

Wellbeing awareness days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3 National Bereaved Parents Day 2025	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Samaritans Awareness Day – Talk To Us 2025	25 National Schizophrenia Awareness Day	26	27
28	29	30 International Day of Friendship 2025	31	1 Aug	2 Aug	3 Aug
			Love Parks Week 2025			
<p><i>Monthly Tip</i> Prioritise micro-breaks where possible. Take short breaks throughout the day, even if it's just two minutes to stretch, breathe or step outside.</p>						

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<i>All Month</i> Happiness Happens Month				1	2	3
4	5	6	7	8	9	10
11	12	13	14 National Financial Awareness Day	15	16	17
				National Allotments Week		
18 Never Give Up Day	19 World Humanitarian Day	20	21	22	23	24
25	26	27	28	29	30	31 International Overdose Awareness Day
<i>Monthly Tip</i> Stay hydrated! Drinking plenty of water helps to support focus, mood and energy levels throughout long shifts.						

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1	2	3	4	5 International Day of Charity	6	7
8	9	10 World Suicide Prevention Day	11	12	13	14
15	16	17	18 International Equal Pay Day	19	20	21 World Alzheimer's Day
			National Inclusion Week			
22	23	24	25	26	27	28
			International Week of Happiness at Work			
29 World Heart Day	30	All Month World Alzheimer's Month				
Monthly Tip Talk it out. Normalise checking in with each other and sharing when things feel tough.						

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		1	2	3	4	5
6	7	8	9	10 World Mental Health Day	11	12
	International Week of Happiness at Work					
				Baby Loss Awareness Week		
13	14	15	16	17	18 World Menopause Day	19
	Baby Loss Awareness Week					
20	21	22	23	24	25	26
27	28	29	30	31		
<div>All Month</div> <div>Speak Up Month • Black History Month Stoptober • Global Diversity Month</div>			<div>Monthly Tip</div> <div>Celebrate wins, big or small. A successful surgery, a happy client or just getting through a tough day.</div>			

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<i>All Month</i> Movember (Men's Health Awareness Month) Disability History Month					1	2
3	4	5 National Stress Awareness Day	6	7	8	9
10	11	12	13 World Kindness Day	14	15	16 International Day of Tolerance
Anti-Bullying Week						
17	18	19 International Men's Day	20	21	22	23
24	25	26	27	28	29	30
	<i>Monthly Tip</i> Declutter your workspace when possible. A tidy environment can help reduce stress and improve focus.					

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1	2	3 International Day of Persons with Disabilities	4	5	6	7
			National Grief Awareness Week			
8	9	10 Human Rights Day	11 Christmas Jumper Day	12 National Workplace Day of Remembrance	13	14
National Grief Awareness Week						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	All Month Decembeard			
Monthly Tip At the start of every shift or between appointments, take 60 seconds for a few deep, mindful breaths. This can help regulate the nervous system, promoting a sense of calm and improving mental clarity.						