

Wellbeing calendar

2026

January February March April May June July August September October November December

January

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New year, renewed mind

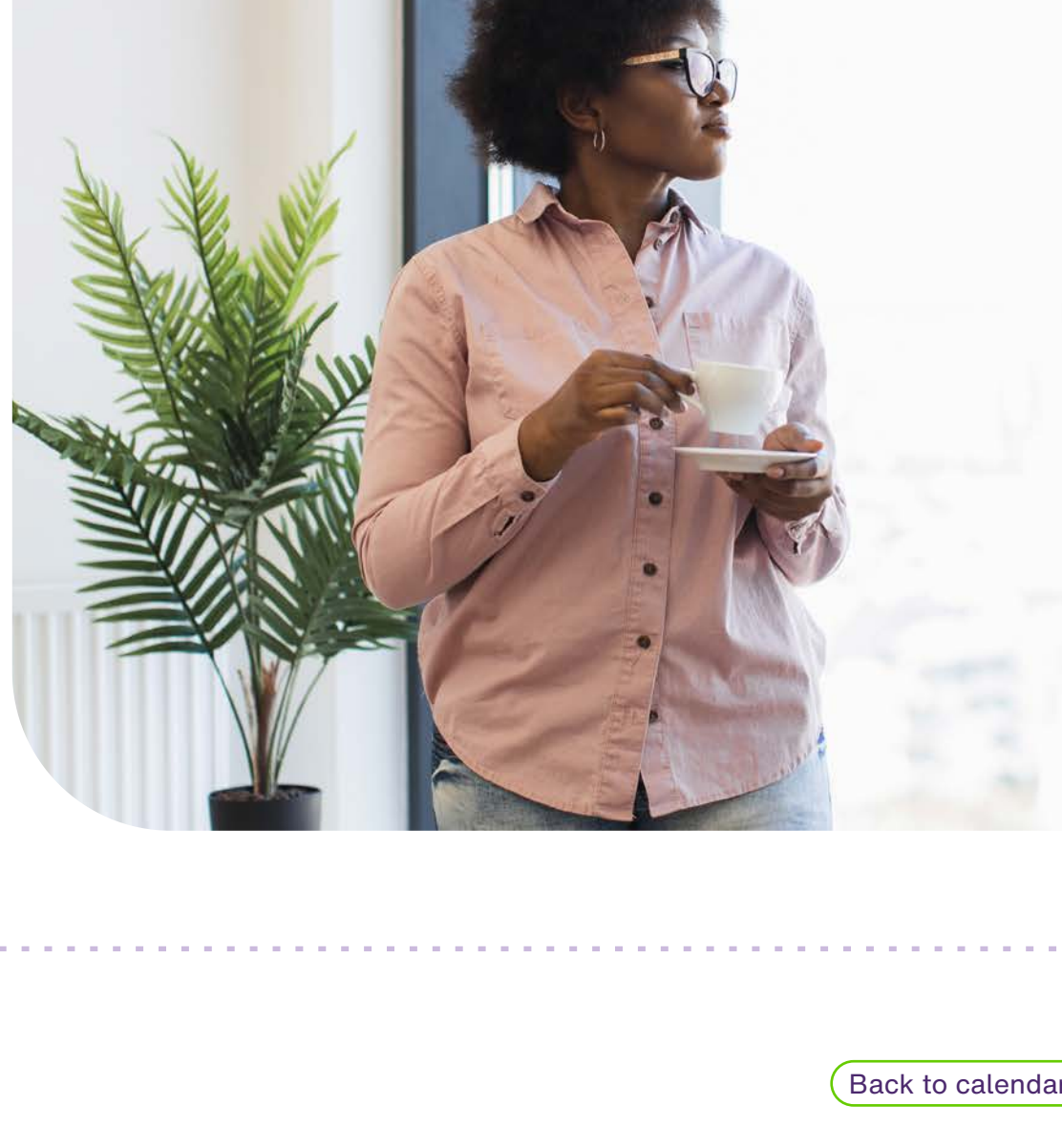
Use the new year as a fresh start to evaluate your mental health and set emotional goals that work for you and your life.

January
4th

World Braille Day

January
24th

International Day of Education



February

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Heart and mind connection

Your emotional and physical wellbeing are deeply connected—when one suffers, the other often follows, and when one thrives, it supports the other. Take some time this month to consider the relationship between your emotional and physical wellbeing.

February
4th

World Cancer Day

February

Heart Month



March

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Women's health across life stages

Women's health needs evolve significantly across life stages, from adolescence through menopause and beyond, requiring tailored approaches to address the unique physical, emotional, and hormonal changes at each phase.

