

# 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	February	March	April	May	June	July	August	September	October	November	December
<p><b>January</b></p> <p>¾ of employees want financial guidance from their employers.</p>	<p><b>February</b></p> <p>41% of global employees experience daily stress.</p>	<p><b>March</b></p> <p>68% of employees either have or think about leaving due to a 'bad manager'.</p>	<p><b>April</b></p> <p>Relax your muscles for up to 45 minutes by simply laughing.</p>	<p><b>May</b></p> <p>Flexible working is the top reason for a good work-life balance.</p>	<p><b>June</b></p> <p>Only 1/3 of LGBTQ+ employees are comfortable being open about their sexuality or gender identity at work.</p>	<p><b>July</b></p> <p>68% of job seekers are more likely to choose a company that is environmentally sustainable.</p>	<p><b>August</b></p> <p>72% of working parents are stressed about the mix of work life and childcare.</p>	<p><b>September</b></p> <p>Dancing has been proven to decrease anxiety and increase self-esteem.</p>	<p><b>October</b></p> <p>40% of employees say they would leave their company for a more inclusive one.</p>	<p><b>November</b></p> <p>41% of employees say their workplace is where they feel the greatest sense of belonging, second to their home.</p>	<p><b>December</b></p> <p>82% of global employees feel lonely at work.</p>
<p><b>Dry January</b></p> <p>Ditch the booze and opt for more nutritional drinks this month, like fruit-infused water.</p> <p><b>Top tip:</b> Put any money aside that you would've spent on night outs.</p>	<p><b>LGBT History Month</b></p> <p>Take time to talk about the achievements and history of the gay rights movement. Embrace diversity in your workplace!</p>		<p><b>April Fool's Day</b></p> <p>Start the new month with a friendly joke to celebrate.</p>	<p><b>World Maternal Mental Health Day</b></p> <p>Can you be doing any more to support the working parents in your workforce?</p>	<p><b>LGBTQ+ Pride Month</b></p> <p>Celebrate your LGBTQ+ employees and the community by learning about the challenges they face and how you can make your workplace more inclusive.</p>	<p><b>Plastic Free Month</b></p>	<p><b>31-day challenge</b></p> <p>Be kind to yourself, a loved one, or a stranger every day throughout the month.</p>	<p><b>Self-Improvement Month</b></p>	<p><b>Global Diversity Awareness Month</b></p>	<p><b>National Gratitude Month</b></p> <p>What are you grateful for? Extend this to the workplace and make a "Gratitude activity" so everyone can get involved.</p>	<p><b>World AIDS Day</b></p>
<p><b>1</b></p> <p><b>Happy New Year!</b></p> <p>What are your 2025 goals? Write them down and review them monthly to stay accountable.</p>	<p><b>4</b></p> <p><b>World Cancer Day</b></p>	<p><b>1</b></p> <p><b>World Compliment Day</b></p>	<p><b>1</b></p>	<p><b>20</b></p> <p><b>International HR Day</b></p> <p>The unsung workplace heroes! Take the day to reflect on your achievements and all the good you're doing.</p>		<p><b>2</b></p> <p><b>You're halfway through 2025!</b></p> <p>It's time to revisit personal goals, reflect on achievements, and celebrate all your wins.</p>	<p><b>5</b></p> <p><b>Mindfulness Monday</b></p> <p>Start the day with a 5-minute breathing exercise to help calm your mind, body, and soul.</p>	<p><b>5</b></p> <p><b>International Day of Charity</b></p>		<p><b>13</b></p> <p><b>World Kindness Day</b></p> <p>Ask someone how their day is, give a compliment, or lend a helping hand.</p>	<p><b>5</b></p> <p><b>International Volunteer Day</b></p> <p>If you can, organise a company-wide volunteer day. You could visit a local care home and share festive joy!</p>
