

LLES AR GYFER GWEITHIO WELLBEING FOR WORK

## **2024 WELLBEING YEAR PLANNER**

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	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur		Sat	Sun	Mon		Wed		Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	
<b>JAN</b> Veganuary RED January Dry January	<b>1</b> Happy New Year!	2	<b>3</b> Festival of Sleep Day	<b>4.</b> World Braille Day	5	6	7	8	<b>9</b> Read a chapter of your book	10	<b>11</b> Light a candle	12	13 Wrap up and go on winter walk		15 Blue Monday - Brew Monday Have a brew!	16	17	18	<b>19</b> Get hygge with a blanket	20	21 National Hug Day	22	23	24	25 St. Dwynwen's Day	26 Show appreciation to someone special	27	28	29	30	31	<u><u>i</u></u>				)jj		JAN
FEB National Heart Month LGBTQ+ History Month				<b>1</b> Time to Talk Day #TimeToT	2	3	<b>4</b> World Cancel Day		<b>6</b> Safer Internet Day	7	8	9	10 Chinese New Year	11 Remember - rain is ok!	12	13	<b>14</b> Valentine's Day	15	16	17 Random Acts of Kindness Day	<b>18</b> Care Day	19 Ask a colleague how they're doing	20	<b>21</b> You Can Care Week	22	23	24 Emotional Health Day	25	26 Plan something nice	27	28 ¢	29	Ĭţ					FEB
MAR Step into Sprin National Bed M Endo The Night Awareness Mor	onth - Endometriosi th	is			<b>1</b> St David's Day Zero Discrimination Day		3	4 ←	5	6 • Endometr	#WorldBookDay	<b>8</b> V International Women's Day ss Week	9 Social Prescribing Day	10 	-		13 No Smoking Day			16 Disabled Access Day	17 	18	19	20 International Day of Happiness	21	<b>22</b> World Water Day	23 Drink more water today	24	<b>25</b> National Skipping Day	26 Epilepsy Awareness Day		28 What makes you happy? World Day for Safety and Health at Work	<b>29</b> Good Friday	<b>30</b> You're doing great.	31	Xill		MAR
100 Miles in Mar <b>A P R</b> #Stress Awareness Month2024 Parkinsons Awareness Mor	<b>1</b> Easter Monday th	<b>2</b> World Autism Awareness Day	<b>3</b> Stand up and stretch!	4	Eating Diso 5 Walk to Work Day	rders Awarene	Sess Week ••• 7 World Health Day	8	9	10	onal Careers V <b>11</b> Parkinsons Awareness Day	12	13	H4 Remember to take regular breaks	15	16	• Nutrition 17 Try a new activity	and Hydration <b>18</b>	n Week ••• 19	20 Goʻfora Iunchbreak walk	21	22	23	24 Notice 3 things of beauty in nature	25 Awareness W	26 On Your Feet Day		28 World Day for Safety and Health at Work	29 International Dance Day	30	¢		• • • World A	utism Week •				APR
IBS Awareness Month MAY National Walking Month #WalkThisMay Big Asthma Bake Sale			<b>1</b> International Worker's Day wareness Wee <del>l</del>	2	3	4 Plan a walk for the weekend		6 Early May Bank Holiday	7 What are you grateful for?	8	9	<b>10</b> Be kind to yourself	<b>11</b> World Fairtrade Day	12 If you're struggling - reach out.	13 ←···	14	15 •• Mental H	<b>16</b> lealth Awaren	17 ess Week	18 It's OK to not be OK	19	20	<b>21</b> World Meditation Day	22	23 Do 3 minutes of mindfulness		25 Learn a veggie recipe	26	<b>27</b> Bank Holiday Clear your desk of clutter	28	29	30	<b>31</b> World No Tobacco Day			). J.		MAY
<b>JUN</b> #MensHealthM			Ŵ		)ili	l	2	<b>~···</b>	4	••• Nation	nal Growing for	Wellbeing We	`///////	///////	10 €	11	12 Think about your career goals Healthy Eating		14 Ask a friend how they're doing 's Health Weel	V/////	16 Stop, stretch and breathe	ŀ		19 Book in s 'focus time' for you		<b>21</b> ess Week •••	22 Donate to a good cause		24 ←	25 Send a letter to a friend	26	<b>27</b> ess   Week Wo	28 Micro, Small & Medium Enterprises Day rld Wellbeing V	2.9 3 things you value in yourself? Week •••••	30			JUN
