



2024 WELLBEING YEAR 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 Dry January	1 Happy New Year!	2	3 Festival of Sleep Day	4 World Braille Day	5	6	7	8	9 Read a chapter of your book	10	11 Light a candle	12	13 Wrap up and go on winter-walk	14	15 Blue Monday - Brew Monday Have a brew!	16	17	18	19 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							JAN	
FEB National Heart Month LGBTQ+ History Month				1 Time to Talk Day #TimeToT	2	3	4 World Cancer Day	5	6 Safer Internet Day	7	8	9	10 Chinese New Year	11 Remember - rain is ok!	12	13	14 Valentine's Day	15	16	17 Random Acts of Kindness Day	18 Care Day	19 Ask a colleague how they're doing	20	21 You Can Care Week	22	23	24 Emotional Health Day	25	26 Plan something nice	27	28	29						FEB	
MAR Step into Spring - Marie Curie National Bed Month Endo The Night - Endometriosis Awareness Month 100 Miles in March for Mind					1 St David's Day Zero Discrimination Day	2	3	4	5	6	7 #WorldBookDay	8 International Women's Day	9 Social Prescribing Day	10	11 Get some fresh air	12	13 No Smoking Day	14 University Mental Health Day	15 Red Nose Day World Sleep Day	16 Disabled Access Day	17	18	19	20 International Day of Happiness	21	22 World Water Day	23 Drink more water today	24	25 National Skipping Day	26 Epilepsy Awareness Day	27	28 What makes you happy? World Day for Safety and Health at Work	29 Good Friday	30 You're doing great.	31			MAR	
APR #Stress Awareness Month 2024 Parkinsons Awareness Month IBS Awareness Month	1 Easter Monday	2 World Autism Awareness Day	3 Stand up and stretch!	4	5 Walk to Work Day	6	7 World Health Day	8	9	10	11 Parkinsons Awareness Day	12	13	14 Remember to take regular breaks	15	16 Try a new activity	17	18	19	20 Go for a lunchbreak walk	21	22	23	24 Notice 3 things of beauty in nature	25 On Your Feet Day	26	27	28 World Day for Safety and Health at Work	29	30							APR		
MAY National Walking Month #WalkThisMay Big Asthma Bake Sale			1 International Worker's Day	2	3	4 Plan a walk for the weekend	5 World Laughter Day	6 Early May Bank Holiday	7 What are you grateful for?	8	9	10 Be kind to yourself	11 World Fairtrade Day	12 If you're struggling - reach out.	13	14	15	16	17	18	19	20	21	22	23	24	25 Learn a veggie recipe	26	27 Bank Holiday Clear your desk of clutter	28	29	30	31 World No Tobacco Day					MAY	
JUN #MensHealthMonth						1	2	3	4	5	6	7	8 National Best Friends Day	9	10	11	12	13	14	15	16 Stop, stretch and breathe	17	18 #FathersMentalHealthAwareness	19 Book in 'focus time' for you	20 World Refugee Day	21	22 Donate to a good cause	23	24	25	26	27	28	29	30			JUN	
JUL Plastic Free July Good Care Month	1	2 Organise a BBQ	3	4	5	6 Enjoy 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 How could you cut down on your plastic use?	14	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	25 What made you smile this week?	26 Compliment a colleague	27	28 Do a 20 minute workout	29	30 International Friendship Day	31 Cook your favourite meal						JUL		
AUG Happiness Happens Month				1 National Cycle to Work Day	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26 Bank Holiday	27	28	29	30 Grief Awareness Day	31 Reflect on the month				AUG	
SEP							1	2 Have lunch with a colleague	3	4	5 International Day of Charity	6 Read a Book Day	7	8 Find out what support is available	9	10	11	12	13	14	15	16 Working Parents Day	17	18 International Equal Pay Day	19 Youth Mental Health Day	20	21 International Day of Peace	22 World Car Free Day	23	24	25	26	27	28	29 World Heart Day	30 World's Biggest Coffee Morning			SEP
OCT Stoptober Breast Cancer Awareness Black History Month		1 World Vegetarian Day	2	3	4 World Smile Day	5 Check in with the new person at work	6	7	8	9	10 World Mental Health Day	11	12	13 Warm socks season!	14	15	16 World Food Day	17	18 World Menopause Day	19	20 Notice the change in season	21	22	23 Learn a new fact	24	25 Stay hydrated in work	26	27 National Mentoring Day	28	29	30	31					OCT		
NOV November Men's Health Veg Pledge					1 World Vegan Day	2 National Stress Awareness Day	3 Find a new vegan recipe	4	5	6	7	8	9	10	11 Self-care is not selfish, it's essential	12	13 World Kindness Day	14	15	16 Don't be hard on yourself	17	18 Do something for you	19 International Men's Day	20	21	22 Do you know the signs of stress?	23	24	25	26	27	28	29	30 Break a big challenge down into small steps				NOV	
DEC December						1	2	3 International Day of Person with Disabilities	4	5 International Volunteer Day	6	7 Have a cosy winter evening	8	9	10 Human Rights Day	11 Christmas Jumper Day	12	13	14 Support a small business	15	16 Have a festive treat mmm!	17	18	19	20 Festival Of Winter Walks	21	22 Go on a cosy winter walk	23	24	25 MERRY CHRISTMAS!	26 BOXING DAY	27	28 Get outside and blow off the cobwebs	29	30 Reflect on the year	31 What do you look forward to in 2024?			DEC