2026 Wellbeing Calendar

~personify HEALTH

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.

01 — New Years Day
Set yourself some goals for the year. How would you like your life to be 1 year from now?

03 — International Mind-body Wellness Day
Try to move your body today and get outside to improve mental clarity.

18 — World Religion Day

19 — Blue Monday
Plan a kindness or social event to lift moods.

29 — International Day of Education
Host a learning session or invite a guest speaker to share knowledge.

February
Wellbeing is as important as salary for 88% of global employees.

Black History Month

04 — World Cancer Day
Run a health awareness campaign, share prevention tips, or organise a charity fundraiser.

14 — Valentines Day

17 — Lunar New Year
Year of the horse symbolising strength, speed, ambition, and freedom.

20 — World Day of Social Justice

March
Low engagement and low wellbeing are estimated to cost the global economy $8.9 trillion.

01 — World Compliment Day

08 — International Women's Day
Celebrate achievements of women in your organisation.

13 — World Sleep Day

21 — Neurodiversity Celebration Week

April
Organisations with wellness programmes see **28% fewer sick days** compared to those without.

01 — April Fools Day
Laughter is the best sauce of medicine. Play a joke on a friend!

02 — World Autism Awareness Day

07 — World Health Day

22 — Earth Day
Ask employees to share one eco friendly action they will take at work or home.

28 — World Day for Safety and Health at Work

May
Only **22% of countries** explicitly guarantee equal pay based on sexual orientation.

Global Employee Health and Fitness Month

01 — Global Love Day

03 — World Maternal Health Day
Share resources on parental wellbeing and offer a support discussion for caregivers

17 — World Hypertension Day
What's your blood pressure? Check it to make sure it's in a healthy range.

31 — World No Tobacco Day

June
Organisations with LGBTQ+ friendly policies often see better recruitment, improved employee wellbeing, and greater profitability.

LGBTQ+ Pride Month

03 — World Bicycle Day
Why not opt to ride your bike today instead of taking a car?

05 — World Environment Day
Host a sustainability challenge (reduce single use plastics, commute green, plant a tree).

14 — World Blood Day

21 — World Yoga Day
Organise a short virtual or on-site yoga/meditation session to promote stress management and mental wellbeing.

July
Snack breaks during the day are linked to **13% higher productivity** vs those who don't take breaks.

Social Wellness Month

Mid-Year refocus
Time to reflect on the past 6 months and set your goals through the end of the year.

18 — World Listening Day
Reach out to someone that you may not have been in contact for a while.

24 — International Self-Care Day

30 — World Friendship Day
Run a coffee connect programme to encourage cross team bonding and build workplace friendships.

August
Humor in the workplace doesn't just lighten the mood it can reduce sick days, improve immune function, and lower blood pressure.

09 — International Coworking Day
Host a networking brunch.

19 — World Humanitarian Day
Organise a volunteer opportunity or donation drive to support a local cause.

Wellbeing Check-in
Take a look at the Mental Health Toolkit to see the latest stress and burn out resources.

21 — International Dog Day

September
In workforces under high stress, employees take **eight times as many sick days**.

05 — International Day of Charity

10 — World Suicide Prevention Day
Share mental health resources, invite a speaker on suicide prevention, and promote open conversations about mental health.

19-21 — World Wellness Weekend

21 — World Gratitude Day
Create a gratitude wall (virtual or physical) where people can post thank you notes.

29 — World Heart Day

October
69% of employees say they would work harder if they felt their wellbeing was better supported.

Global Diversity Awareness Month

10 — World Mental Health Day
Organise a mindfulness session, share self care tips, or provide access to mental health support services.

11 — Coming Out Day
A day promoting acceptance.

18 — World Menopause Day
Share resources, run an awareness talk, or spotlight supportive workplace policies.

31 — Halloween
Focus on the treats this year by preparing some healthy snacks.

November
Nearly **27% of employees** are at high risk of burnout.

Movember
Grow a moustache to raise awareness of men's health issues.

01 — World Vegan Day

13 — World Kindness Day
Launch a kindness challenge encourage random acts of kindness and recognise those who participate.

14 — World Diabetes Day
Host a health screening event or promote healthy eating and movement challenges.

19 — International Men's Day
Promote discussion about men's mental health and resources that they can access.

December
People who leave work on time are **20% more productive** than those who stay late.

01 — World AIDS Day

05 — International Volunteer Day
Offer employees volunteer leave hours to volunteer in their local communities.

End of year wrap up
Celebrate all your successes of the year and jot down your biggest achievements.

24-26 — Happy Holidays

31 — New Year's Eve