

WORKPLACE HEALTH AND WELLBEING CALENDAR 2021

<p>January</p>	<p>International Day of Education (Monday 25^h January) International Day of Education celebrates the role of education for peace and development.</p> <p>The theme for 2021 is 'Recover and Revitalize Education for the COVID-19 Generation'. Identify relevant education programmes that your organisation would benefit from and launch your learning and development initiatives or if your development budget is running low you could start a book club.</p>
<p>February</p>	<p>Time to Talk (Thursday 4th February) Time to Talk Day is the day that aims to get people to talk about mental health and by doing so help change lives. The theme this year is 'choose talk, change lives'.</p> <p>Talking about mental health doesn't have to be awkward, whether that's texting a friend, chatting to a colleague or organising a stigma-busting event.</p>
<p>March</p>	<p>World Compliment Day (Monday 1st March) World Compliment Day is about consciously reflecting on what someone you know does well and letting that person know he/she is sincerely appreciated for that. It should be done through words instead of gifts.</p> <p>Ask everyone within the workplace to let three people know what they do well – these could be done on a branded template. If everyone paid at least three people a genuine and sincere compliment it would be the Most Positive Day in the World!</p> <p>National No Smoking Day (Wednesday 10th March) No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking.</p> <p>Encourage as many smokers as possible to quit on No Smoking Day by providing tips on giving up or offering a specialist stop smoking support. Visit Stop Smoking NI for ways to quit.</p> <p>World Sleep Day (Friday 19th March) World Sleep Day® is designed to raise awareness of sleep as a human privilege that is often compromised by the habits of modern life.</p> <p>Create awareness of the importance of sleep to general wellbeing and provide tips to improve sleep quality.</p> <p>International Day of Happiness (Saturday 20th March) International Day of Happiness calls for happiness to be given greater priority.</p> <p>Download and share Action for Happiness's monthly calendar.</p>

April	<p>World Health Day (Wednesday 7th April) World Health Day marks the anniversary of the founding of the World Health Organisation (WHO). The celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the WHO.</p> <p>The theme of World Health day was unknown at the time of publishing this document.</p>
	<p>World Day for Health and Safety at Work (Wednesday 28th April) World Day for Safety and Health at Work campaign aims to promote safe, healthy and decent work around the globe.</p> <p>Recognizing the great challenge that governments, employers, workers and whole societies are facing worldwide to combat the COVID-19 pandemic, the World Day for Safety and Health at Work will focus on addressing the outbreak of infectious diseases at work, focusing on the COVID-19 pandemic.</p>
	<p>National Walking Month National Walking Month is challenging you to walk for 20 minutes every day throughout the month.</p> <p>It remains incredibly important to keep active, both for our own wellbeing and to avoid storing up massive health problems for ourselves and the NHS in the future.</p> <p>Share Living Streets 20 Tips to Add 20 Minutes of Walking to your Day</p>
May	<p>Mental Health Awareness Week (10th – 16th May) Hosted by the Mental Health Foundation the theme for the week will be “Nature and the Environment”.</p> <p>The theme was chosen in part because of evidence from the Foundation’s ongoing research into the coronavirus pandemic that access to nature has been one of the main ways people have supported their mental health during lockdowns.</p> <p>The week is an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice. The Mental Health Foundation have created a guide to Thriving With Nature which could be added to your wellbeing resources.</p>
	<p>World Environment Day (Saturday 5th June) The aim of World Environment Day is to raise awareness of the environment and specific environmental issues.</p> <p>Use this day to highlight your Corporate Social Responsibility (CSR) initiatives or if you haven’t done so already get the team involved to identify the impact your organisation is having on your local community from an environmental perspective.</p>
June	

<p>July</p>	<p>International Day of Friendship (Friday 30th July) To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.</p>
<p>September</p>	<p>World Suicide Prevention Day (Friday 10th September) Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.</p> <p>Each year has a different theme and focus, to bring to light a specific aspect of suicide prevention.</p> <p>Information on Suicide Prevention can be found here.</p> <p>International Week of Happiness at Work (20th – 26th September) Happiness at Work should be a top priority for all companies as when we are happy at work, we are better parents, friends, neighbours, more likely to give to charity and do volunteering work.</p> <p>Download and sign the Happiness at Work Manifesto.</p>

<p>October</p>	<p>World Mental Health Day (Sunday 10th October) The aim of World Mental Health Day is to raise awareness of mental health issues around the world and encourage action in support of mental health.</p> <p>Each year has a theme, however at the time of writing the theme for 2021 had not been published. For more information visit WHO.</p>
	<p>World Values Day (Monday 18th October) World Values Day is an annual campaign provides an opportunity to think on our most deeply held values and explore and act on them with others.</p> <p>The evidence shows that when individuals act in line with their values, they live rich, meaningful and fulfilled lives.</p> <p>Encourage the team to identify what is important to them and the actions they could commit to doing what matters. The ACT Matrix is a great tool to use to do this. The template can be found here.</p>
	<p>November</p>
<p>World Kindness Day (Saturday 13th November) The mission of World Kindness Day is to inspire individuals towards greater kindness and to connect nations to create a kinder world as it is a fundamental part of the human condition which bridges the divided races, religion, politics, gender, etc.</p> <p>Details of 2021's theme can be found here.</p> <p>16 Days of Action Against Domestic Violence (25th November – 10th December) 16 Days of Action Against Domestic Violence is aimed at businesses to support them to take action against domestic abuse and violence. Employers have a legal obligation to assess dynamic risk and support the health and safety and wellness of their employees. Companies can do more to aid their employees who endure domestic violence, to train those who witness it, and to protect staff as a whole, with the goal of securing safety and mitigating financial loss.</p> <p>Download Everyone's Business Toolkit – Working with employers to end domestic abuse.</p>	
<p>December</p>	<p>International Volunteer Day (Wednesday 5th December) Designated by the United Nations International Volunteer Day celebrates the power and potential of volunteerism. It is an opportunity to raise awareness of, and gain understanding for, the contribution they make to their communities.</p> <p>Identify a local charity or community group that would benefit from your volunteers from your organisation.</p>