RCS | LLES AR GYFER GWEITHIO
WELLBEING FOR WORK

2022 WELLBEING PLANNER

	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	
JAN Veganuary RED January						1 Happy New Year!	2	3 Festival of Sleep Day Bank Holiday	4 World Braille Day	5	6 List 3 things you are looking forward to in 2022	7	8	9	10 Plan a nice thing for the week ahead	11	12 Got the winter blues? Check out RCS' free support services	13 Plan 3 new healthy meals this week	14 Go for a lunch break walk	15	16	17 Blue Monday – plan something nice to do	18	19 Swap healthy snack ideas with a colleague	20	21 Keep exercising – you're doing great!	22	23	24	25 St. Dwynwen's Day	26	27	28 International Fun at Work Day	29	30	31 Reflect on the month		**JAN**
FEB National Heart Month LGBTQ+ History Month		1 What are you looking forward to this month?	2	3	4 Time to Talk Day	5	6	7	8 Compliment a colleague	9	10 Do something for you	11	12 Chinese New Year	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day	18 Let yourself relax today	19	20	21 Spend some time in nature	22	23 Think about the good things to come	24	25 It's Friday – treat yourself	26	27	28 Challenge yourself to try something new								**FEB**
MAR Step into Spring Marie Curie		1 St David's Day Zero Discrimination Day	2	3	4 World Book Day	5	6	7	8 International Women's Day	9 No Smoking Day	10	11 RCS' I Can Work scheme can help you develop your career	12	13	14 Stay hydrated in work	15	16 Learn a new nutritious recipe	17	18 World Sleep Day Red Nose Day	19	20 International Day of Happiness Spring is here!	21	22 Find a daffodil	23	24 Stand up and stretch!	25	26 Epilepsy Awareness Day	27	28	29 Notice 3 things of beauty in nature	30	31 Transgender Visibility Day					**MAR**
APR Stress Awareness Month					1 Walk to Work Day	2 World Autism Awareness Day	3	4	5 Remember to take regular breaks	6	7 World Health Day	8	9	10	11 Parkinsons Awareness Day	12	13 Notice the change in season	14	15 Be kind to yourself BANK HOLIDAY	16	17	18 What are you grateful for?	19	20 Find out what RCS support is available	21	22 Have lunch with a colleague	23	24	25	26 On Your Feet Day	27	28 World Day for Safety and Health at Work	29	30				**APR**
MAY National Walking Month							1 International Worker's Day World Laughter Day	2 BANK HOLIDAY	3	4	5 Global Hand Hygiene Day	6	7	8	9	10 Check in with a colleague	11	12 Donate a Day's Wages to Charity Day	13 Do something that makes you happy	14 World Fairtrade Day	15	16 Learn a veggie recipe	17 Learn a fact about nutrition	18	19	20 What skills do you want to develop?	21	22	23 RCS' I Can Work scheme can help you develop your skills	24	25	26	27 Stop, stretch and breathe	28	29	30	31 World No Tobacco Day		**MAY**
JUN			1 Do something nice for a special someone	2 BANK HOLIDAY	3 BANK HOLIDAY	4	5 World Environment Day	6	7 Do 20 mins extra exercise	8	9 Try a new activity	10	11	12	13 Blood Donor Day	14	15 Think about your diet	16	17	18	19	20	21 Summer Begins!	22 Appreciate the little things	23	24 Take time to rest	25	26	27 Micro, Small & Medium Enterprises Day	28	29 Support a small business	30					**JUN**
JUL Plastic Free					1 Find your nearest zero-waste shop	2	3	4 Get out in nature	5 Do something nice for a special someone	6	7 World Chocolate Day yum!	8 Try something new this weekend	9	10	11 Enjoy the warmth of the sun	12	13 Avoid screens before bed	14	15 Organise a BBQ	16	17	18	19 List 3 things you're great at	20	21 Book in 'focus time' for you	22	23 Summer-time ends	24 24/7 Samaritans Awareness Day	25	26 Make plans to picnic	27	28 Send a letter to a friend	29	30 International Friendship Day	31				**JUL**
AUG Happiness Happens Month	1 What made you smile this weekend?	2	3	4 National Cycle to Work Day	5 Cook your favourite meal	6	7	8 You're doing great!	9	10	11 Call an old friend	12	13	14	15 Get some fresh air	16	17 Do something for you	18	19 World Photo Day	20	21	22 3 things you value in yourself?	23	24 Prioritise having a good lunch	25	26 Clear your desk of clutter	27	28	29 BANK HOLIDAY	30 Grief Awareness Day	31 If you're struggling, reach out						**AUG**
SEP World Alzheimer's Month				1 Plan something exciting	2	3	4	5 International Day of Charity	6 Read a Book Day	7	8 Learn about blood pressure	9	10 Suicide Prevention Day	11	12	13 Jeans for Genes Day	14	15 Pension Awareness Day	16 Working Parent's Day	17	18 International Equal Pay Day	19 Get up and move every half hour	20	21	22 World Car Free Day	23 Autumn begins – get cosy	24 World's Biggest Coffee Morning	25 National Fitness Day	26	27 Do a 20 minute workout	28	29 World Heart Day	30 Get up from the desk an move						**SEP**
OCT Stoptober Breast Cancer Awareness Black History Month						1 World Vegetarian Day World Smile Day	2 What makes you happy?	3 RCS can help bring wellbeing into your work-life	4	5 Read a chapter of your book	6	7	8 National Clean Air Day	9	10 World Mental Health Day	11	12 Notice the autumn leaves	13	14 Put on some warm socks	15	16 World Food Day	17	18 World Menopause Day	19	20 Get hygge with a blanket	21	22	23	24 Remember – rain is OK!	25	26	27 National Mentoring Day	28 Check in with the new person at work	29	30	31			**OCT**
NOV Movember Men's Health		1 Job Action Day	2	3 Do you recognise the signs of stress in yourself?	4	5	6	7	8 RCS provide free support with finances & debt	9	10 Have a moreyl chat with a friend	11	12	13 World Kindness Day	14 Self-care is not selfish, it's essential	15	16 Don't be hard on yourself	17	18 Do something for you	19 International Men's Day	20	21	22 Have a 'Movember' conver-sation	23	24 Ask for a second opinion on an issue	25 Ask a colleague how they're doing	26	27	28 It's OK to not be OK	29	30 Break a big challenge down into small steps						**NOV**
DEC Decembeard				1 World AIDS Day	2	3 International Day of Person with Disabilities	4	5 International Volunteer Day	6	7 Winter can be tough – reach out	8	9 Donate to a good cause	10 Human Rights Day	11 Christmas Jumper Day	12	13 Have a cosy winter evening	14	15 Show appreciation to someone special	16	17	18	19 Wrap up and go on a winter walk	20	21 Show appreciation to yourself	22	23 Have a festive treat– mmm!	24	25 MERRY CHRISTMAS!	26 Get outside BANK HOLIDAY	27 BANK HOLIDAY	28 Reflect on 5 good things about this year	29	30 What do you look forward to in 2023?	31				**DEC**

