

# Awareness Days Calendar 2023



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## January

- **1st – 31st January** **Veganuary**
- **1st – 31st January** **Dry January**
- **16th January** **Blue Monday**  
*Session(s) incl: 'Beating the Winter Blues & SAD'; 'Supporting your Immune System through Winter'*
- **27th January** **Parent Mental Health Day**  
*Session(s) incl: 'Managing Parental Burnout'; 'Mindfulness for Parents'*

## February

- **2nd February** **Time to Talk Day**  
*Session(s) incl: 'Talking Mental Health'; 'One-to-One Wellbeing Sessions'; 'Healthy Habits'*
- **6th - 12th February** **Children's Mental Health Week**  
*Session(s) incl: 'Children's Wellbeing'; 'Parenting Teens'; 'Mindfulness for Parents'; 'Managing Parental Burnout'*
- **24th February** **Emotional Health Day**  
*Session(s) incl: 'Improving Mental Health'; 'Talking Mental Health'; 'Men's Mental Health'; 'Mental Health Training for Line Managers'; 'Reducing Stress and Enhancing Resilience'; 'From Anxious to Calm'; 'Introduction to Mindfulness'; 'Mindfulness in Daily Life'; 'Healthy Habits'; 'Art for Mental Wellbeing'; 'Improving Connection and Belonging'*

## March

- **6th – 12th March** **International Parental Mental Health Awareness Week**  
*Session(s) incl: 'Children's Wellbeing'; 'Parenting Teens'; 'Mindfulness for Parents'; 'Managing Parental Burnout'*
- **8 March** **International Women's Day**  
*Session(s) incl: 'Women's Health'*
- **13th – 19th March** **Nutrition and Hydration Week**  
*Session(s) incl: 'Top 10 Tips for Healthy Eating'; 'Cooking Demonstrations'; 'One-to-One Nutrition Sessions'*
- **17th March** **World Sleep Day**  
*Session(s) incl: 'How to Improve your Sleep'; 'Sleep: A Mindful Approach'; 'One-to-One Sleep Sessions'*

## April

- **1st -30th April** **Stress Awareness Month**  
*Session(s) incl: 'Reducing Stress and Enhancing Resilience'; 'Managing Stress through Diet'; 'From Anxious to Calm'; 'Facing Anxiety and Flourishing'; 'Back on Track'. Themed Mindfulness Classes / Course; Yoga*
- **7th April** **World Health Day**  
*Session(s) incl: 'Six Pillars of Good Health'; 'Healthy Habits'*

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## May

- **2nd – 8th May** **Maternal Mental Health Awareness Week**  
*Session(s) incl: 'Mindfulness for Parents' 'Managing Parental Burnout'*
- **15th – 21st May** **Mental Health Awareness Week (Theme "Anxiety")**  
*Session(s) incl: 'Facing Anxiety and Flourishing' 'Improving Mental Health'; 'Talking Mental Health'; 'Men's Mental Health'; Mental Health Training for Line Managers; 'Reducing Stress and Enhancing Resilience'; 'From Anxious to Calm'; 'Introduction to Mindfulness'; 'Mindfulness in Daily Life'; 'Healthy Habits'; 'Art for Mental Wellbeing'; 'Improving Connection and Belonging'; 'Hybrid Working'; 'Back on Track'*
- **21st May** **World Meditation Day**  
*Session(s) incl: 'Introduction to Mindfulness'; 'Mindfulness in Daily Life', 'Meditation Sessions'*
- **23rd – 29th May** **Type 2 Diabetes Prevention Week**  
*Session(s) incl: 'Sugar Awareness: Reducing Sugar from your Diet'; 'Top 10 Tips for Healthy Eating' 'Nutrition and Healthy Eating'*

## June

- **12th – 16th June** **British Nutritional Foundation Healthy Eating Week**  
*Session(s) incl: "Top 10 Tips for Healthy Eating"; 'All about Breakfast'; Cooking Demonstrations; 'One-to-One Nutrition Sessions'*
- **13th – 17th June** **Loneliness Awareness Week**  
*Session(s) incl: 'Improving Connection and Belonging'*
- **12th – 18th June** **Men's Health Week**  
*Session(s) incl: 'Men's Health'; 'Men's Mental Health'; 'Mindfulness for Men'; 'Taming the Inner Critic: Resilience for Men'; 'Employee Health Screening'*
- **12th – 18th June** **Diabetes Awareness Week**  
*Session(s) incl: 'Sugar Awareness: Reducing Sugar from your Diet'; 'Top 10 Tips for Healthy Eating' 'Nutrition and Healthy Eating'*
- **21st June** **World Yoga Day**  
*Session(s) incl: Yoga Classes*
- **26th – 30th June** **World Wellbeing Week**  
*Session(s) incl: 'Improving Mental Health'; 'Talking Mental Health'; 'Men's Mental Health'; Mental Health Training for Line Managers; 'Reducing Stress and Enhancing Resilience'; 'From Anxious to Calm'; 'Introduction to Mindfulness'; 'Mindfulness in Daily Life'; 'Healthy Habits'; 'Art for Mental Wellbeing'; 'Improving Connection and Belonging'; 'Hybrid Working'; 'Back on Track'*