March
1st

Zero Discrimination Day

March
8th

International Women's Day

March
13th

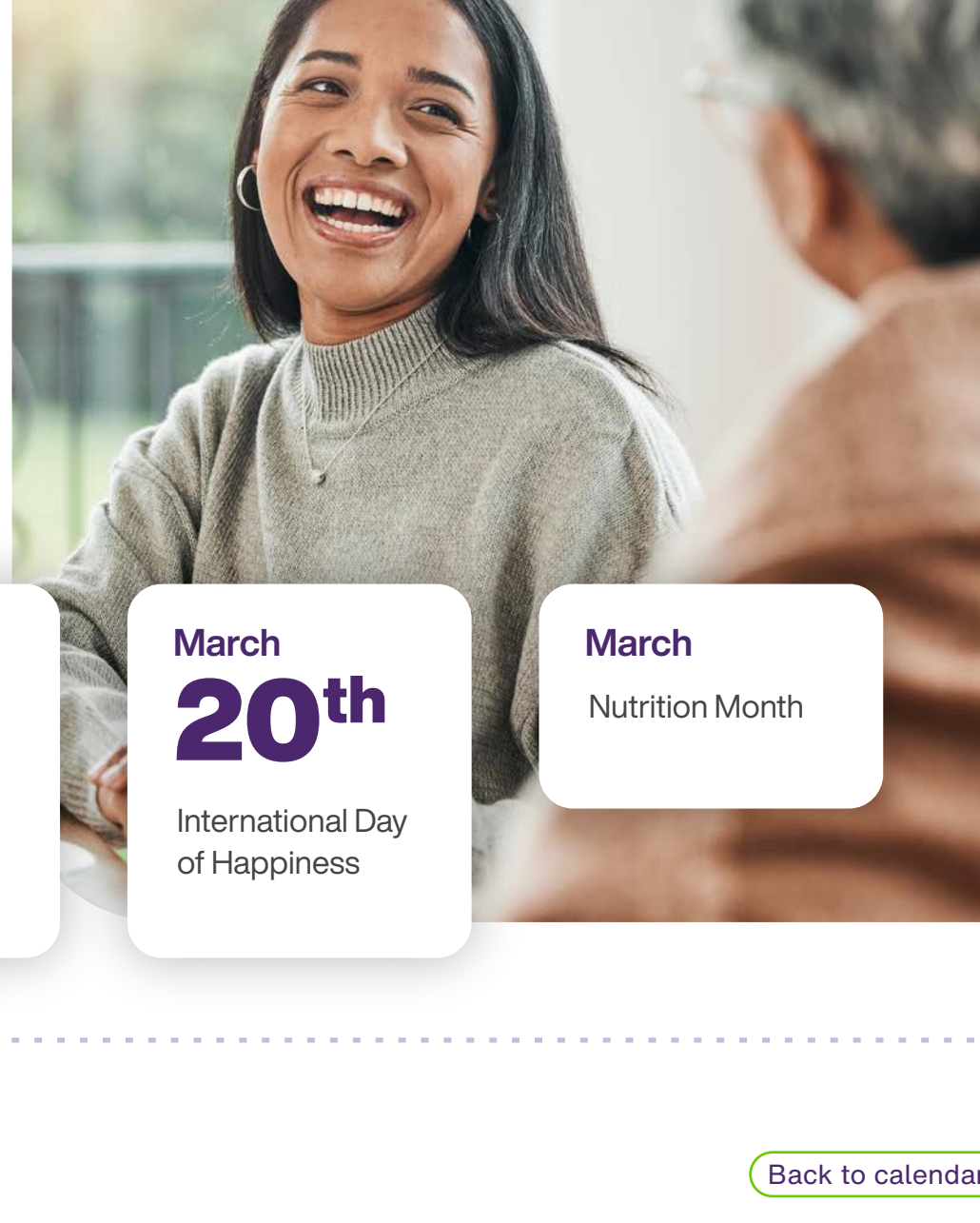
World Sleep Day

March
20th

International Day of Happiness

March

Nutrition Month



April

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Mindful movement

Integrating mindful movement into your routine means choosing physical activities that not only strengthen your body but also support your mental health and emotional wellbeing.