National Apprenticeship Week
National Obesity Awareness Week
Cervical Cancer Awareness Week
Sugar Awareness Week
National Careers Week
Nutrition and Hydration Week
MS Awareness Week
National Gardening Week
Allergy Awareness Week
Volunteers Week
British Heart Week
National Diabetes Week
Men's Health Week | Healthy Eating Week
Sun Awareness Week
Mental Health Awareness Week
Arthritis Care Awareness Week
National Vegetarian Week
Learning at Work Week
Breathe Easy Week
Deafblind Awareness Week
National BBQ Week
World Breast Feeding Week
Migraine Awareness Weeks
Know Your Numbers Week (Blood Pressure UK)
Sexual Health Week
National Eye Health Week
Back Care Awareness Week
National Work Life Week
International Stress Awareness Week
Talk Money Week
Self-Care Week
Alcohol Awareness Week
National Grief Awareness Week
Anger Awareness Week
Festival of Winter Walks

RCS provides fully-funded support and therapies to help people address health challenges and flourish in work.
We also help businesses to create happier, healthier workplaces. Visit www.rcs-wales.co.uk to find out how we can help you.

In Work Support is part-funded by the European Social Fund through the Welsh Government.

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Cymorth yn y Gwaith
In-Work Support

Cronfa Gymdeithasol Ewrop
European Social Fund