



# Health Assured wellbeing calendar 2022

- Wellbeing
- Legal
- Focus
- Webinar

**January**

- Healthy eating
- Legal advice surrounding debt
- Financial wellbeing
- Pressures of a new year

**February**

- The importance of self-love
- Cohabitation agreements
- Mental Health A-Z
- Relationship anxiety

**March**

- Preventing burnout
- Making a will
- Neurodiversity
- Women's Mental Health

**April**

- Importance of sleep
- No-fault divorce law
- Coping with eating disorders
- Embracing religious diversity

**May**

- The art of meditation
- Renting: know your rights
- Mental Health: life beyond diagnosis
- Living with PTSD

**June**

- Body acceptance
- Recognising scams & phishing emails
- Self-identity
- Pride Month

**July**

- Self-care: taking time out
- Parental rights
- Overcoming social anxiety
- Coping with criticism

**August**

- Physical wellbeing
- Court of protection
- Coping with change
- Complex mental health issues

**September**

- Confidence
- Workplace pension law
- Tackling intrusive thoughts
- Suicide awareness

**October**

- Mindfulness
- Legal issues around buying a house
- Seasonal affective disorder (SAD)
- Black History Month

**November**

- The importance of work-life balance
- Online harrasment
- OCD
- Men's Mental Health

**December**

- Managing stress
- Personal injury law
- Domestic abuse
- Coping with loneliness



# Awareness Days calendar 2022

## January

- Month Dry January
- Month Veganuary
- 10<sup>th</sup>-16<sup>th</sup> Houseplant Week
- 17<sup>th</sup> Blue Monday
- 17<sup>th</sup>-23<sup>rd</sup> Cervical Cancer Prevention Week

## February

- Month LGBT History Month
- 3<sup>rd</sup> Time to Talk Day
- 4<sup>th</sup> World Cancer Day
- 7<sup>th</sup>-13<sup>th</sup> Sexual Abuse & Sexual Violence Week
- 7<sup>th</sup>-13<sup>th</sup> Children's Mental Health Week
- 28<sup>th</sup>-6<sup>th</sup> Eating Disorder Awareness Week

## March

- to 6<sup>th</sup> Eating Disorder Awareness Week
- 3<sup>rd</sup> World Book Day
- 8<sup>th</sup> International Women's Day
- 10<sup>th</sup> No Smoking Day
- 18<sup>th</sup> World Sleep Day
- 21<sup>st</sup> International Day for the Elimination of Racial Discrimination
- 14<sup>th</sup>-20<sup>th</sup> Neurodiversity Celebration Week
- 27<sup>th</sup> Mother's Day
- 31<sup>st</sup> International Transgender Day of Visibility

## April

- Month Stress Awareness Month
- 2<sup>nd</sup> World Autism Awareness Day
- 22<sup>nd</sup> Stephen Lawrence Day
- 28<sup>th</sup> World Day for Safety & Health at Work

## May

- Month National Walking Month
- 2<sup>nd</sup>-8<sup>th</sup> Deaf Awareness Week
- 9<sup>th</sup>-15<sup>th</sup> Mental Health Awareness Week
- 17<sup>th</sup> International Day against Homophobia, Transphobia & Biphobia
- 21<sup>st</sup> World Meditation Day

## June

- Month Pride Month
- 6<sup>th</sup>-12<sup>th</sup> Carers Week
- 13<sup>th</sup>-17<sup>th</sup> Loneliness Awareness Week
- 13<sup>th</sup>-19<sup>th</sup> Diabetes Week
- 13<sup>th</sup>-19<sup>th</sup> Men's Health Week
- 19<sup>th</sup> Father's Day
- 20<sup>th</sup>-26<sup>th</sup> Cervical Screening Awareness Week

## July

- 5<sup>th</sup> Thank You Day
- 14<sup>th</sup> International Non-Binary People's Day
- 25<sup>th</sup> National Schizophrenia Awareness Day
- 6<sup>th</sup>-31<sup>st</sup> UEFA Women's Euro 2022
- 28<sup>th</sup>-8<sup>th</sup> Commonwealth Games
- 30<sup>th</sup> International Day of Friendship

## August

- to 8<sup>th</sup> Commonwealth Games
- 4<sup>th</sup> Cycle to Work Day

## September

- 19<sup>th</sup> Youth Mental Health Day
- 10<sup>th</sup> Suicide Prevention Day

## October

- Month Black History Month
- Month Breast Cancer Awareness Month
- Month ADHD Awareness
- Month Cholesterol Awareness
- Month Stoptober
- 10<sup>th</sup> World Mental Health Day
- 18<sup>th</sup> World Menopause Day
- 30<sup>th</sup> Daylight Saving Ends

## November

- Month Movember
- 2<sup>nd</sup> International Stress Awareness Day
- 14<sup>th</sup> World Diabetes Day
- 19<sup>th</sup> International Men's Day
- 21<sup>st</sup>-18<sup>th</sup> FIFA World Cup

## December

- to 18<sup>th</sup> FIFA World Cup
- 1<sup>st</sup> World Aids Day
- 3<sup>rd</sup> International Day of People with Disabilities
- 10<sup>th</sup> Human Rights Day