

Wellbeing Calendar 2020



January

Jan 1-4	Jan 5-11	Jan 12-18	Jan 19-25	Jan 26-31
A whopping 80% of resolutions will fail by February. A robust, healthy habit-building wellbeing platform can help your employees buck the trend and stay on track with their goals. Here's how to find one that works for you .		13: Clean Off Your Desk Day Clear your space, clear your mind! Take 10 minutes to organize your workspace for improved work quality, focus, productivity and creativity.	20: Martin Luther King Jr. day	28: Data Privacy Day Keep your data safe by first learning how your personal information is being collected and used. Virgin Pulse is compliant with GDPR , the APEC CBPR system , and APEC PRP framework .

February

Feb 1	Feb 2-8	Feb 9-15	Feb 16-22	Feb 23-29
	 4: World Cancer Day With about 46% of people battling cancer at working age, employers can — and should be — prepared to help employees with cancer from diagnosis to recovery .	14: Valentine's Day Share some heart-healthy tips with someone you love.	17: Random Acts of Kindness Day Hold the door open, pay for someone's coffee, give a coworker a compliment ... how are you celebrating?	Had enough of the cold? Learn how to beat the winter blues .

American Heart Month: Many types of heart disease can be prevented by making healthy lifestyle choices. Adequate sleep, stress management, nutrition, exercise and strong social networks all factor in. [Watch our webinar replay](#) with Dr. Katz for more expert heart-healthy advice.

March

Mar 1-7	Mar 8-14	Mar 15-21	Mar 22-28	Mar 29-31
6: National Employee Appreciation Day Showing your employees you care can be as simple as giving them a shout out. How will you celebrate your employees?	13: World Sleep Day Catch more Z's with our sleep toolkit .	20: International Day of Happiness Laugh a little, smile a lot, and reflect on what makes you happy!	Shut off all devices a few hours before bed for better sleep. #SleepAwarenessMonth	The Josh Bersin Academy's Wellbeing at Work program begins on April 16! Register today at bersinacademy.com

National Nutrition and Sleep Awareness Month

April

Apr 1-4	Apr 5-11	Apr 12-18	Apr 19-25	Apr 26-30
1: April Fools Not only is laughter the best medicine, it's a great way to strengthen social bonds in the workplace .	7: World Health Day Health is more than just exercise & nutrition. Deepak Chopra shares his six pillars of wellbeing .	15: Tax Day Help your employees reduce their stress levels by increasing their financial wellbeing .	22: Earth Day Get inspired to #GoGreen at work! 	28: World Day for Safety and Health at Work

National Volunteer Month: Volunteering makes us happier, gives us a sense of purpose, boosts confidence and it just feels good to do good. Encourage employees to find a cause they care about and give them time off to give back.

May

May 1-2	May 3-9	May 10-16	May 17-23	May 24-31
2: National Fitness Day Here are a few ways to fit a little fitness into your workday!	6-12: National Nurses Day/Nurses Week 	Did you know that sleep quality can impact your mental health? 		

National Bike Month: Whether you're bike commuting, taking a spin class or going for a leisurely weekend ride, hop on a bike to celebrate!

June

Jun 1-6	Jun 7-13	Jun 14-20	Jun 21-27	Jun 28-30
3: World Bicycle Day & National Running Day: Time to celebrate and hit the pavement!	13: Global Wellness Day: Small daily activities can make a big improvement in your overall wellbeing. Try a few of our favorite wellbeing activities .	20: World Productivity Day 		Has Employee Wellbeing Month inspired you to start a wellbeing program at work? Learn how to build the business case for employee wellness initiatives .

Employee Wellbeing Month: Visit [employeewellbeingmonth.com](#) to learn how wellbeing-minded organizations lead to more productive, engaged workforces and find resources to engage employees in health and wellness.

July

Jul 1-4	Jul 5-11	Jul 12-18	Jul 19-25	Jul 26-31
4: Independence Day 		Looking to boost engagement during the summer months? Why not try a little socialization at work?		30: International Day of Friendship

Summer brings a great opportunity to enjoy nutritious food, especially outside with friends. Try grilling vegetables, lean proteins and even fruits to bring out their natural flavors.

August

Aug 1	Aug 2-8	Aug 9-15	Aug 16-22	Aug 23-31
Swimming isn't just a way to cool off, it's great exercise! Dive in and see how many laps you can do in 30 minutes.	Developing a healthy daily routine can boost your wellbeing and reduce stress.	15: National Relaxation Day 		How do you help people improve their relationship with food? Nutritionist and renowned expert Dr. Katz has some ideas.

National Wellness Month: Take some extra time for self-care and check in on your health and wellbeing goals.

September

Sep 1-5	Sep 6-12	Sep 13-19	Sep 20-26	Sep 27-30
	7: Labor Day 	Leaders, listen up — mountaineer, explorer, and author Alison Levine shares her tips on enabling employees to perform their best , even in the toughest situations.	Take steps to improve money management habits and reduce stress before the holiday season arrives.	

National Self-Care Awareness Month: You can't fill another's cup from an empty vessel. Practice saying yes to self-care and putting yourself first this month.

October

Oct 1-3	Oct 4-10	Oct 11-17	Oct 18-24	Oct 25-31
October is National Apple Month! Snack on this seasonal favorite for a healthy dose of antioxidants, fiber and flavor.	10: World Mental Health Day Awareness starts with education. In this exclusive webinar, Dr. Batman discusses mental health in the workplace and how to better support your employees.			31: Happy Halloween! Here are some great reasons to have your candy and eat it too .

Focus on prevention this cold and flu season. Schedule employee flu shot clinics, encourage regular hand washing and send out a refresher on sick leave policies.

November

Nov 1-7	Nov 8-14	Nov 15-21	Nov 22-28	Nov 29-30
4: National Stress Awareness Day Preventing employee burnout starts at the top. Learn how to identify the signs of burnout and how to help .	11: Veterans Day 	Make health a priority during the holidays with a workplace challenge! Try a step off, a hydration challenge or 10 days of mindfulness.	26: Happy Thanksgiving! 	

Open Enrollment season is here, but is your benefits newsletter up to snuff? Brush up your communications with [these helpful writing tips](#).

December

Dec 1-5	Dec 6-12	Dec 13-19	Dec 20-26	Dec 27-31
Don't let holiday stress get you down! Instead, take steps to prioritize your wellbeing even during the busiest weeks .	10: Hanukkah begins. 		25: Merry Christmas! 	Look back on your year and celebrate your accomplishments — you earned it!