

Mental Wellness Month

- American Heart Month
- World Cancer Day
 February 4th

- Nutrition Month
- International day of Happiness
 March 20th

Total body renewal in the new year

Start your year off right by making small changes to your physical and mental health that will last a lifetime. Staying focused on maintaining healthy habits now can help stave off chronic illnesses, making for truly golden years.

Happy heart and mind

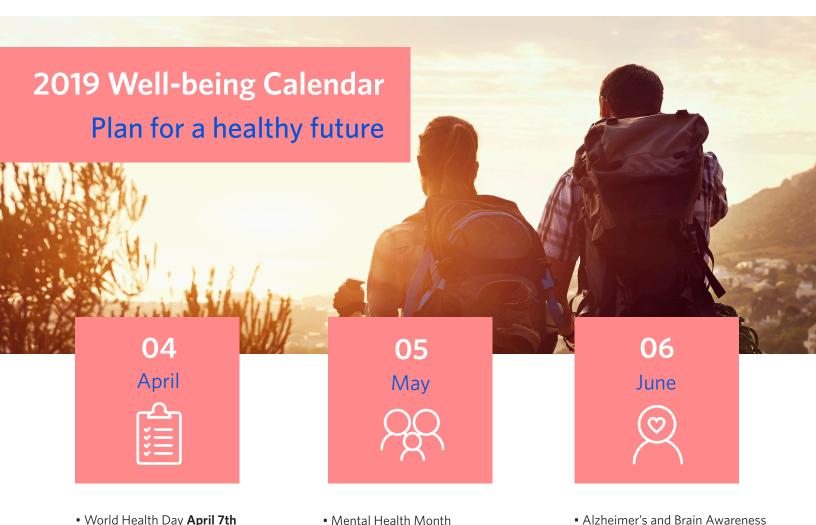
Remember that your heart is affected by both your physical and emotional state. Take initiative and ensure your heart is healthy by staying physically active, maintaining a healthy weight, and eating healthy foods. This February, take the time to love yourself!

Eating well for energy

Celebrate Nutrition Month by learning how to achieve a healthy and balanced diet. Discover which foods will give you a brain boost and an energy surge to get you through your day, and how nutrition can boost your cognitive functions throughout your life.







- World Health Day April 7th
- Alcohol Awareness Month
- Stress Awareness Month
- Mental Health Month
- National Physical Education and Sport Week May 13-19th
- Month
- International Men's Health Month
- National Safety Month
- PTSD Awareness Day June 27th

Looking to your future

Whether it's your job, finances, your home life or your relationships, stress can have a devastating impact on your life and your future. Get a grip on your stress levels by finding ways to manage that work for you. Such as getting more sleep, relaxation techniques, or physical activity.

Mental health and children

Start the conversation early about mental health. It is essential to promote the feeling of comfort and openness when talking about mental health to end the stigma before it begins. Reach out to a loved one, express concern, and suggest help and resources.

Take care of your brain

Regardless of your age, gender or which walk of life you come from, it is always a good time to think about keeping your brain healthy. Remember, your mind and brain need TLC too. Get mental stimulation, physical exercise, quit smoking, improve your diet and blood pressure.







- World Youth Skills Day July 15th
- International Self-Care day July 24th
- International Day of Friendship July 30th
- Take care in your career

Having a busy work schedule doesn't mean you have to neglect your well-being. Practice selfcare at work: Take deep breaths, stretch, go for a walk, get a drink of water or ask for support when needed. Take care of yourself to take control of your stress.

- International Youth Day August 12th
- International Overdose AwarenessDay August 31st
- Positive mental health for success

With approximately 70% of mental illness and addictions taking root in childhood and adolescence, getting a healthy start is vitally important. Help your child build the skills and habits that will lead to opportunities and successes in their personal and professional lives.

- Recovery Month
- World Suicide Prevention Day September 10th
- Family Health and Fitness Day September 29th

Returning to work after a leave of absence

There can be feelings of insecurity and difficulties integrating back to the office culture. Everyone's path to reintegration is different, it often helps to get back to a structured routine. This can include regulating your sleep and meal schedule or slowly easing back into a regular fitness regime.







- National Health Education Week
 October 21-25th
- World Mental Health Day
 October 9th
- National Bullying Prevention Month
- Universal Children's Day
 November 21st
- World Diabetes Day
 November 14th

- International Volunteer Day December 5th
- International Human Rights Day
 December 10th

Life events and our mental health

Significant life events can bring unique stressors. Whether it's the death of a loved one or birth of a child, adjustment to new circumstances can be the hardest part. Your family and friends are a great support system that can help guide you through the process.

Holiday budget planning

The holiday season is right around the corner. To avoid starting January in the red, create a realistic budget and stick to it. Remember: the holidays aren't about what you buy, but about spending quality time with loved ones.

Give back this holiday season

Volunteering benefits everyone, including the volunteers themselves. Take some time out of your busy holiday schedule and give back to your community. Helping people with various life experiences will not only help your mental well-being, but will also help you develop a more inclusive world view.

