

Wellbeing calendar

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New year, renewed mind

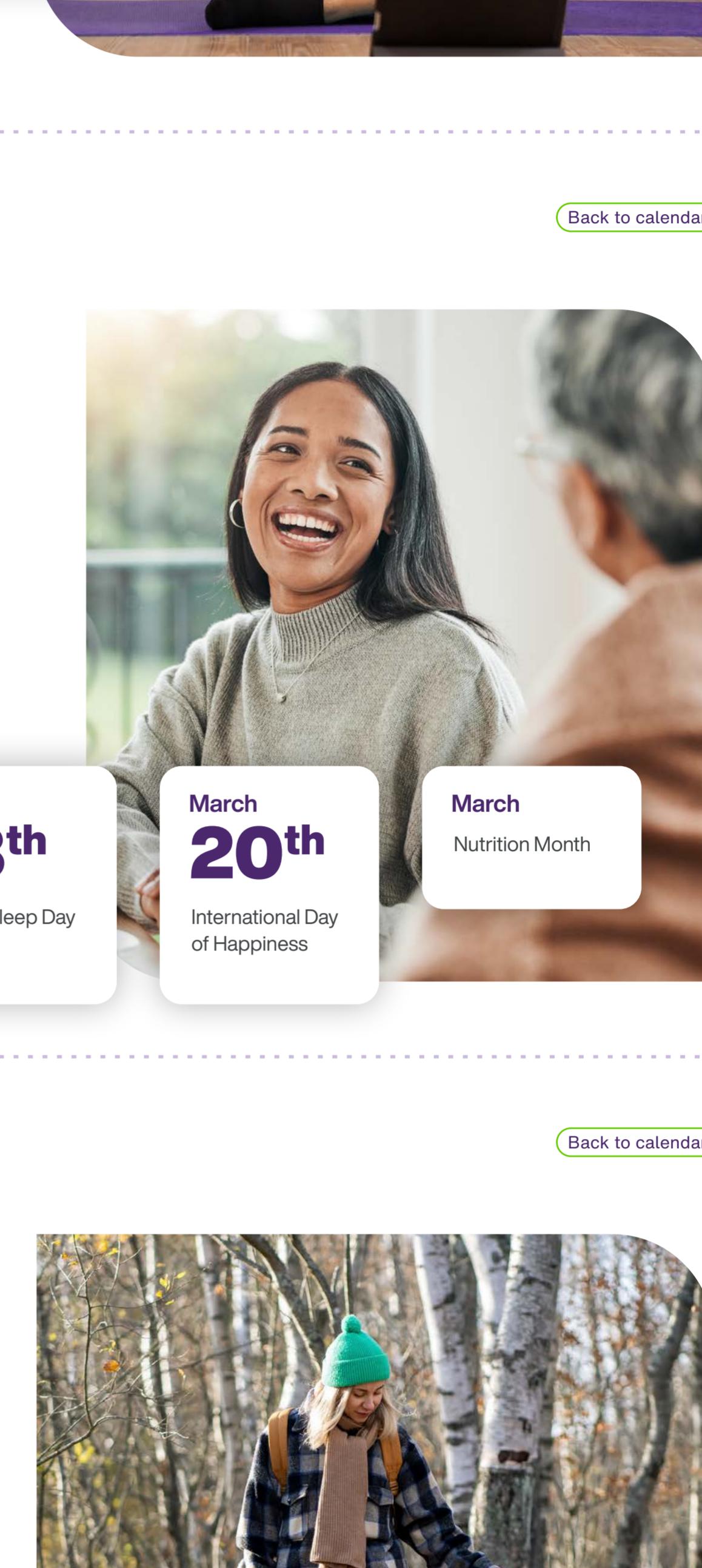
Use the new year as a fresh start to evaluate your mental health and set emotional goals that work for you and your life.

January 4th

World Braille Day

January 24th

International Day of Education

**February**[Back to calendar](#)

Heart and mind connection

Your emotional and physical wellbeing are deeply connected—when one suffers, the other often follows, and when one thrives, it supports the other. Take some time this month to consider the relationship between your emotional and physical wellbeing.

