

WELLBEING CALENDAR 2021

JANUARY

STAY WELL THIS WINTER #2

18th Blue Monday

FEBRUARY

CANCER AWARENESS

1st Pulse Survey
4th Time to Talk Day
4th World Cancer Day

MARCH

THE IMPORTANCE OF SLEEP

10th No Smoking Day
23rd - 28th
Debt Awareness Week

APRIL

STRESS AWARENESS

TBC Pulse Survey
7th World Health Day

MAY

MENTAL HEALTH

10th - 16th
Mental Health
Awareness Week

JUNE

FINANCIAL WELLBEING

Britain's Healthiest
Work Place Survey
14th - 20th
Men's Health Week

JULY

IT'S GOOD TO TALK

TBC Pulse Survey
30th Int. Friendship Day

AUGUST

PHYSICAL HEALTH - KNOW YOUR NUMBERS

Take some time to look
after your own wellbeing

SEPTEMBER

MENTAL HEALTH AND SUICIDE

10th World Suicide
Prevention Day

OCTOBER

WOMEN'S HEALTH MONTH

TBC Pulse Survey
10th World Mental Health Day
11th - 16th Work Life Balance Week
18th World Menopause Day

NOVEMBER

MEN'S HEALTH MONTH

4th National Stress
Awareness Day

DECEMBER

STAY WELL THIS WINTER

Take some time to look
after your own wellbeing

Access all wellbeing information, resources and support options at amey.co.uk/wellbeing

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