

Employee wellbeing calendar

# December 2024



**Motto of the month:**  
You made it.  
Be proud of yourself.

personify  
HEALTH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Because health is personal™



**World AIDS Day**  
Unite to help end HIV and remember those lost to AIDS-related illnesses.

1

Enter the season with mindfulness and gratitude. Try journaling about your achievements and experiences from the year so far.

2

Foster a culture of inclusion and accessibility. When everyone is included, everyone benefits.

3



"You can't pour from an empty cup." Take time to recharge yourself before helping others.

4

Brighten someone's day by performing a small act of kindness. It could be as simple as a warm smile or buying a coffee for a colleague.

5



It's important to keep your body moving. Consider going outside during your break for a quick stretch or brisk walk!

6

**Happy 1st Day of Hanukkah!**  
Celebrate light, family, and tradition.

7

Hydration is key year-round. Encourage employees to keep a reusable water bottle at their desk for daily use or holiday travel.

8

Take a few moments to check in with yourself. Acknowledge your feelings and give yourself permission to rest if needed.

9



This year's theme is Dignity, Freedom, and Justice for All. Reflect on what these values mean to you and your community.

10

Organise a quick meeting or message chain to share the year's successes with your team. Celebrating together can boost morale!

11

Schedule a mid-day team stretching session to unplug, release tension, and refresh your focus.

12

Enjoy holiday treats in moderation. Strive to make healthy choices 80% of the time and indulge guilt-free 20% of the time.

13

Conduct a meeting audit and promote shorter, more efficient meetings to reduce screen fatigue.

14



Make time to socialise – even virtually. A good conversation can lift your mood and strengthen connections.

15

Boost your hydration by trying fruit-infused water. Add combos like apple + cinnamon or grapefruit + mint for a festive twist!

16

**DIY Gifting**  
Get creative by making gifts instead of buying them this year. It's personal, thoughtful, and often budget-friendly!

17



Winter air can be invigorating! Take a short walk and enjoy the crisp outdoors, even if it's just for a few minutes.

18

Holiday treats are tempting – enjoy them mindfully! Savor each bite and listen to your body's cues to stay balanced.

19



Write a thank-you note or email to someone who made an impact on your year. Sharing gratitude spreads positivity!

20

Take a moment to celebrate and reflect on everything you're grateful for as you transition into a new season.

21

Enjoy uninterrupted work time by designating a no-meeting day. It promotes focus and productivity.

22

Set aside time to clear your desk and organise your workspace before you head out for a well-deserved break.

23

Try a digital detox before the holidays. Unplug and spend quality time with loved ones.

24

**Merry Christmas!**  
Wishing you warmth, joy, and togetherness this holiday season.

25

**Happy 1st Day of Kwanzaa!**  
A celebration of unity, creativity, and family.

26

Stay in your PJs and enjoy festive leftovers. It's a perfect day to relax and recharge.

27



Organise a fun, casual virtual event to close off the year with your team. Celebrate together!

28

Challenge yourself to discover screen-free activities the whole family can enjoy – games, crafts, or storytelling.

29

Take time to set one meaningful goal for 2025. Reflect on how you can prioritise your wellbeing in the new year.

30



**New Year's Eve**  
Celebrate the effort put in throughout the year. A heartfelt "Thank You" can set a positive tone for the New Year. Cheers!

31

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