April
2nd

World Autism Awareness Day

April
7th

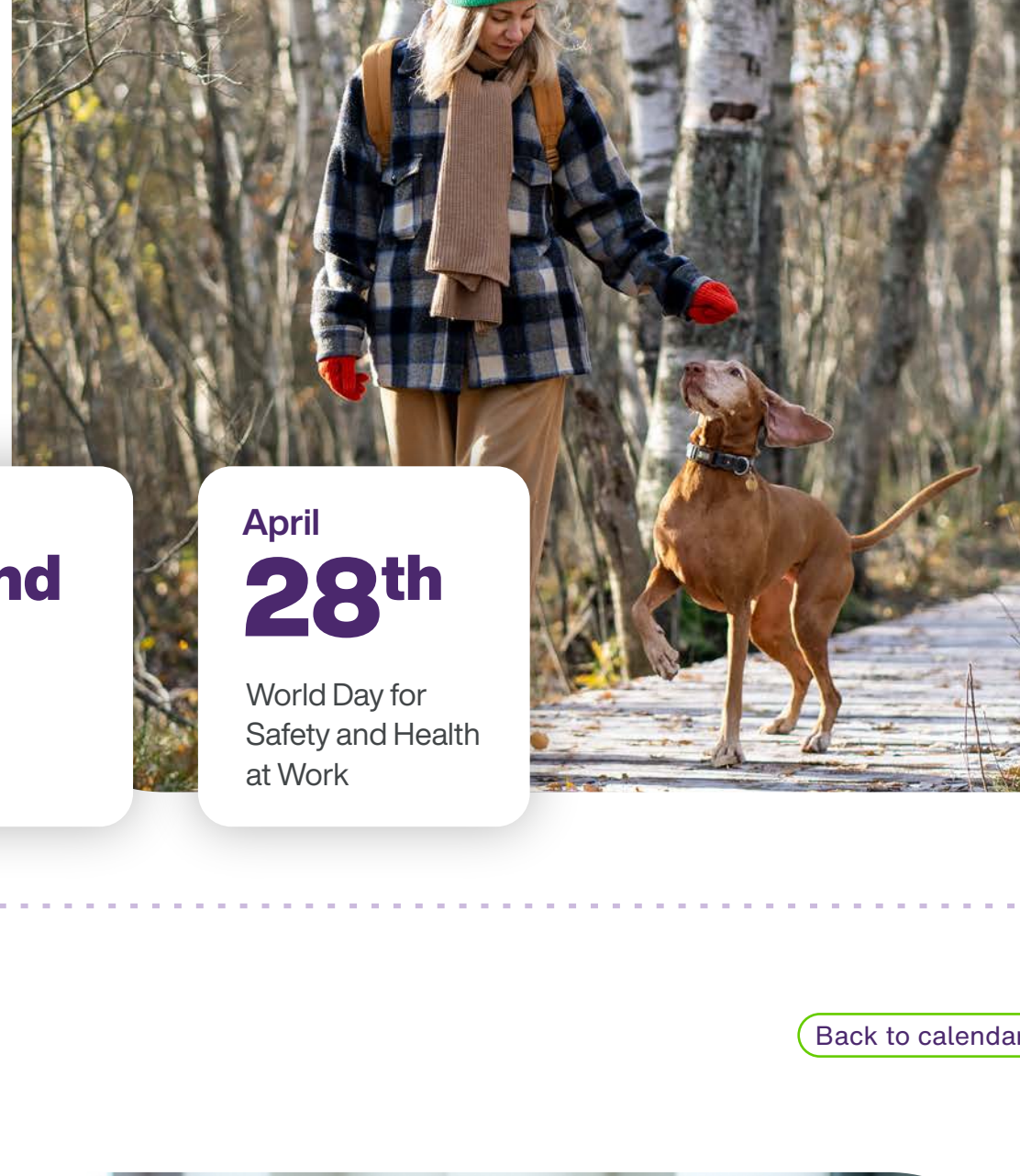
World Health Day

April
22nd

Earth Day

April
28th

World Day for Safety and Health at Work



May

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Mental health matters

Global Mental Health Awareness Month highlights a crucial truth: mental health isn't optional—it's essential to living a balanced, fulfilling life. May is Global Mental Health Awareness Month. This meaningful initiative encourages us to value our psychological health as highly as we do our physical fitness.

