<sup>2</sup> <a href="#">Encourage your workforce to adopt heart-healthy habits to reduce their risk.</a></p>	<p><b>National Nutrition Month:</b> A healthy diet can <a href="#">reduce the risk of chronic disease</a>, boost your mood, &amp; improve performance at work.</p>	<p><b>Stress Awareness Month:</b> Chronic stress negatively impacts mental &amp; physical health, sleep patterns, &amp; engagement at work. <a href="#">Help your employees stress less for a healthier, more productive workforce.</a></p>	<p><b>Mental Health Awareness Month:</b> Mental health issues among employees have increased exponentially in recent years, but many struggle silently. <a href="#">Reduce the stigma by openly discussing mental health &amp; increasing access to care.</a></p>	<p><b>Employee Wellbeing Month:</b> The success of your business depends on the health &amp; wellbeing of your employees. Access resources, tips, &amp; actionable strategies to help your people feel their best so they can perform their best in all areas of life by visiting <a href="#">employeewellbeingmonth.com</a></p>	<p><b>Beat the summer heat:</b> Start off each workday with an early morning walk. Benefits may include better focus, more energy, &amp; a better mood!</p>	<p><b>National Wellness Month:</b> Taking a <a href="#">holistic approach to wellbeing</a> will help your employees feel their best in all areas of life.</p>	<p><b>National Self-Care Awareness Month:</b> Whether it's making time for a new hobby or learning how to say no, <a href="#">self-care</a> is essential to building resilience &amp; enhancing overall wellbeing.</p>	<p><b>Global Diversity Awareness Month:</b> <a href="#">Diversity in the workplace</a> creates a more inclusive &amp; equitable culture, improving employee engagement, health, &amp; business outcomes.</p>	<p><b>National Diabetes Month:</b> Diabetes is a global health issue that is negatively impacting the physical health, mental health and financial health of individuals around the world. <a href="#">Help your employees reduce their risk with a diabetes prevention program.</a></p>	<p><b>Holiday Wellbeing:</b> It can be difficult to maintain a healthy daily routine during the busy holiday season. Keep your health &amp; wellbeing top of mind this month with our <a href="#">Holiday Wellbeing Toolkit.</a></p>

Sources:  
 1. Forbes  
 2. American Heart Association  
 3. Johns Hopkins  
 4. CDC Pulse