WELLBEING CALENDAR 2022

JANUARY

WELLBEING THEME
Sleeping well and sleep aids

MONTHLY PUBLICITY PACK THEME
Blue Monday. How a good night sleep helps, Winding down with the help of APPs and Reading

FEATURED WELLBEING EVENTS
- Vaguary
- Walk your dog month
- Dry January
- Festival of sleep day: 3rd
- Blue Monday: 17th
- National reading day: 23rd

FEBRUARY

WELLBEING THEME
Self-esteem and confidence

MONTHLY PUBLICITY PACK THEME
Boost your self-esteem, Time to talk, Children’s Mental Health Awareness

FEATURED WELLBEING EVENTS
- LGBTQ+ History month
- No more week: 6th
- International women’s day: 8th
- National no smoking day: 9th
- International day of happiness: 20th
- World bipolar day: 30th

MARCH

WELLBEING THEME
Taking control

MONTHLY PUBLICITY PACK THEME
Youth Mental Health, No More to domestic violence, Think happy be happy

FEATURED WELLBEING EVENTS
- National nutrition month
- University mental health day: 3rd
- No more week: 6th
- International women’s day: 8th
- National no smoking day: 9th
- International day of happiness: 20th
- World bipolar day: 30th

APRIL

WELLBEING THEME
Making the most of support mechanisms

MONTHLY PUBLICITY PACK THEME
A problem shared is a problem halved, Someone to talk to, Friendship and social support

FEATURED WELLBEING EVENTS
- Talk to us month
- National bereaved parents day: 3rd
- 24/7 samaritans awareness day: 24th
- World friendship day: 30th

MAY

WELLBEING THEME
Understanding our differences

MONTHLY PUBLICITY PACK THEME
For the love of bread. You don’t look any different, I don’t mean to shout!

FEATURED WELLBEING EVENTS
- Tourette’s awareness month
- Sun awareness week: 3rd – 8th
- Coeliac UK’s awareness week: 10th – 15th
- Mental health awareness week: 10th – 15th
- National vegetarian week: 10th – 15th
- National children’s day: 16th

JUNE

WELLBEING THEME
Living with...

MONTHLY PUBLICITY PACK THEME
Men’s Health Awareness, Hidden disabilities, My autistic life

FEATURED WELLBEING EVENTS
- Diabetes awareness week: 14th – 19th
- Learning disability week: 14th – 19th
- Men’s health week: 15th – 20th
- Autistic pride day - guest speaker – their story?: 18th
- World wellbeing week: 21st – 29th

JULY

WELLBEING THEME
Making the most of support mechanisms

MONTHLY PUBLICITY PACK THEME
A problem shared is a problem halved, Someone to talk to, Friendship and social support

FEATURED WELLBEING EVENTS
- Talk to us month
- National bereaved parents day: 3rd
- 24/7 samaritans awareness day: 24th
- World friendship day: 30th

AUGUST

WELLBEING THEME
Summer fitness

MONTHLY PUBLICITY PACK THEME
Peddle Power, Young body, young mind, Great things take time

FEATURED WELLBEING EVENTS
- Cycle to work Day: 5th
- International Youth day: 12th
- Never give up day: 18th

SEPTEMBER

WELLBEING THEME
Healthy body healthy mind

MONTHLY PUBLICITY PACK THEME
All in your head, The magic numbers, A beating heart

FEATURED WELLBEING EVENTS
- Migraine awareness week: 5th – 10th
- Know your numbers week (blood pressure): 6th – 11th
- World suicide prevention day: 10th
- International week of happiness: 20th – 25th
- Ask a stupid question day: 28th
- World heart day: 29th

OCTOBER

WELLBEING THEME
Considering the impact of behaviour

MONTHLY PUBLICITY PACK THEME
RIBKIND, United against bullying, Pledge a good deed

FEATURED WELLBEING EVENTS
- National Career development month
- World vegan day: 1st
- Stress awareness day: 6th
- Social media kindness day: 9th
- Anti-bullying week: 11th – 16th
- Alcohol awareness week: 11th – 16th
- World kindness day: 13th

NOVEMBER

WELLBEING THEME
Giving back and supporting others

MONTHLY PUBLICITY PACK THEME
A helping hand, The season of giving, Festive fundraising

FEATURED WELLBEING EVENTS
- Decembeard 2022
- National Grief awareness week: 2nd – 7th
- International volunteers day: 5th
- Christmas jumper day: 10th