May
15th

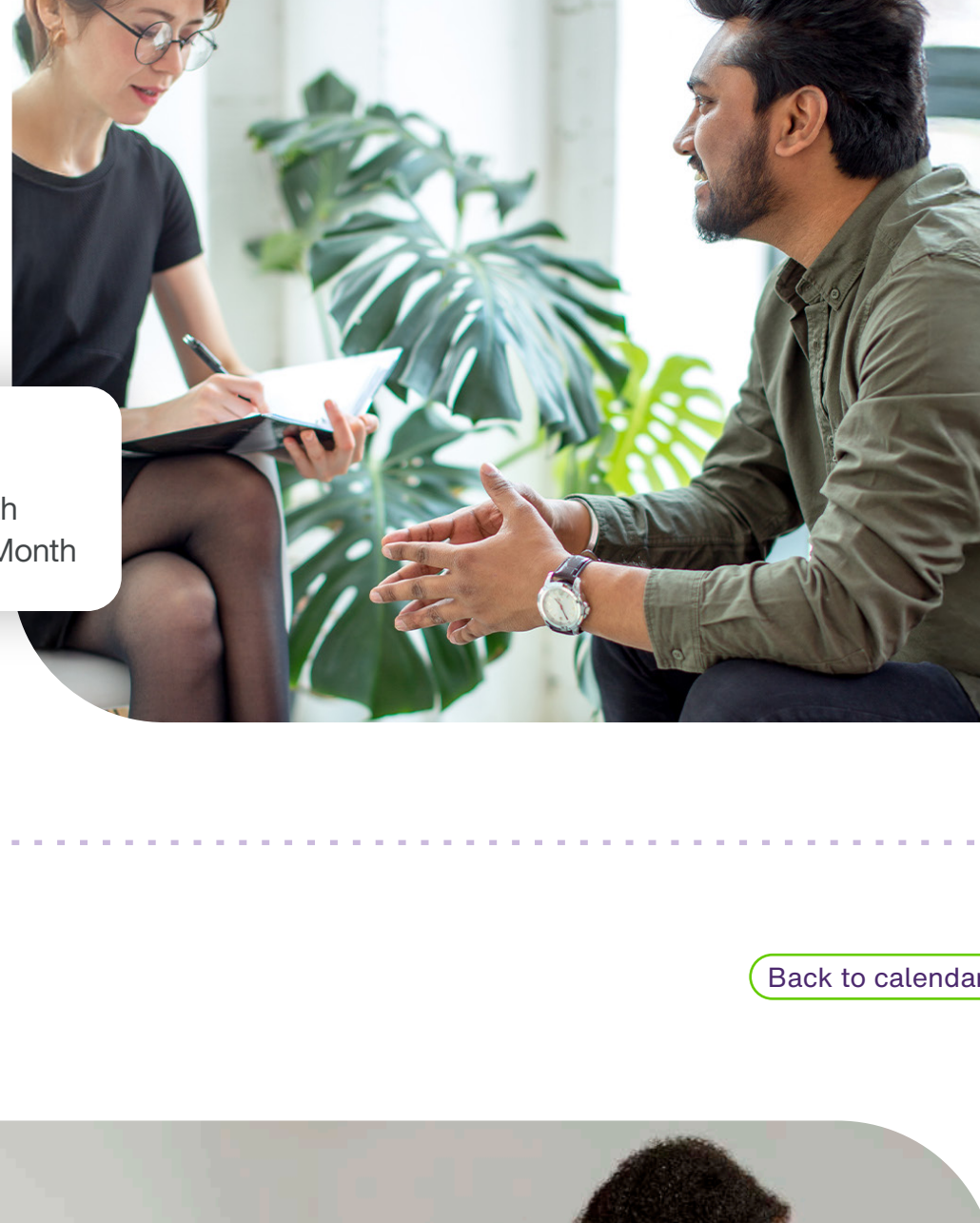
International Day of Families

May
17th

International Day Against Homophobia, Biphobia and Transphobia

May

Mental Health Awareness Month



June

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Connection and community

Social wellbeing thrives when we prioritize connection and community, particularly in workplace relationships that can provide support, collaboration, and a sense of belonging.