February 4th

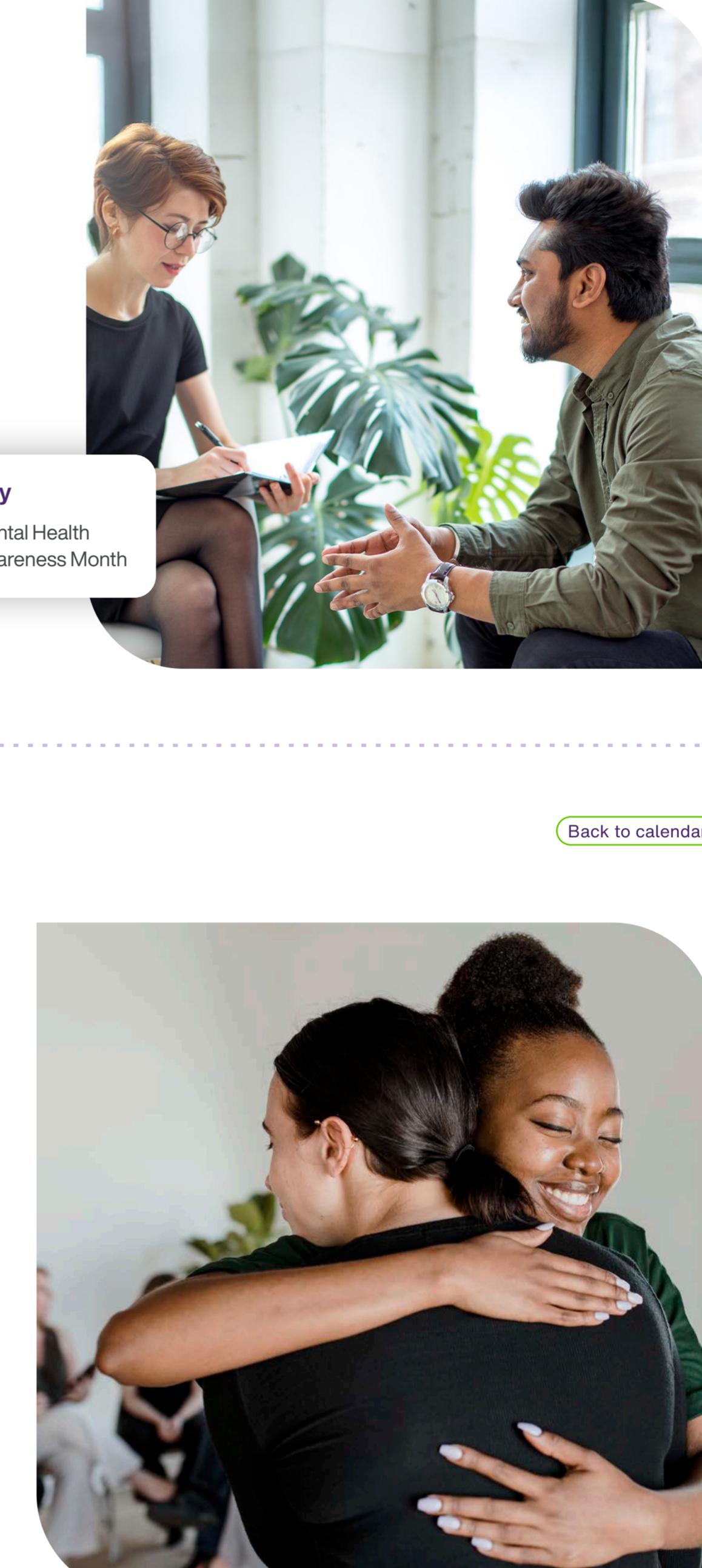
World Cancer Day

February

Heart Month

February

Psychology month

**March**[Back to calendar](#)

Women's health across life stages

Women's health needs evolve significantly across life stages, from adolescence through menopause and beyond, requiring tailored approaches to address the unique physical, emotional, and hormonal changes at each phase.