<b>JUL</b> Plastic Free July Good Care Month	<b>1</b> ←····	<b>2</b> Organise a BBQ	<b>3</b> Ncohol Awaren	<b>4</b> ess Week   Na	5 ational BBQ W	<b>6</b> Enjöy the warmth of the sun	7 World Chocolate Day yum!	8	9 Ask for a second opinion on an issue	10	11	•••→ 12 National Simplicity Day	13	14 How could you cut down on your plastic use?	15	16 Do something nice for a special someone	17	18 Show appreciation to yourself	19	20	21 Avoid screens before bed	22	23	24 24/7 Samaritans Awareness Day			27	28 Do a 20 minute workout	29	<b>30</b> International Friendship Day	<b>31</b> Cook your favourite meal	M				)iji		JUL
AUG Happiness Happens Month				<b>1</b> National Cycle to Work Day	2	3	<b>4</b> Make plans to picnic	5	<b>6</b> Take time to rest	7	<b>8</b> List 3 things you're great at	9	10	11 Call an old friend	12	13	14 Prioritise having a good lunch	15	<b>16</b> Appreciate the little things	17	18	<b>19</b> World Humanitarian Day	20	21 Do something that makes you happy	22	23 Do something for you	24	25	<b>26</b> Bank Holiday	27	<b>28</b> Get out in nature	29	<b>30</b> Grief Awareness Day	<b>31</b> Reflect on the month				AUG
SEP		X		X			T	2 Have lunch with a colleague		4	5 International Day of Charity	<b>6</b> Read a Book Day	7	8 Find out what support is available	-	-	<b>11</b> ow Your Numb			////////	/////////	<b>16</b> Working Parent's Day	17	Equal Pay Day	Health Day	20	21 International Day of Peace		23 <i>←</i> …	24	25 National Fitness Day • Internation	26 Autumn begins get cosy al Week of Hap	27 piness at Wor	28 k	29 World Heart Day	<b>30</b> World's Biggest Coffee Morning		SEP
OCT Stoptober Breast Cancer Awareness Black History Month		<b>1</b> World Vegetarian Day	2	3	<b>4</b> World Smile Day	5 Check in with the new person at work	6	7	8 Collect some autumn leaves	9	<b>10</b> World Mental Health Day	11	12	13 Warm socks season!	14 	15	16 World Food Day Back Car	<b>17</b> re Awareness	<b>18</b> World Menopause Day Week •••	19		de Fortnight <b>21</b>	22	23 Learn a new fact	24	25 Stay hydrated in work	26	···→ 27 National Mentoring Day	28	<b>29</b> What skills do you want to develop?	30	31						ост
NOV Movember Men's Health Veg Pledge		X		X	<b>1</b> World Vegan Day	2 National Stress Awareness Day	<b>3</b> Find a new vegan recipe		5	6	7	<b>8</b> Have a 'Movember' conversation	////////	10 Have a money chat with a friend	<b>11</b> Self-care is not selfish, it's essential	12	<b>13</b> World Kindness Day	14	15	16 Don't be hard on yourself	17	<b>18</b> Do something for you	<b>19</b> International Men's Day	20	21	<b>22</b> Do you know the signs of stress?	23	24	25 Do 20 mins extra exercise	26	27 Stand, stretch, breathe.	28	29	<b>30</b> Break a big challenge down into small steps		Xili		ΝΟΥ
DEC Decembeard			X		X		1	ڊ 2	<b>3</b> International Day of Person with Disabilities	4	Talk Money We 5 International Volunteer Day	6	7 Have a cosy winter evening	8	9	<b>10</b> Human Rights Day	<b>11</b> Christmas Jumper Day	Self-Care We	13	14 Support a smáll business	·····→ 15	<b>16</b> Have a festive treat mmm!	17	<b>18</b> Eat a mince pie!	19	20 Festival Of Winter Walks	21	22 Go oh a cosy winter walk	23	24	25 MERRY CHRISTMAS!	<b>26</b> Boxing day	27	28 Get outside and blow off the cobwebs	29	the year	<b>31</b> What do you look forward to in 2024?	DEC
							X/////	<i>←…</i>		• • • Nation	al Grief Awarer	ness Week • •	•••••	··· <b>&gt;</b> //																								

RCS provides wellbeing training and support to help build happier, healthier workplaces. To find out more or to book a course, contact us on 01745 336442 or at hello@rcs-wales.co.uk or www.rcs-wales.co.uk