June
5th

World Environment Day

June

Pride season



July

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Sleep and recovery

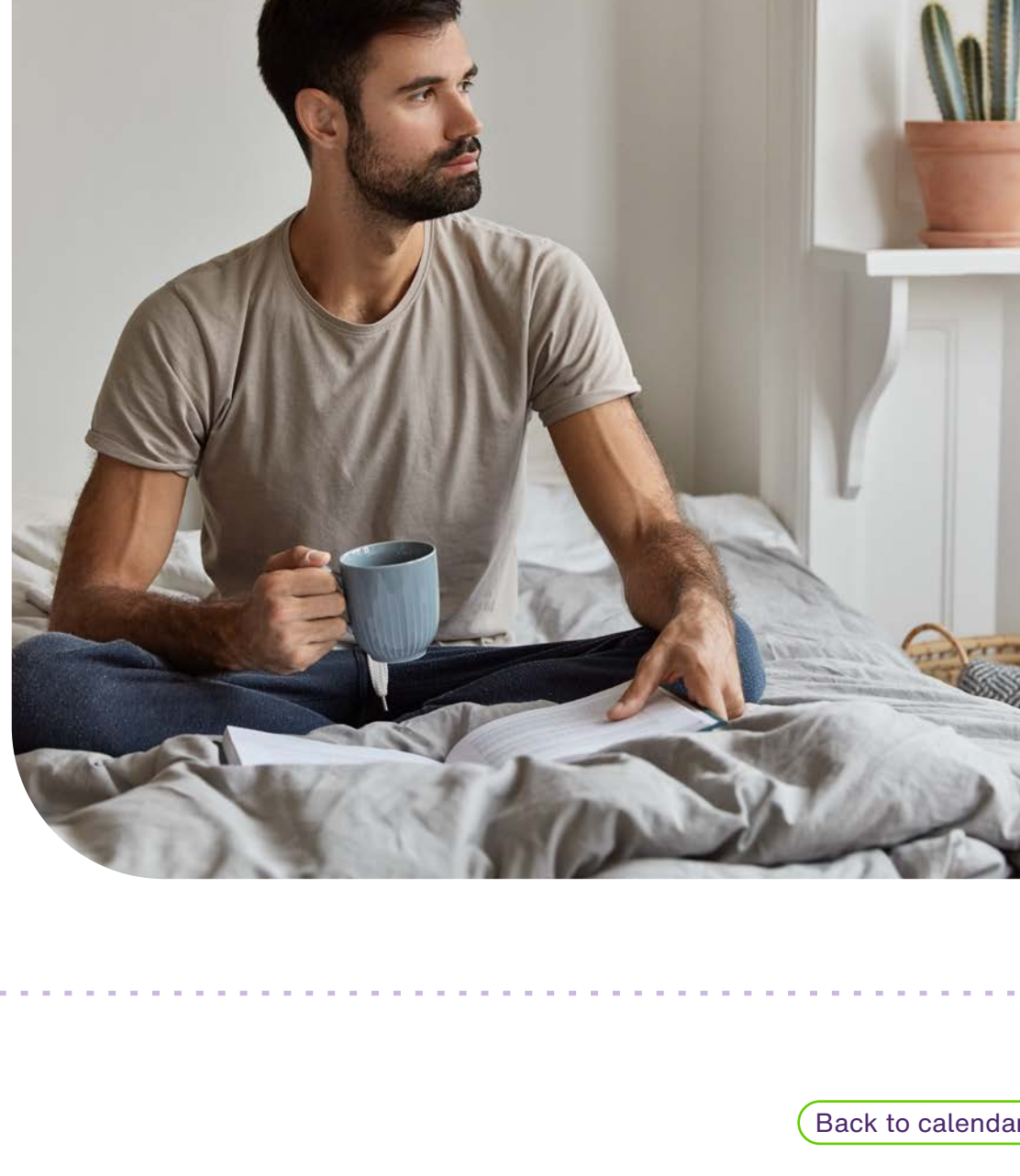
Sleep and recovery aren't luxuries—they're fundamental to brain health, supporting everything from memory formation to emotional regulation and mental clarity.

July
24th

International Self-Care Day

July
30th

International Day of Friendship



August

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Digital wellness

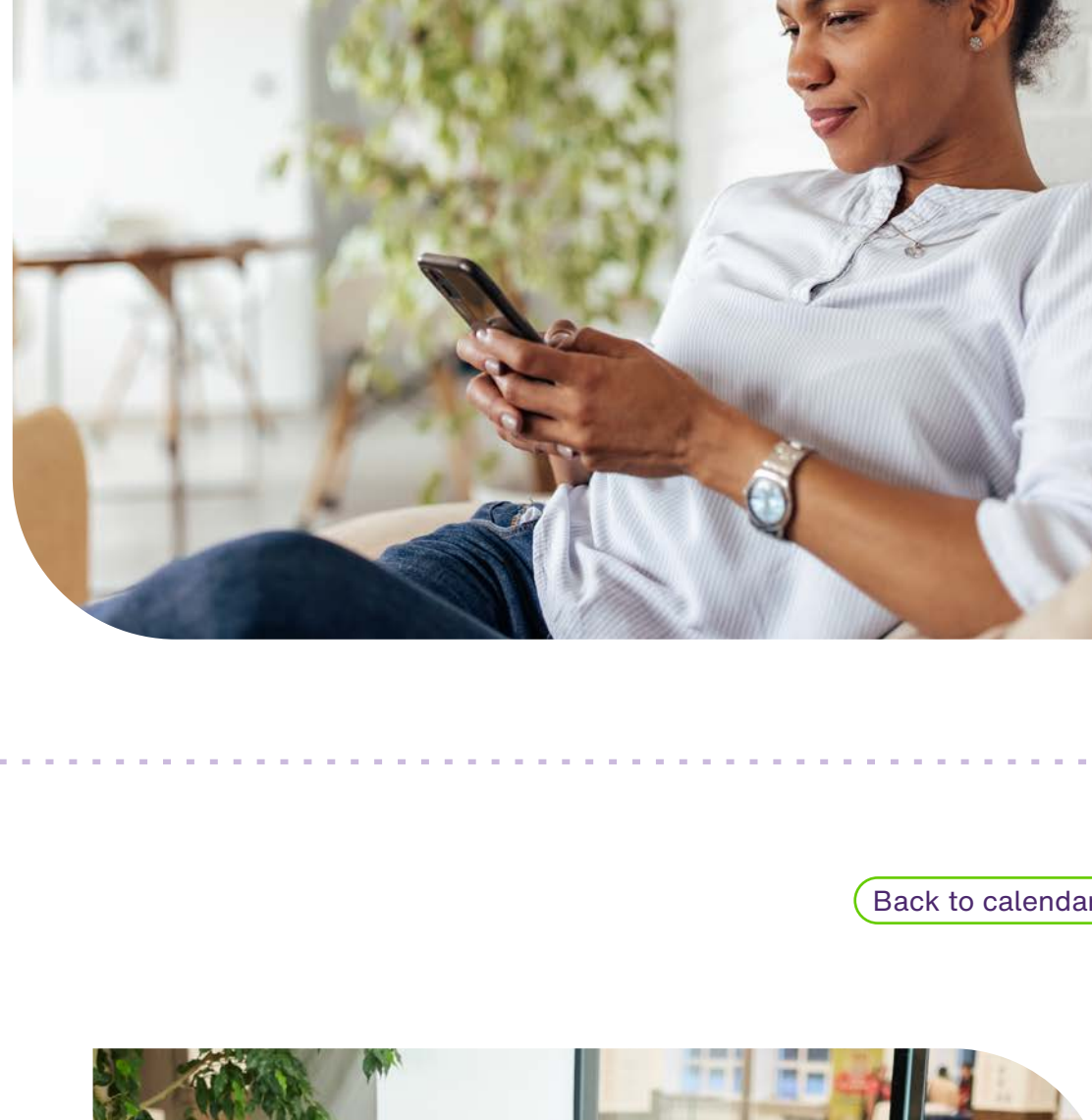
Digital wellness means developing healthy technology habits that support rather than drain your mental wellbeing, from setting screen time boundaries to creating tech-free spaces for rest.