March 1st

Zero Discrimination Day

March 8th

International Women's Day

March 13th

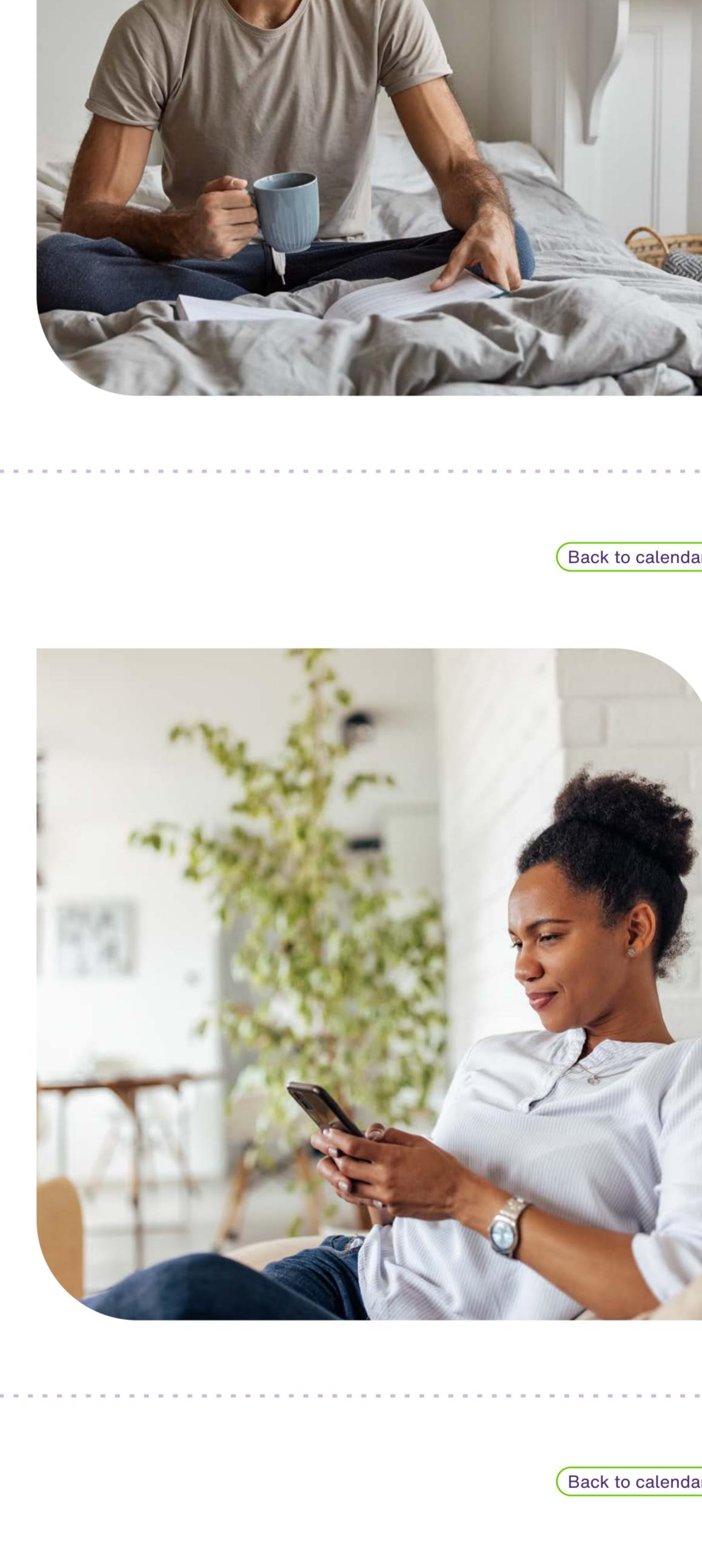
World Sleep Day

March 20th

International Day of Happiness

March

Nutrition Month

**April**[Back to calendar](#)

Mindful movement

Integrating mindful movement into your routine means choosing physical activities that not only strengthen your body but also support your mental health and emotional wellbeing.

