

Employee wellbeing calendar

May 2025



Motto of the month:
**Move More. Listen
More. Care More.**

~personify
HEALTH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™

May Day Motivation: Kick off your walking goal. Share your favourite walking route to celebrate National Walking Month.

1



Feelgood Friday

If you think a good thought about someone today – tell them!

2

Weekend Wind Down Walk: Try a mindful walk focusing on sights, sounds, and breath.

3

Sunday goal setting

Spend some time today thinking about what you want to achieve this month and how you will get there.

4



5

Monday fuel-up: Start your day with a breakfast that keeps you going—think oats, eggs, or fruit!

Deaf awareness week

Inclusion tip: Learn some basic sign language to help your communication. You'll be learning a new skill and contributing to an inclusive culture.

6

Walk & Talk Wednesday

Team meeting? Why not suggest that everyone steps outside and gets moving for this session.

7



Share a Win: Uplift someone by sharing a recent achievement.

8

We're 60-70% water. So make sure you hydrate today! Can you drink 2L of H2O?

9



Saturday stretch: focus on spending some time today on movement and stretching to finish off the week.

10



Do something creative or just for fun today—paint, read, cook, build, whatever lights you up!

11

Set a timer to stretch for 5 minutes every couple of hours. Your body (and neck!) will love you for it.

12



Step outside at lunch, even just for 10 minutes. A little sunlight will boost vitamin D and your mood!

13

Declutter your digital life a bit today—unsubscribe from those emails you never open. Feels good!

14

"All big things come from small beginnings. The seed of every habit is a single, tiny decision."

James Clear

15



Take a quiet moment to jot down 3 things you're grateful for today. It's a lovely way to end the week.

16

Solo Self-Care Walk: Take a peaceful walk to reflect and recharge.

17

"You are not your past. You are the habits and thoughts you practice daily. Choose ones that reflect your worth."

Vex King

18



19

Music Monday

Play some feel-good tunes while you work today. Music lifts mood and makes tasks more fun.

International HR Day

Appreciate your people team — send a thank-you note.

20



World Meditation Day

Join a live or virtual 10-minute meditation session

21

Try a mini reset: take 3 deep breaths whenever you switch tasks today. So simple, so calming.

22

Change is as good as a rest! Break from routine today and do something unexpected – a new meal, a different route home...whatever is out of the ordinary.

23



Watch or listen to something that makes you laugh. Laughter's basically free medicine.

24

Sunday reset

Do a little prep for the week ahead—chop some veggies, plan meals, or just set your intentions.

25

Do one thing at half your usual pace. Seriously. You'll be amazed how it feels to slow down.

26



Set a "screen break" reminder—stand up, stretch, grab a tea, look out a window. Repeat as needed.

27

World Nutrition Day

Share a favourite healthy recipe or snack with friends.

28

Feeling busy? Choose your top 3 priorities for the day and focus there. You've got this.

29

Friday Shout-Out

Celebrate a colleague or friend who made a difference this week.

30

It's the end of the month! What are you proud of? What little wellbeing wins will you carry into June?

31