August
9th

International Day of the World's Indigenous Peoples

August
31st

International Overdose Awareness Day



September

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Emotional intelligence at work

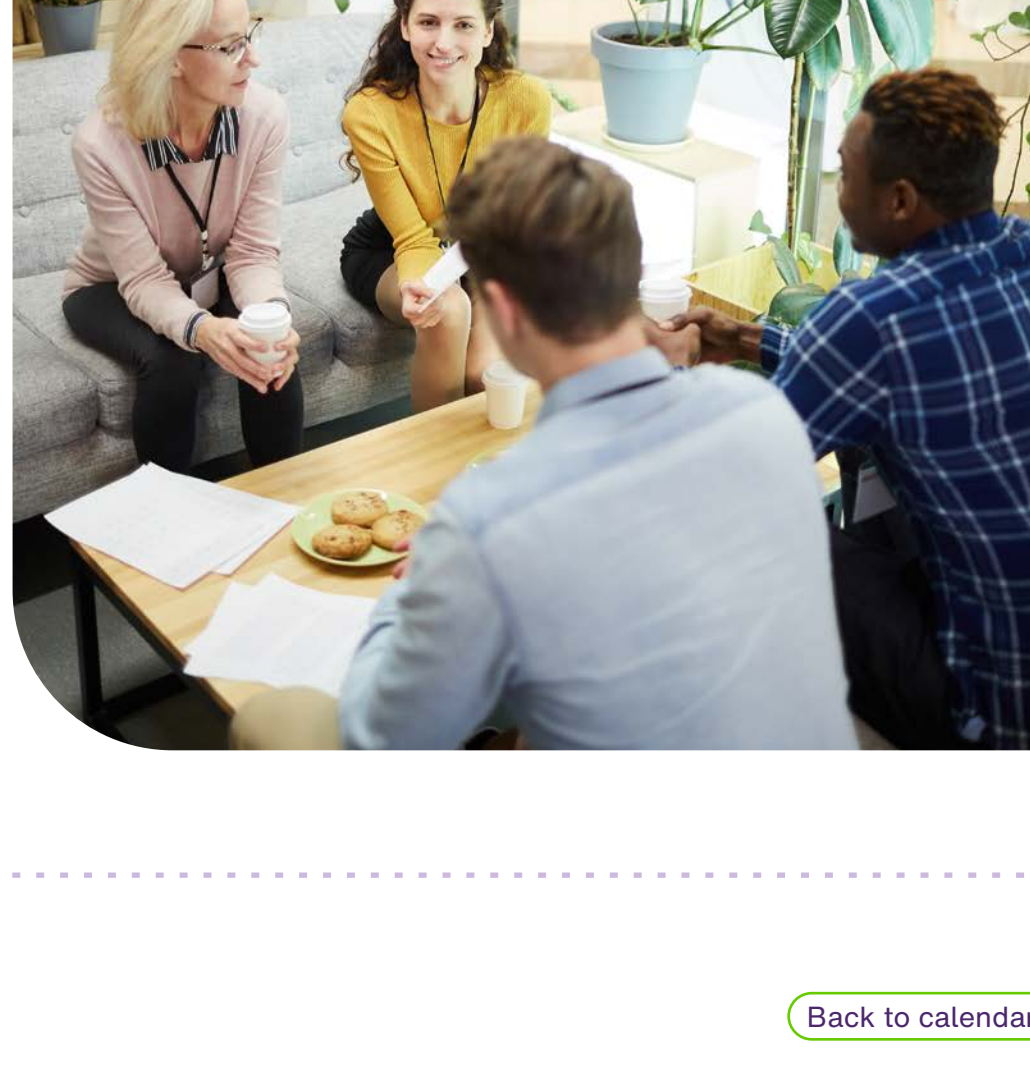
Emotional intelligence at work involves recognizing and managing the impact that others' emotions have on us, enabling better communication, stronger relationships, and more effective collaboration.