April 2nd

World Autism Awareness Day

April 7th

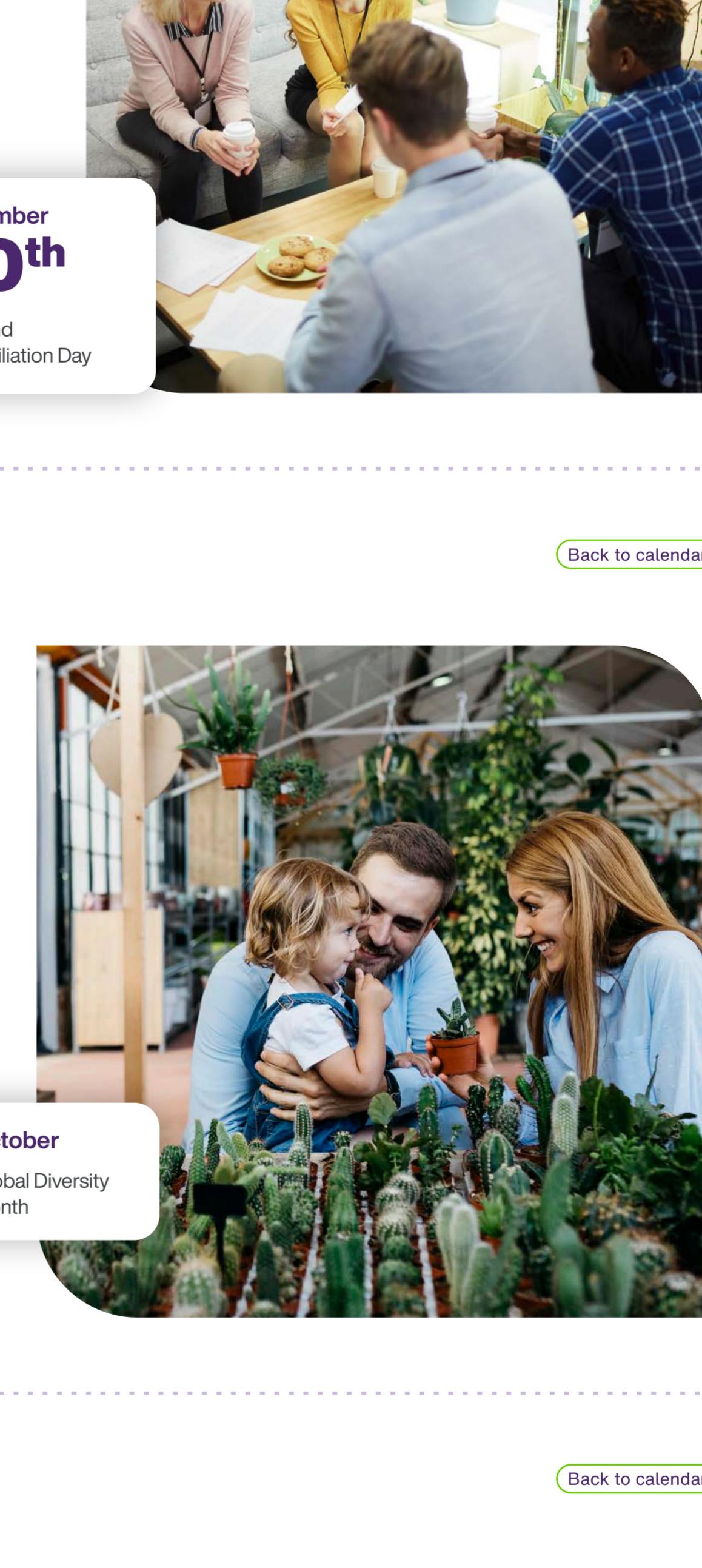
World Health Day

April 22nd

Earth Day

April 28th

World Day for Safety and Health at Work

**May**[Back to calendar](#)

Mental health matters

Global Mental Health Awareness Month highlights a crucial truth: mental health isn't optional—it's essential to living a balanced, fulfilling life. May is Global Mental Health Awareness Month. This meaningful initiative encourages us to value our psychological health as highly as we do our physical fitness.

