LOOK AHEAD 2022

Our annual wellbeing programme has been designed to help you create and maintain positive wellbeing. The programme consists of podcasts, awareness campaigns, top tips, community support and events. This is a snapshot of some of the things to expect in 2022.

**JANUARY**
It’s a new year! This month we are focusing on forming positive habits and exploring new opportunities.

*What you can do - sign up to take part in FREE Qigong sessions.*

**FEBRUARY**
We’ll look at mental health – tackling stigma and providing you with the tools to start helpful conversations.

*Look out for information on booking your employee health check.*

**MARCH**
Spring clean your wellbeing – pause to ‘Take 5 to Check 5’.

*Take some time to listen to a BeWell Podcast. There will be new episodes added this month.*

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

*Take part in our walk to work day photography competition.*

**MAY**
Connect with each other and nature, and enjoy some outdoor and walking meetings.

*Join us in our University step challenge this month.*

**JUNE**
We will be celebrating the diversity of our community this month.

*Take some inspiration from the male members of our community through their personal stories during Men’s Health Week.*

**JULY**
We are supporting the Samaritans ‘Talk to Us’ campaign and will spotlight services that can support you.

*Refresh and Recharge - enjoy the summer weather.*

**AUGUST**
Be a community champion – let’s work together this month to do something to support the community.

*Look out for the launch of our new Mental Health and Diversity toolkits.*

**SEPTEMBER**
The start of the academic year. Take some time to reflect and set small goals to support your work-life balance.

*It’s BeWell Week and we will be focusing on positive lifestyle choices.*

*Kindness is key and who better to start with than yourself by prioritising self-care.*

*Don’t forget to book your discounted flu vaccine.*

**OCTOBER**
It’s BeWell Week and we will be focusing on positive lifestyle choices.

*Look out for a full programme of activities and opportunities.*

**NOVEMBER**
Kindness is key and who better to start with than yourself by prioritising self-care.

*Refresh and recharge and enjoy the winter break.*

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

*Check out the weekly staff e-zine and staff wellbeing Facebook group (@UoAStaffWellbeing) to get involved and access the information. If you have any ideas on how we can enhance the wellbeing support of our community, please email wellbeing@abdn.ac.uk*