

Employee wellbeing calendar

July 2024



Motto of the month:
How are you? How are you, really?

Monday

Tuesday

Wednesday


Thursday

Friday


Saturday

Sunday

1 Set 3 achievable goals for the week to boost motivation and focus.


2  Aim for 8 glasses of water throughout the day.


3 Plan a short walk or stretch break every hour to improve focus and reduce stress.

4  Avoid screens for at least an hour before bed to improve sleep quality.

5 Take a virtual coffee break with a colleague from a different department to boost social connection.

6 Challenge yourself today... try to take the stairs (if you can) instead of a lift!

7  Review your budget and spending habits. Consider small adjustments to improve your financial security.


8  Pack a healthy lunch or choose nutritious options from the office canteen

9 Breathe in for 4 seconds. Hold for 4 seconds. And breathe out for 4 seconds. Feeling better?

10 Happy Wednesday! Already looking ahead to the weekend? Carve out time today to plan your upcoming days.

11 It's time for a quick workout. Start the day with: 10 squats, 15 jumping jacks, and a 30 second plank.


12 Unwind after a busy week with a herbal tea and some quiet time.

13  Laughter is the best medicine. Watch a funny film to get those feel-good hormones' going.


14 There's a new week ahead. What do you want to achieve this week?

15 How are you feeling? Take time to process your feelings today.

16 Looking for ways to prevent burnout before it spirals? Explore our ["Culture of Prevention" resource](#).

17  Write down 3 things you're grateful for each day.

18 Offer to help a colleague who might be feeling overwhelmed. Teamwork can ease stress.

19  We're 200 days into the year. How's your 2024 goals looking?


20 Power down from work emails to power up your work-life balance.

21 When was the last time you read a book? Ask a friend for a book recommendation and read something new.

22 Take 15 minutes at the end of the day to review your tasks and plan your schedule for the following week.

23 Can't focus? Listen to "brown noise" – it has incredible calming effects.


24 **International Self-Care Day** Make time to do your favourite activity. It's time to celebrate you for a change!

25  Did you eat breakfast today? Add whole grains, fruit, or nuts to improve focus.

26 Catch up on rest. It's okay to do nothing if that's what your body needs.

27  Good weather? Get outside! Bad weather? Cook your favourite meal.

28 Want to boost your step count? Join our [GO Challenge!](#)

29  Struggling with grief? Talk to a professional. You don't have to suffer in silence.

30 **World Friendship Day** Get your closest pals together and have fun. That's what friends are for!

31 A new month starts tomorrow. What do you want to achieve in August?

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