May 15th

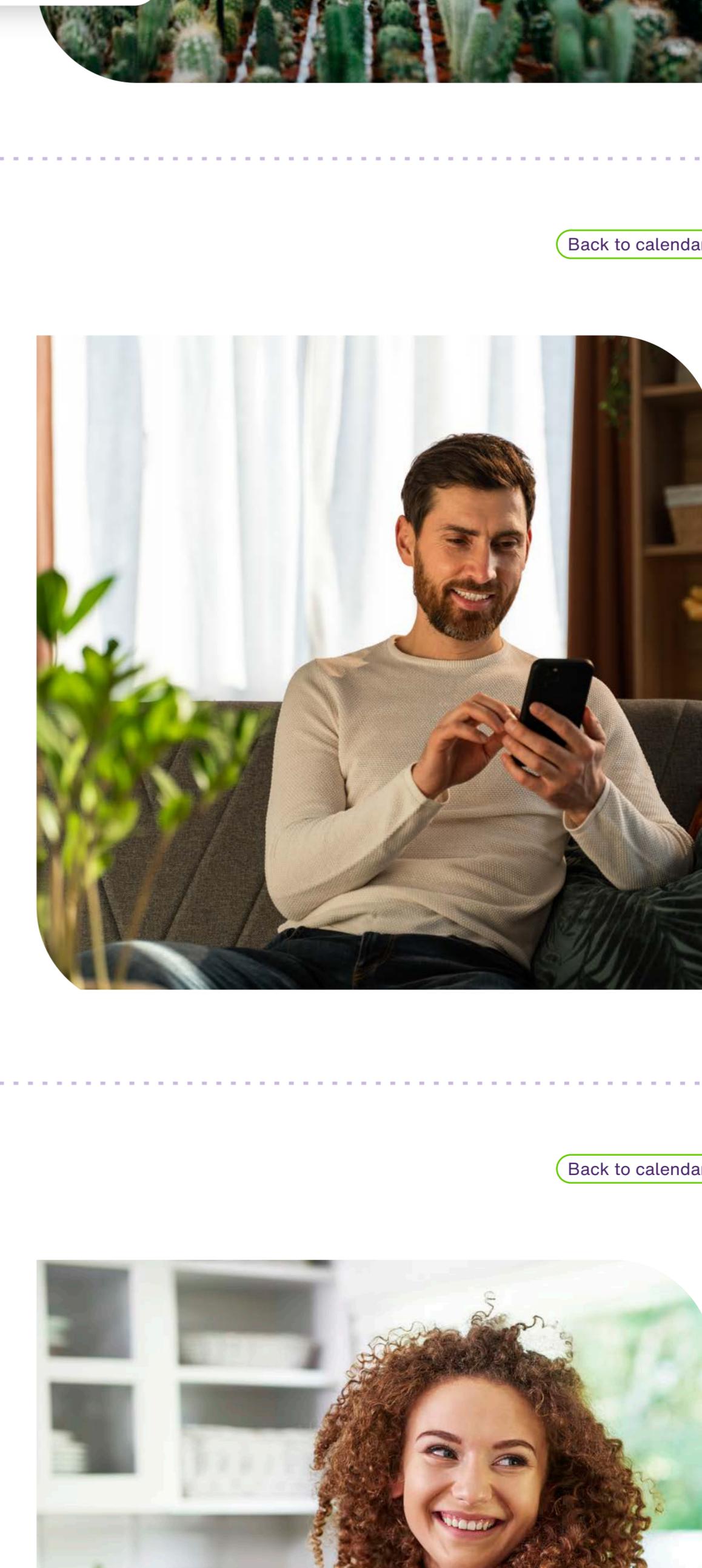
International Day of Families

May 17th

International Day Against Homophobia, Biphobia and Transphobia

May

Mental Health Awareness Month

**June**[Back to calendar](#)

Connection and community

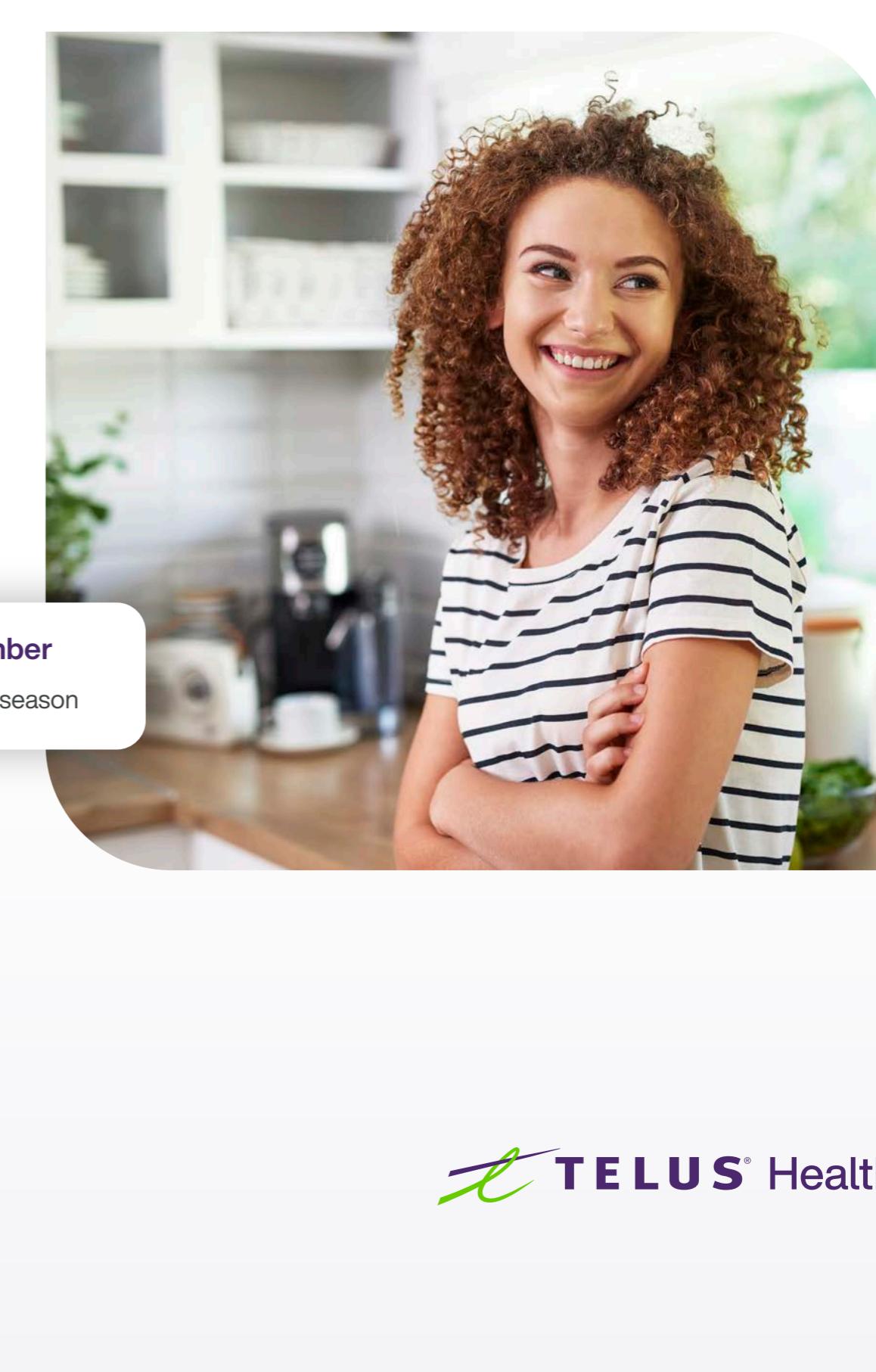
Social wellbeing thrives when we prioritize connection and community, particularly in workplace relationships that can provide support, collaboration, and a sense of belonging.

June 5th

World Environment Day

June

Pride season

**July**[Back to calendar](#)

Sleep and recovery

Sleep and recovery aren't luxuries—they're fundamental to brain health, supporting everything from memory formation to emotional regulation and mental clarity.

July 24th

International Self-Care Day

July 30th

International Day of Friendship

July

Reconciliation Day

August[Back to calendar](#)

Digital wellness

Digital wellness means developing healthy habits that support rather than drain your mental health, from setting screen time boundaries to creating tech-free spaces for rest.

August 9th

International Indigenous Peoples Day

August 31st

Interdisease Awareness Day

August

Reconciliation Day

August 28th

World Day for Safety and Health at Work

September[Back to calendar](#)

Emotional intelligence at work

Emotional intelligence at work involves recognizing and managing the impact that others' emotions have on us, enabling better communication, stronger relationships, and more effective collaboration.

September 10th

Prevention Day

September 21st

International Day of Peace

September 30th

Reconciliation Day

September 20th

Truth and Reconciliation Day

October[Back to calendar](#)

Work-life harmony

Work-life harmony isn't about perfect balance—it's about creating sustainable boundaries and routines that support your professional success and personal wellbeing.

October 5-11th

Mental Health Week

October 10th

World Mental Health Day

October

Global Diversity Month

October 16th

International Day for Tolerance

November[Back to calendar](#)

Mindful money matters

Mindful money matters involve understanding your emotional relationship with finances and making intentional spending decisions, especially during holidays when financial stress can occur.

November 16th

International Day for Tolerance

November 17th

Men's physical and mental health

November

Men's physical

November 16th

Men's physical

December[Back to calendar](#)

Gratitude and growth

Gratitude and growth practices build focus on positivity by training your mind to focus on opportunities, core principles of positive psychology that strengthen mental wellbeing.

December 1st

World AIDS Day

December 5th

International Volunteer Day

December

Holiday season

December 16th

Mental Health Awareness Month

