~personify

2025 Wellbeing Calendar

Boost health and wellbeing across your organisation with 12 months of easy and fun ideas to help your people feel and perform their best.



January

3/4 of employees want

February

employees experience

LGBT History

Take time to talk about

the achievements and

history of the gay

rights movement.

your workplace!

Embrace diversity in

Month

March

leaving due to a 'bad

May

Flexible working is the top reason for a good work-life balance.

June

Only 1/3 of LGBTQ+ employees are comfortable being open about their sexuality or gender identity at work.

July

68% of job seekers are more likely to choose a company that is

August

72% of working parents are stressed about the mix of work life and

September

anxiety and increase

October

40% of employees say they would leave their company for a more

November

41% of employees say their workplace is where they feel the greatest sense of belonging, second to their home.

December

82% of global employees feel lonely at work.

Dry January

Ditch the booze and opt for more nutritional drinks this month, like fruit-infused water.

Top tip: Put any money aside that you would've spent on night outs.

Happy New Year!

goals? Write them down and review them monthly to

World Cancer Day



April Fool's Day Start the new month with a friendly joke to

April

Relax your muscles

for up to 45 minutes

by simply laughing.

World Maternal Mental Health Day

Can you be doing any more to support the working parents in your workforce?

LGBTQ+ Pride Month

Celebrate your LGBTQ+ employees and the community by learning about the challenges they face and how you can make your workplace more inclusive.

Plastic Free Month

31-day challenge Be kind to yourself, a loved one, or a stranger every day

Self-Improvement Month throughout the month.

Global Diversity Awareness Month

What are you grateful for? Extend this to the workplace and make a "Gratitude activity" so everyone can get

involved.

National

Gratitude Month

((

World AIDS Day

What are your 2025 stay accountable.

International HR Day

The unsung workplace to reflect on your the good you're doing.



You're halfway through 2025!

on achievements, and celebrate all your wins.

Mindfulness Monday

Start the day with exercise to help calm your mind, body, and





Kindness Day Ask someone how

compliment, or lend a

helping hand.

International Volunteer Day

If you can, organise volunteer day. You could visit a local care home and share festive joy!



World Religion Day



Time to Talk Day

Listen, share stories, and organise an event to tackle stigma around mental health.

International

Women's Day Today's a chance to celebrate the women in your life and the achievements made by women globally.

World Health Day

International Cultural **Diversity Day**

The seasons are changing...

Rain or shine, you should always protect your skin from the sun and keep on top of your vitamin intake.

8-12 Join a 9-week

workplace wellbeing challenge Enroll your workforce in your fun, healthy habitbuilding challenge to make the world greener, and your employees

Humanitarian Day



Improve Your

Office Day No matter where your work, there are plenty of ways to spruce up your workspace!

10



2 weeks to go until 2026... Spend the day reflecting on

celebrating all your achievements and everything you've experienced in 2024. Be proud of yourself.

Happy Holidays!

Blue Monday The "most depressing day of the year". Reject this idea. Have fun, make jokes, and

connect with loved



14 World Sleep Day Help your employees

their sleep with our

Wellbeing Toolkit.

feel safe and improve

Earth Day Take part in direct action to help clean up our world. Remember to recycle, reuse, and



World

Environment Day

World Rainforest



International



World Physical Therapy Day

Pop your favourite music on and make some time for a dance break!

Health Day

World Mental

(+/_)

World

Diabetes Day

International

Men's Day

25-26

+++

ones.

Lunar New Year

2025 is the year of the Wood Snake. It's time for deep thinking and personal growth.



Valentine's Day

World Day of

Social Justice

Reflect on how you

can make the world

a better place—no

matter big or small.

Neurodiversity **Celebration Week** Connect with your teams by promoting awareness

of neurodiversity and

share ways everyone

can support one another.



World Day for Safety & Health at Work

World **Meditation Day** Take a moment to

World No

Tobacco Day

focus on your breath. Close your eyes, inhale, hold, and exhale.

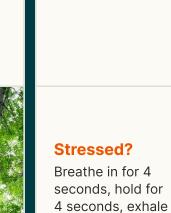
Help offset CO2 by donating to special organisations or planting your own

24-30 **World Wellbeing** Week Focus each working day on a different wellbeing topic. Start the week with a peer-

to-peer activity like

GO Challenge.

Friendship Day



International **Dog Day**

for 4 seconds.

Repeat 4 times.

 \bigotimes

World

world.

Gratitude Day

List 3 things you're

yourself in a busy

grateful for today. It's

a great way to ground

21

World Heart Day

World

Menopause Day

Talk openly about the

impact of menopause

and ask how your

employees can be

more supported.

National Coming Out Day

Raise awareness about gender disparities and the importance of supporting men's mental and physical

#FunFriday Dedicate the last Friday in November to having fun in the

office, or virtually.



New Year's Eve

What are your 2026 plans? Write them down and plan ways of how you're going to make 2026 the year of sticking to goals.