## July

- **3rd - 9th July** **Health Information Week**

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## September

- **4th – 10th September** **Know Your Numbers (Blood Pressure UK) Week**  
*Session(s): 'Employee Health Screening'*
- **10th September** **World Suicide Prevention Day**  
*Session(s): 'Counselling Sessions'*
- **18th – 24th September** **International Happiness at Work Week**  
*Session(s): 'Counselling Sessions', 'Work-Life Balance', 'Hybrid Working', 'Back on Track', 'Kindness and Compassion'*
- **21st September** **National Fitness Day**  
*Session(s) incl: Yoga; Pilates; Physical Exercise Classes; 'Movement, Posture and Stretching: Neck and Shoulder, Healthy Hips, Spine and Foot Foundations' (4 sessions)*

## October

- **1st – 31st October** **Go Sober for October**
- **1st – 31st October** **National Cholesterol Month**  
*Session(s) incl: 'The Role of Fat in a Healthy Diet'; 'Top 10 Tips for Healthy Eating'; Physical Exercise Classes; 'Movement, Posture and Stretching: Neck and Shoulder, Healthy Hips, Spine and Foot Foundations' (4 sessions); 'Employee Health Screening'; Cooking Demonstrations*
- **3rd – 7th October** **Back Care Awareness Week**  
*Session(s) incl: 'Movement, Posture and Stretching'; Ergonomic Assessments*
- **10th October** **World Mental Health Day**  
*Session(s): 'Improving Mental Health'; 'Talking Mental Health'; 'Men's Mental Health'; Mental Health Training for Line Managers; 'Reducing Stress and Enhancing Resilience'; 'From Anxious to Calm'; 'Introduction to Mindfulness'; 'Mindfulness in Daily Life'; 'Healthy Habits'; 'Kindness and Self-Compassion'; 'Art for Mental Wellbeing'*
- **7th – 14th October** **National Work Life Week**  
*Session(s): 'Finding the Right Work / Life Balance'*
- **18th October** **World Menopause Day**  
*Session(s): 'Menopause: Surviving and Thriving'*
- **30th October – 3rd November** **International Stress Awareness Week**  
*Session(s): 'Reducing Stress and Enhancing Resilience'; 'Managing Stress through Diet'; 'Overcoming Burnout'; 'From Anxious to Calm'; 'Healthy Habits'; Themed Mindfulness Classes'; 'Facign Anxiety and Flourishing'*

## November

- **1st – 30th November** **November Men's Health Awareness Month**  
*Session(s): 'Men's Health'; 'Men's Mental Health'; 'Mindfulness for Men'; 'Taming the Inner Critic: Resilience for Men'*
- **30th October – 3rd November** **International Stress Awareness Week**  
*Session(s): 'Reducing Stress and Enhancing Resilience'; 'Managing Stress through Diet'; 'Overcoming Burnout'; 'From Anxious to Calm'; 'Healthy Habits'; Themed Mindfulness Classes'; 'Facign Anxiety and Flourishing'*



- **2nd November** **National Stress Awareness Day**  
*Session(s): 'Reducing Stress and Enhancing Resilience'; 'Managing Stress through Diet'; 'Overcoming Burnout'; 'From Anxious to Calm'; 'Healthy Habits'; Themed Mindfulness Classes*
  - **13th November** **World Kindness Day**  
*Session(s): 'Kindness and Compassion', 'Improving Connection and Belonging'*
  - **14th November** **World Diabetes Day**  
*Session(s): 'Sugar Awareness: Reducing Sugar from your Diet'; 'Top 10 Tips for Healthy Eating'*
  - **19th November** **International Men's Day**  
*Session(s): 'Men's Health'; 'Men's Mental Health'; 'Mindfulness for Men'; 'Taming the Inner Critic: Resilience for Men'*
- December**
- **1st – 30th December** **Seasonal**  
*Session(s) incl: 'Beating the Winter Blues & SAD', 'Supporting your Immune System through Winter'; 'Surviving the Party Season'*

