

2019 Well-being Calendar

Health & Wellness

01

January



- Mental Wellness Month

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.

02

February



- American Heart Month
- World Cancer Day
February 4th

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!

03

March



- Nutrition Month
- International day of Happiness
March 20th

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.



2019 Well-being Calendar

Plan for a healthy future

04
April



- World Health Day **April 7th**
- Alcohol Awareness Month
- Stress Awareness Month

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.

05
May



- Mental Health Month
- National Physical Education and Sport Week **May 13-19th**

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.

06
June



- Alzheimer's and Brain Awareness Month
- International Men's Health Month
- National Safety Month
- PTSD Awareness Day **June 27th**

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.



2019 Well-being Calendar

Career & Workplace

07

July



- 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 self-care 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.

08

August



- International Youth Day
August 12th
- International Overdose Awareness
Day **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.

09

September



- 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.



2019 Well-being Calendar

Life events

10
October



- National Health Education Week
October 21-25th
- World Mental Health Day
October 9th
- National Bullying Prevention Month

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.

11
November



- Universal Children's Day
November 21st
- World Diabetes Day
November 14th

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.

12
December



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

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.