September
10th

World Suicide Prevention Day

September
21st

International Day of Peace



October

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Work-life harmony

Work-life harmony isn't about perfect balance—it's about creating sustainable boundaries and routines that support both your professional success and personal wellbeing.

October
5-11th

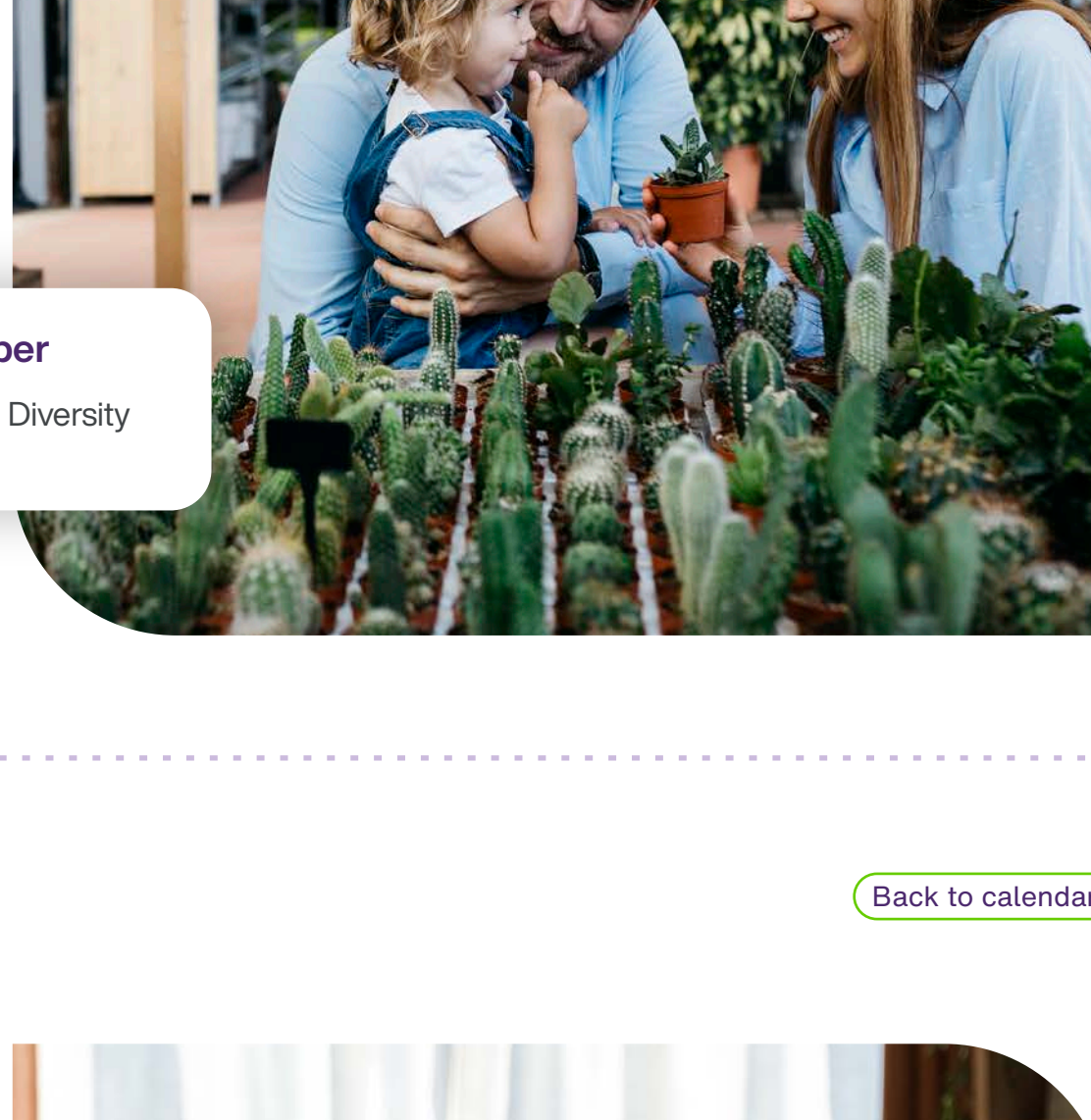
Mental Illness Awareness Week

October
10th

World Mental Health Day

October

Global Diversity Month



November

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Mindful money matters

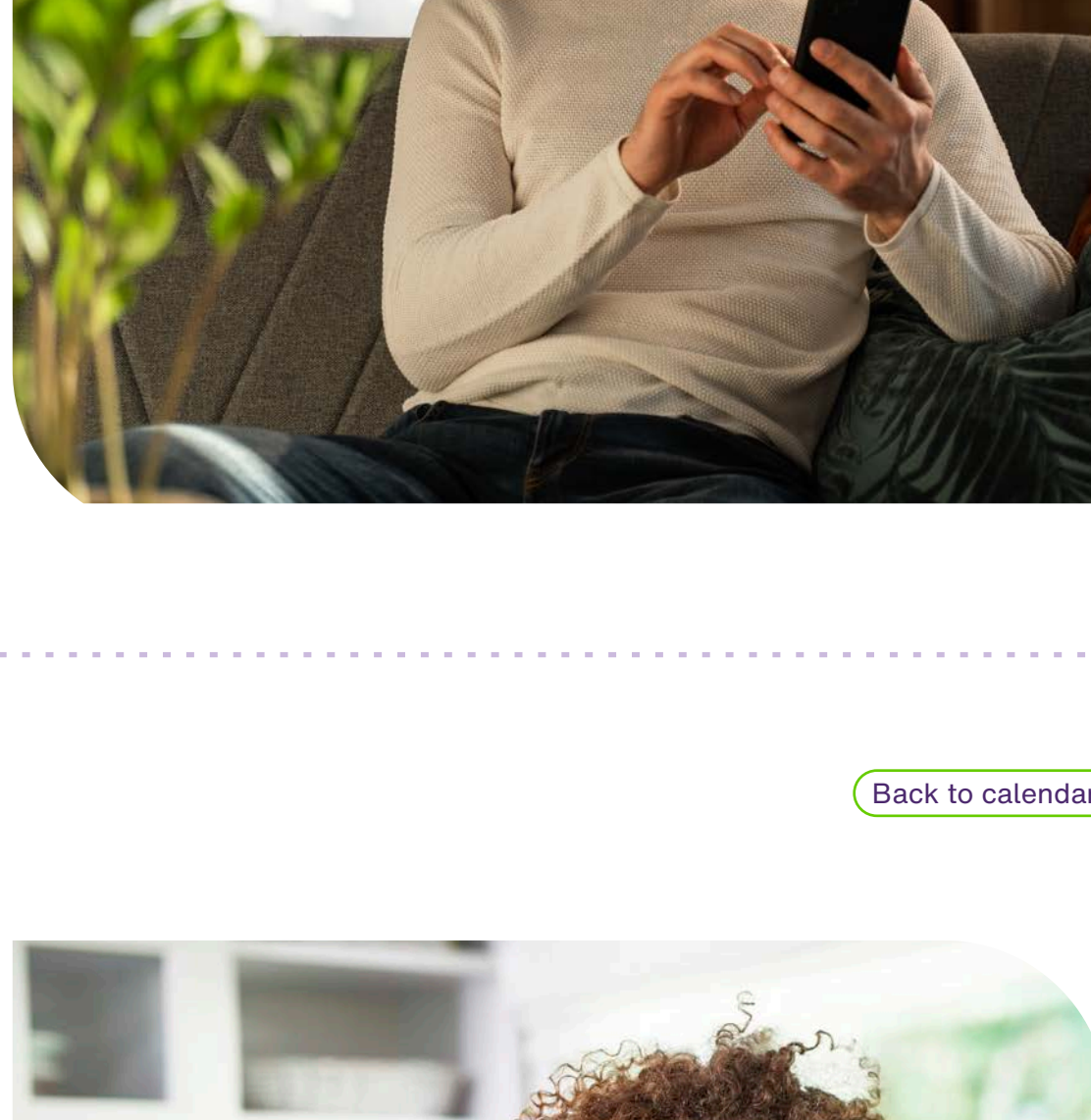
Mindful money matters involve understanding your emotional relationship with finances and making intentional spending decisions, especially during holidays when financial stress and overspending can easily occur.

November
16th

International Day for Tolerance

November

November month – men's physical and mental health



December

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Gratitude and growth

Gratitude and growth practices build emotional resilience by training your mind to focus on positive experiences and learning opportunities, core principles of positive psychology that strengthen mental wellbeing.

December
1st

World AIDS Day

December
5th

International Volunteer Day

December

Holiday season

