LOOK AHEAD 2021

Our annual wellbeing programme has been designed to help you create and maintain positive wellbeing. The programme consists of podcasts, awareness campaigns, quizzes, top tips, community support and events. This is a snapshot of some of the things to expect in 2021.

JANUARY
It's a new year! This month we are focusing on forming positive habits. Share your one positive wellbeing resolution to help inspire others.

Cervical Cancer Prevention Week

FEBRUARY
Throughout the month we look at mental health – tackling stigma, looking at the positive impact of physical activity. Take some time to listen to the BeWell Podcast series.

Sexual Abuse and Violence Week

MARCH
Spring is upon us and its national bed month! We will focus on the power of sleep and nutrition. Look out for our cookery challenge.

University Mental Health Day

APRIL
It's all about the balance! Throughout April we will look at managing stress - What are your tip tips?

Stress Awareness Month

MAY
Those boots were made for walking – take part in our university step challenge this month.

National Walking Month

JUNE
This month we will celebrate us! Look out for activities to help us come together as a university community and support each other.

Men's Health Week

JULY
Throughout the month take part in our Take 5 to Check 5 weekly quizzes – give your mind a workout and create some new positive habits.

Refresh and Recharge

AUGUST
Be a community champion – lets work together this month to do something to support the community – keep an eye out on how to get involved.

Refresh and Recharge

SEPTEMBER
It’s the start of the academic year and the launch of our new Wellbeing strategy. Look out for information about how to look after your wellbeing this academic year.

Suicide Prevention Day

OCTOBER
It’s BeWell week – a full programme of activities to help you maintain your wellbeing.

World Mental Health Day

NOVEMBER
Kindness is key – let’s see how we can mark world kindness day together.

16 Days of Action

DECEMBER
We have made it to the end of the year. This month we want to reflect and celebrate what we have achieved as a community.

Refresh and Recharge

Check out the weekly staff e-zine and staff wellbeing facebook group to get involved and find out more. If you have any ideas on how we can enhance the wellbeing support of our community please email wellbeing@abdn.ac.uk