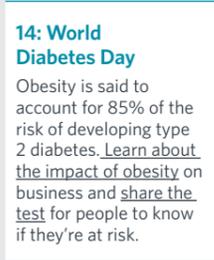
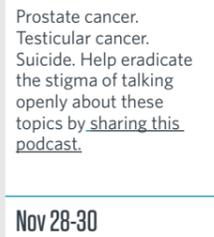


Wellbeing Calendar 2021



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	
Productivity and Presenteeism Are your workers clocking in and checking out?	Heart Health Watch Dr Katz's webinar replay for expert heart-healthy advice.	Sleep Quality shut-eye is essential to quality performance.	Occupational Health & Safety Reduce the risk of injuries and accidents with wellbeing.	Diversity, Equity & Inclusion How inclusive is your wellbeing programme?	Environment and Sustainability It's time to work on your green footprint.	Physical Activity Check out these fun and easy ways to get your employees moving.	Financial Wellbeing Share these money management techniques.	Mental Health Learn about the signs and what you can do to help.	Nutrition Promote healthy eating habits with our bite-sized tips.	Stress and Burnout Manage stress, uncertainty and build resilience	Community Connect employees with a fun destination challenge.	
Jan 1-2		Mar 1-6	Apr 1-3	May 1-8	Jun 1-5	Jul 1-3	Aug 1-7	Sep 1-4		Nov 1-6	Dec 1-4	
New Year, New You! Encourage employees to set their goals, personal and professional.			Feeling under the pump? Lighten the load by reducing your admin work	2: World Laughter Day Having a good ol' chuckle is good for the soul. Stay light-hearted, crack a joke, and make someone's day.	5: World Environment Day Could you be reducing waste, using more natural light or spending more time in nature? It's time to build a better planet.		On a budget? Try meal-prepping - you'll eat healthier and save money on eating out too.	5: International Day of Charity Help eradicate poverty by holding a fundraiser and donating to a charity.		4: Stress Awareness Day With more people working from home, it can be harder to recognise stress & burnout, but with these tips you can help.	5: International Volunteer Day It feels good to do good! Give back to the community and make an impact on another life. Be that human, animal or plant.	
Jan 3-9	Feb 1-6	Mar 7-13	Apr 4-10	May 9-15	Jun 6-12	Jul 4-10	Aug 2-8	Sep 5-11	Oct 3-9	Nov 7-13	Dec 5-11	
	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.	12: World Sleep Day Not the best lullaby singer? Try these other tips to help your employees catch more Zzz's.	7: World Health Day Boost wellbeing and lower stress by encouraging a healthy daily routine. These tips might help!	Tai Chi. Yoga. Meditation. Assemble your people and practise some deep breathing exercises to help develop mindfulness.		Go for a weeting! Or a 'walking meeting'. Instead of sitting down, get up and get moving.		9: R U OK? Day Reach out to a colleague or friend to see how they're doing. A small gesture can go a long way.	4: World Animal Day They don't judge. Make great company. And can help keep us active. Ask employees to post a pic of them and their pet and tag us @virginpulse		Give a shout out to a colleague. Not only will it make their day, it'll help spread positivity.	
Jan 10-16	Feb 7-13	Mar 14-20	Apr 11-17	May 16-22	Jun 13-19	Jul 11-17	Aug 8-14	Sep 12-18	Oct 10-16	Nov 14-20	Dec 12-18	
11: Clean Off Your Desk Day Clear your space, clear your mind! Take 10 minutes to organise your workspace for improved work quality, focus, productivity and creativity		20: International Day of Happiness Create a working environment that promotes happiness and positivity and enjoy the bottom line benefits.		21: World Cultural Diversity Day Bollywood dancing. African drumming. Or sharing your favourite recipe from around the world. Be creative and have fun celebrating diversity.	Employee Wellbeing Month Engage employees in health and wellness with the assorted resources available.		From financially stressed to financially savvy? It is possible. Learn how you can support your employees' financial wellbeing.		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.		14: World Diabetes Day Obesity is said to account for 85% of the risk of developing type 2 diabetes. Learn about the impact of obesity on business and share the test for people to know if they're at risk.	
Jan 17-23	Feb 14-20	Mar 21-27	Apr 18-24	May 23-29	Jun 20-26	Jul 18-24	Aug 15-21	Sep 19-25	Oct 17-23	Nov 21-27	Dec 19-25	
A whopping 80% of resolutions will fail by February. But a wellbeing platform can help your employees buck the trend and achieve their goals. Find one that works for you.	14: Valentine's Day Share some heart-healthy tips with someone you love.	22: World Water Day Remind your employees about the importance of practising hand hygiene for protection against infectious diseases. Include some water saving tips too.			20: World Productivity Day Adding plants to your workplace has proven to boost productivity. So, get gardening!	23: Re-imagine your workplace Bring together your employees wherever they are on the ultimate virtual journey around the world.	19: World Humanitarian Day Practise gratitude and take a moment to acknowledge the #reallifeheroes around, those that have committed their lives to helping other people.		21: World Gratitude Day Positive mindsets. Improved wellbeing. Better relationships. Start spreading the gratitude attitude today.		November Prostate cancer. Testicular cancer. Suicide. Help eradicate the stigma of talking openly about these topics by sharing this podcast.	Happy Holidays! Share some quality time with your friends or family.
Jan 24-31	Feb 21-28	Mar 2-31	Apr 25-30	May 30-31	Jun 27-30	Jul 25-31	Aug 22-28	Sep 26-30	Oct 24-31	Nov 28-30	Dec 26-31	
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.	Promote cardiovascular fitness at work by organising a lunchtime workout. Take a snap and tag us @virginpulse	Shut off all devices a few hours before bed for better sleep.	28: World Day for Safety and Health at Work Run a work health and safety trivia, bingo or charades. Winner with the most points gets a prize!	31: World No-Tobacco Day It kills one person every 4 seconds. Causes cancer. And chronic disease. Raise awareness about the effects of tobacco and help your employees quit for good.	Inspired to roll out a wellbeing programme at work? Get a 4-step roadmap to building a business case.	30: International Day of Friendship Friendships at work means healthier, happier, more engaged employees. Are you creating enough opportunities for friendships to form?	Got people working remotely? Keep them engaged and connected with these practical ideas.	30: International Translation Day Improved memory, problem solving and concentration. There's a heap of brain benefits to learning another language. Get on board!	31: Happy Halloween! Get your employees together, physically or virtually, for a Halloween Happy Hour. Don't forget to throw in some games and spooky dress-ups for extra laughs.		Look back on your year and celebrate your accomplishments - you earned it!	