



# Health Assured wellbeing calendar 2022

- Wellbeing
- Legal
- Focus
- Webinar

**January**

- Healthy eating
- Legal advice surrounding debt
- Financial wellbeing
- Pressures of a new year

**February**

- The importance of self-love
- Cohabitation agreements
- Mental Health A-Z
- Relationship anxiety

**March**

- Preventing burnout
- Making a will
- Neurodiversity
- Women's Mental Health

**April**

- Importance of sleep
- No-fault divorce law
- Coping with eating disorders
- Embracing religious diversity

**May**

- The art of meditation
- Renting: know your rights
- Mental Health: life beyond diagnosis
- Living with PTSD

**June**

- Body acceptance
- Recognising scams & phishing emails
- Self-identity
- Pride Month

**July**

- Self-care: taking time out
- Parental rights
- Overcoming social anxiety
- Coping with criticism

**August**

- Physical wellbeing
- Court of protection
- Coping with change
- Complex mental health issues

**September**

- Confidence
- Workplace pension law
- Tackling intrusive thoughts
- Suicide awareness

**October**

- Mindfulness
- Legal issues around buying a house
- Seasonal affective disorder (SAD)
- Black History Month

**November**

- The importance of work-life balance
- Online harrasment
- OCD
- Men's Mental Health

**December**

- Managing stress
- Personal injury law
- Domestic abuse
- Coping with loneliness



# Awareness Days calendar 2022

**January**

**Month** Dry January

**Month** Veganuary

**10<sup>th</sup>-16<sup>th</sup>** Houseplant Week

**17<sup>th</sup>** Blue Monday

**17<sup>th</sup>-23<sup>rd</sup>** Cervical Cancer Prevention Week

**February**

**Month** LGBT History Month

**3<sup>rd</sup>** Time to Talk Day

**4<sup>th</sup>** World Cancer Day

**7<sup>th</sup>-13<sup>th</sup>** Sexual Abuse & Sexual Violence Week

**7<sup>th</sup>-13<sup>th</sup>** Children's Mental Health Week

**28<sup>th</sup>-6<sup>th</sup>** Eating Disorder Awareness Week

**March**

**to 6<sup>th</sup>** Eating Disorder Awareness Week

**3<sup>rd</sup>** World Book Day

**8<sup>th</sup>** International Women's Day

**10<sup>th</sup>** No Smoking Day

**18<sup>th</sup>** World Sleep Day

**21<sup>st</sup>** International Day for the Elimination of Racial Discrimination

**14<sup>th</sup>-20<sup>th</sup>** Neurodiversity Celebration Week

**27<sup>th</sup>** Mother's Day

**31<sup>st</sup>** International Transgender Day of Visibility

**April**

**Month** Stress Awareness Month

**2<sup>nd</sup>** World Autism Awareness Day

**22<sup>nd</sup>** Stephen Lawrence Day

**28<sup>th</sup>** World Day for Safety & Health at Work

**May**

**Month** National Walking Month

**4<sup>th</sup>-9<sup>th</sup>** Deaf Awareness Week

**9<sup>th</sup>-15<sup>th</sup>** Mental Health Awareness Week

**17<sup>th</sup>** International Day against Homophobia, Transphobia & Biphobia

**21<sup>st</sup>** World Meditation Day

**June**

**Month** Pride Month

**6<sup>th</sup>-12<sup>th</sup>** Carers Week

**13<sup>th</sup>-17<sup>th</sup>** Loneliness Awareness Week

**10<sup>th</sup>-17<sup>th</sup>** Diabetes Week

**10<sup>th</sup>-17<sup>th</sup>** Men's Health Week

**19<sup>th</sup>** Father's Day

**20<sup>th</sup>-26<sup>th</sup>** Cervical Screening Awareness

**July**

**4<sup>th</sup>** Thank You Day

**14<sup>th</sup>** International Non-Binary People's Day

**25<sup>th</sup>** National Schizophrenia Awareness Day

**6<sup>th</sup>-31<sup>st</sup>** UEFA Women's Euro 2022

**28<sup>th</sup>-8<sup>th</sup>** Commonwealth Games

**30<sup>th</sup>** International Day of Friendship

**August**

**to 8<sup>th</sup>** Commonwealth Games

**4<sup>th</sup>** Cycle to Work Day

**September**

**7<sup>th</sup>** Youth Mental Health Day

**10<sup>th</sup>** Suicide Prevention Day

**October**

**Month** Black History Month

**Month** Breast Cancer Awareness Month

**Month** ADHD Awareness

**Month** Cholesterol Awareness

**Month** Stoptober

**10<sup>th</sup>** World Mental Health Day

**18<sup>th</sup>** World Menopause Day

**30<sup>th</sup>** Daylight Saving Ends

**November**

**Month** Movember

**2<sup>nd</sup>** International Stress Awareness Day

**14<sup>th</sup>** World Diabetes Day

**18<sup>th</sup>-25<sup>th</sup>** Alcohol Awareness Week

**19<sup>th</sup>** International Men's Day

**21<sup>st</sup>-18<sup>th</sup>** FIFA World Cup

**December**

**to 18<sup>th</sup>** FIFA World Cup

**1<sup>st</sup>** World Aids Day

**3<sup>rd</sup>** International Day of People with Disabilities

**10<sup>th</sup>** Human Rights Day