

Employee wellbeing calendar

July 2025



Motto of the month:
Small steps,
big difference.

personify
HEALTH

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Officially halfway through the year, now is a good time to reset your intentions for 2025. What do you want to achieve? What do you need to start today? Set yourself a wellbeing goal you want to achieve by the end of the month.

Walk & Talk Wednesday
Get outside and get some fresh air whilst connecting with colleagues. Sometimes stepping away from the screen can encourage different ideas.

"Happiness is not something ready-made. It comes from your own actions."

Dalai Lama



Feel Good Friday
You might want to celebrate reaching the weekend – but spend some time celebrating your accomplishments this week – whether big or small!

Screen free Saturday
Whether it's a meal with friends, game night or simply catching up on a good book – challenge yourself to avoid TV and screen time and try something unplugged instead.

The perfect day to plan and make your week easier. Do some meal prep and prepare something nourishing for the week ahead. Your future self will thank you!

It's alcohol awareness week
Spend time looking at your relationship with alcohol. Is it something you could improve or do you have a balance you are happy with?

Try a 5-minute breathing break. Inhale for 4, hold for 4, exhale for 4, hold for 4—and repeat. It's a simple, powerful tool to calm your nervous system and regain clarity.



Block off 30 minutes this week just for your development. Whether it's professional or personal, learning new things, or upskilling boosts confidence and is healthy for your brain.

"The mind is not a vessel to be filled but a fire to be kindled."

Plutarch

Posture check! Sit tall, roll your shoulders back, open your chest. Many of us sit slouched at a computer all day but try to remember to stretch and get your core engaged.

Do something creative today, even if it's small. Doodle, journal, paint or cook something new. Creative expression is a proven stress reliever and can reignite motivation.



Listen to how your body feels today. Are you tired, tense, energised, or hungry? Noticing your physical signals is the first step toward giving yourself what you actually need.



Try 10 minutes of mindfulness or a guided meditation. A refreshing way to start your week with a clearer mind.

Mid-month check-in: How's your wellbeing goal going? Adjust if needed. Has it had a positive effect so far? Could you be habit stacking to make sure you don't forget to do it?

"Every action you take is a vote for the type of person you wish to become."

James Clear



How is your hydration? Aim to drink at least 2 litres of water today to flush out those toxins. Add some sliced citrus fruit too if you want to make it extra special.

Friday vibes: What made you smile this week? When did you feel your happiest? Reflect & share it. Laughter is contagious.

Choose progress over perfection. Waiting until conditions are ideal often holds us back from starting. Tiny, consistent efforts will always outpace grand intentions left undone.

Write down one thing you're grateful for today. It can be something big, like your health, or small, like a warm coffee. Gratitude shifts your focus from what's lacking to what's present and positive.

Start your day without reaching for your phone. Instead of diving straight into emails or social media, take a few quiet moments to wake up with intention. A gentle start can set a more positive tone for the rest of your day.



Notice your self-talk today. Choose words that are kind, encouraging, and supportive. If you wouldn't say it to your friend – don't say it to yourself.

"You deserve to be happy. You deserve to live a life you are excited about. Don't let others make you forget that."

Vex King

International self-care day
This day emphasises the importance of self-care as the foundation of wellness. What could you add to your routine to add some extra self-love?

Drink a full glass of water before your first coffee. Caffeine can be dehydrating, especially first thing in the morning. Hydrating first supports your energy, digestion, and focus naturally.

Cold water immersion is proven to have many health benefits for your mind and body. If you aren't close to the sea, a lake or river see if there are any cold plunge venues nearby. 3, 2, 1...dip! Brrrr.



Sleep Sunday
Prepare for bed an hour earlier. Wind down slowly with a relaxing bath and make an occasion of it. You'll start the week feeling extra peppy!

Make eye contact and really listen in your next conversation. Being fully present, even briefly, can make someone feel truly seen and heard. It strengthens relationships and creates a more respectful, human workplace.

End your workday with a short reflection. Take two minutes to jot down what went well and what could be improved. It helps you mentally "clock out" and prepares you to start fresh tomorrow.



World friendship day
Take some time today to reach out to your friends and let them know you care. Perhaps it's time you planned that long awaited trip together?

End the month with gratitude for how far you've come. Recognise your efforts and reset with intention for August.

Because health is personal™