

2026 Wellbeing Calendar



Boost health and wellbeing across your organisation with 12 months of easy and fun ideas to help your people feel and perform their best.

January Work stress is identified by nearly 47% of employees as the top cause of their mental health decline.	February Wellbeing is as important as salary for 88% of global employees .	March Low engagement and low wellbeing are estimated to cost the global economy \$8.9 trillion .	April Organisations with wellness programmes see 28% fewer sick days compared to those without.	May Only 22% of countries explicitly guarantee equal pay based on sexual orientation.	June Organisations with LGBTQ+ friendly policies often see better recruitment, improved employee wellbeing, and greater profitability.	July Snack breaks during the day are linked to 13% higher productivity vs those who don't take breaks.	August Humor in the workplace doesn't just lighten the mood it can reduce sick days, improve immune function, and lower blood pressure.	September In workforces under high stress, employees take eight times as many sick days .	October 69% of employees say they would work harder if they felt their wellbeing was better supported.	November Nearly 27% of employees are at high risk of burnout.	December People who leave work on time are 20% more productive than those who stay late.
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01 New Years Day Set yourself some goals for the year. How would you like your life to be 1 year from now?	01 Black History Month World Compliment Day	01 April Fools Day Laughter is the best sauce of medicine. Play a joke on a friend!	01 Global Employee Health and Fitness Month	01 LGBTQ+ Pride Month	01 Social Wellness Month	09 International Coworking Day Host a networking brunch.	01 Global Diversity Awareness Month	01 November Grow a moustache to raise awareness of men's health issues.	01 World AIDS Day
03 International Mind-body Wellness Day Try to move your body today and get outside to improve mental clarity.	04 World Cancer Day Run a health awareness campaign, share prevention tips, or organise a charity fundraiser.	02 World Autism Awareness Day	01 Global Love Day	03 World Bicycle Day Why not opt to ride your bike today instead of taking a car?	03 Mid-Year refocus Time to reflect on the past 6 months and set your goals through the end of the year.	05 International Day of Charity	10 World Mental Health Day Organise a mindfulness session, share self care tips, or provide access to mental health support services.	01 World Vegan Day	05 International Volunteer Day Offer employees volunteer leave hours to volunteer in their local communities.
14 Valentines Day	13 World Sleep Day	07 World Health Day	03 World Maternal Health Day Share resources on parental wellbeing and offer a support discussion for caregivers.	05 World Environment Day Host a sustainability challenge (reduce single use plastics, commute green, plant a tree).	19 World Humanitarian Day Organise a volunteer opportunity or donation drive to support a local cause.	10 World Suicide Prevention Day Share mental health resources, invite a speaker on suicide prevention, and promote open conversations about mental health.	11 Coming Out Day A day promoting acceptance.	01 End of year wrap up Celebrate all your successes of the year and jot down your biggest achievements.	
18 World Religion Day	17 Lunar New Year Year of the horse symbolising strength, speed, ambition, and freedom.	22 Earth Day Ask employees to share one eco friendly action they will take at work or home.	17 World Hypertension Day What's your blood pressure? Check it to make sure it's in a healthy range.	18 World Listening Day Reach out to someone that you may not have been in contact for a while.	19-21 Wellbeing Check-in Take a look at the Mental Health Toolkit to see the latest stress and burn out resources.	19-21 World Wellness Weekend	13 World Kindness Day Launch a kindness challenge encourage random acts of kindness and recognise those who participate.	13 World Kindness Day	
19 Blue Monday Plan a kindness or social event to lift moods.	20 World Day of Social Justice	20 International Day of Happiness	31 World No Tobacco Day	14 World Blood Day	24 International Self-Care Day	21 World Gratitude Day Create a gratitude wall (virtual or physical) where people can post thank you notes.	18 World Menopause Day Share resources, run an awareness talk, or spotlight supportive workplace policies.	14 World Diabetes Day Host a health screening event or promote healthy eating and movement challenges.	24-26 Happy Holidays
29 International Day of Education Host a learning session or invite a guest speaker to share knowledge.	21 Neurodiversity Celebration Week	28 World Day for Safety and Health at Work	21 World Yoga Day Organise a short virtual or on-site yoga/meditation session to promote stress management and mental wellbeing.	21 World Friendship Day Run a coffee connect programme to encourage cross team bonding and build workplace friendships.	30 World Friendship Day	21 International Dog Day	29 World Heart Day	19 International Men's Day Promote discussion about men's mental health and resources that they can access.	31 New Year's Eve