

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

1

Want to end the year strong? Break down your personal & professional goals into small manageable daily actions to get started.

2

Let's celebrate inclusivity and advocate for accessibility on the **International Day of Persons with Disabilities**.

3



Shorter, colder days can make it harder to stay motivated and keep up with your usual activities but sticking to a routine can help.

4

**It's National Handwashing Awareness Week!**

Get back to basics & stay healthier one handwash at a time.

5



Check these [4 tips for managing holiday stress](#).

6

Don't miss out on these [7 cold weather smoothies](#) that are perfect for winter.

7

Try the 80/20 rule when it comes to indulging in treats. Try your best to make healthy choices 80% of the time—but you don't have to strive for perfection.

8



Avoid spreading yourself too thin this month. Keep your calendar up to date & schedule time for self-care.

9

Stand for dignity, freedom and justice for all as we honor **Human Rights Day**.

10

Keep health up and costs down. Our [Care Navigation Toolkit](#) is filled with exclusive insights on improving care quality, saving time, and cutting costs.

11

It's natural to feel less connected to others in winter, especially if you're going out less. But staying in touch with others is important to keep loneliness at bay.

12

Set the tone for a balanced 2025: Revisit these [4 key phrases](#) to improve work-life balance and create a healthier, more productive year ahead.

13

The last few years have been challenging, with many people feeling anxious about their health, job security or finances. Whatever you're facing right now, finding moments to unwind each day can make a difference.

14



It's the season of giving: Find a local volunteer opportunity or donate to a charity. It feels good to give back!

15

December is Safe Toys & Gifts Month, spend some extra time to ensure the gifts you're selecting for children are safe & age appropriate.

16

Holiday stress? We've got you covered! Explore our [Mental Health Toolkit](#) for resources to support your mental wellbeing this season.

17

Being mindful of how much alcohol you drink can have a positive impact on your mental health. Alcohol is a depressant, which means that while it might help you relax in the moment, it can affect your mood and sleep in the long term.

18

Winter is the perfect time to reflect and plan for the new year, so why not start writing a journal?

19



Bundle up & take a walk! Sunlight boosts Vitamin D, which can improve your mood.

20

**It's the Winter Solstice!** Take a moment to celebrate & reflect on all you have to be grateful for as you transition into a new season.

21

Prioritize your mental health. Discover how [management can better support your wellbeing](#) and foster a healthier, more balanced work environment.

22

If you're struggling, you're not alone. It's okay to ask for help if you need to and there's always someone to talk to.

23

For some of us, the holidays can be isolated, particularly if we are separated from family and friends. Pick up the phone and call someone you care about!

24



**Merry Christmas!**

25

Planning for a healthier future? Our [Health Strategy Toolkit](#) provides the resources you need to build effective health strategies and drive impactful outcomes in the new year.

26

Need a reset? Try positive affirmations. You can recite it in your head, out loud, or write it down. Here's one to get started: "I breathe in calmness & positivity."

27



Don't let people rush you. Frenzied activities lead to errors, regrets and stress. If you're feeling rushed, ask people to wait until you finish working or thinking something out.

28

Reflect on 2024 to plan for a stronger 2025! Revisit [key strategies and insights](#) to better engage your workforce and support their health in the year ahead.

29

Here are the [6 tips for a great new year start](#).

30



**Happy New Year's Eve!**

31

The world's #1 digital health & wellbeing solution