<p><b>19</b></p> <p><b>World Religion Day</b></p>	<p><b>6</b></p> <p><b>Time to Talk Day</b></p> <p>Listen, share stories, and organise an event to tackle stigma around mental health.</p>	<p><b>14</b></p> <p><b>International Women's Day</b></p> <p>Today's a chance to celebrate the women in your life and the achievements made by women globally.</p>	<p><b>7</b></p> <p><b>World Health Day</b></p>	<p><b>21</b></p> <p><b>International Cultural Diversity Day</b></p>	<p><b>1</b></p> <p><b>The seasons are changing...</b></p> <p>Rain or shine, you should always protect your skin from the sun and keep on top of your vitamin intake.</p>	<p><b>8-12</b></p> <p><b>Join a 9-week workplace well-being challenge</b></p> <p>Enroll your workforce in your fun, healthy habit-building challenge to make the world greener, and your employees happier.</p>	<p><b>19</b></p> <p><b>World Humanitarian Day</b></p>		<p><b>4</b></p> <p><b>Improve Your Office Day</b></p> <p>No matter where your work, there are plenty of ways to spruce up your workspace!</p>		<p><b>17</b></p> <p><b>2 weeks to go until 2026...</b></p> <p>Spend the day celebrating all your achievements and reflecting on everything you've experienced in 2024. Be proud of yourself.</p>
<p><b>20</b></p> <p><b>Blue Monday</b></p> <p>The "most depressing day of the year". Reject this idea. Have fun, make jokes, and connect with loved ones.</p>		<p><b>14</b></p> <p><b>World Sleep Day</b></p> <p>Help your employees feel safe and improve their sleep with our <a href="#">2025 Mental Wellbeing Toolkit</a>.</p>	<p><b>22</b></p> <p><b>Earth Day</b></p> <p>Take part in direct action to help clean up our world. Remember to recycle, reuse, and reduce!</p>		<p><b>5</b></p> <p><b>World Environment Day</b></p>	<p><b>24</b></p> <p><b>International Self-Care Day</b></p>		<p><b>8</b></p> <p><b>World Physical Therapy Day</b></p> <p>Pop your favourite music on and make some time for a dance break!</p>	<p><b>10</b></p> <p><b>World Mental Health Day</b></p>	<p><b>14</b></p> <p><b>World Diabetes Day</b></p>	<p><b>25-26</b></p> <p><b>Happy Holidays!</b></p>
<p><b>29</b></p> <p><b>Lunar New Year</b></p> <p>2025 is the year of the Wood Snake. It's time for deep thinking and personal growth.</p>	<p><b>14</b></p> <p><b>Valentine's Day</b></p>	<p><b>20</b></p> <p><b>International Day of Happiness</b></p>	<p><b>28</b></p> <p><b>World Day for Safety &amp; Health at Work</b></p>	<p><b>21</b></p> <p><b>World Meditation Day</b></p> <p>Take a moment to focus on your breath. Close your eyes, inhale, hold, and exhale.</p>	<p><b>22</b></p> <p><b>World Rainforest Day</b></p> <p>Help offset CO2 by donating to special organisations or planting your own trees!</p>	<p><b>30</b></p> <p><b>World Friendship Day</b></p>	<p><b>26</b></p> <p><b>International Dog Day</b></p>	<p><b>21</b></p> <p><b>World Gratitude Day</b></p> <p>List 3 things you're grateful for today. It's a great way to ground yourself in a busy world.</p>	<p><b>11</b></p> <p><b>National Coming Out Day</b></p>	<p><b>19</b></p> <p><b>International Men's Day</b></p> <p>Raise awareness about gender disparities and the importance of supporting men's mental and physical health.</p>	
	<p><b>20</b></p> <p><b>World Day of Social Justice</b></p> <p>Reflect on how you can make the world a better place—no matter big or small.</p>	<p><b>17-23</b></p> <p><b>Neurodiversity Celebration Week</b></p> <p>Connect with your teams by promoting awareness of neurodiversity and share ways everyone can support one another.</p>		<p><b>31</b></p> <p><b>World No Tobacco Day</b></p>	<p><b>24-30</b></p> <p><b>World Wellbeing Week</b></p> <p>Focus each working day on a different wellbeing topic. Start the week with a peer-to-peer activity like <a href="#">GO Challenge</a>.</p>		<p><b>26</b></p> <p><b>Stressed?</b></p> <p>Breathe in for 4 seconds, hold for 4 seconds, exhale for 4 seconds.</p> <p>Repeat 4 times.</p>	<p><b>29</b></p> <p><b>World Heart Day</b></p>	<p><b>18</b></p> <p><b>World Menopause Day</b></p> <p>Talk openly about the impact of menopause and ask how your employees can be more supported.</p>	<p><b>28</b></p> <p><b>#FunFriday</b></p> <p>Dedicate the last Friday in November to having fun in the office, or virtually.</p>	<p><b>31</b></p> <p><b>New Year's Eve</b></p> <p>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.</p>