

Health and Wellbeing Calendar – 2025

Month	
Week	
Day	

JANUARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Mental Wellness Month Dry January Veganuary	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Blue (Brew) Monday	21	22	23	24 National Fun at Work Day	25	26
27	28	29	30	31		

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FEBRUARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4 World Cancer Day	5	6 Time to Talk Day	7	8	9
10	11	12	13	14	15	16
17 National Random Act of Kindness Day	18	19	20	21	22	23
24	25	26	27	28 Eating Disorders Awareness Week 28/2-6/3		

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MARCH						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Prostate Cancer Awareness Month	2
3	4	5	6	7 Employee Appreciation Day	8 International Women's Day	9
10 Insomnia Awareness Day	11	12 National No Smoking Day	13	14 World Sleep Day	15	16
17 Nutrition & Hydration Week 17-23	18	19	20 International Day of Happiness	21	22	23
24	25	26	27	28	29	30
31						

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APRIL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Stress Awareness Month National Counselling Awareness Month	2 National Walking Day World Autism Awareness Day	3	4	5	6
7 World Health Day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 “On Your Feet Britain” Challenge	25	26	27
28	29	30				

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MAY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Celiac Awareness Month National Walking Month	2	3	4
5	6	7	8	9	10	11
12 Mental Health Awareness Week 12-18 Sun Awareness Week 12-18	13	14	15	16	17	18
19	20	21 World Meditation Day	22	23	24	25
26	27	28	29	30	31	

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JUNE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Volunteers Week 2-8	3	4	5	6	7	8
9 International Men's Health Week 9-15 Carers Week 9-15 Loneliness Awareness Week 9-15 British Nutritional Foundation (BNF) Health Eating Week 9-13	10 Bike Week 10- 16	11	12	13	14 World Blood Donor Day	15
16	17	18	19	20	21	22

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23	24 World Wellbeing Week 24-30	25	26	27	28	29
30						

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JULY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Talk to us month - Samaritans	2	3	4	5	6
7 Alcohol Awareness Week 7-11	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 International Self Care Day Samaritans Talk to us Campaign	25	26	27
28	29	30 International Friendship Day	31			

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AUGUST						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 National Wellness Month	2	3
4 National Allotments Week 4-10	5	6	7 Cycle to Work Day	8	9	10
11	12	13	14 National Financial Awareness Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 National Grief Awareness Day	31 International Overdose Awareness Day

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SEPTEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 “Know your numbers” Week – Cholesterol, blood pressure etc. 1-7	2	3	4	5 National Food Bank Day	6	7
8	9	10 World Suicide Prevention Day	11 R U OK Day	12	13	14
15	16	17	18	19	20	21
22 International Week of Happiness at Work 22-26	23	24 National Fitness Day	25	26	27	28
29	30					

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OCTOBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Breast Cancer Awareness Month World Menopause Awareness Month Go Sober October International Day of Older Persons	2	3	4	5
6 Back Care Awareness Week 6-12	7	8 World Financial Planning Day	9	10 World Mental Health Day	11	12 OCD Awareness Week 12-18
13 Work Life Week 13-19	14	15	16	17	18 World Menopause	19

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					Awareness Day	
OCTOBER (Cont'd.)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
20	21	22 International Stuttering Awareness Day	23	24	25	26
27	28	29	30	31		

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NOVEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Movember – Men's Health Awareness Month World Vegan Day	2
3 International Stress Awareness Week 3-7 Talk Money Week 3-7	4	5 National Stress Awareness Day	6	7	8	9
10	11	12	13 World Kindness Day	14	15	16
17 National Self Care Week 17-23	18	19 International Men's Day	20	21	22	23

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NOVEMBER (Cont'd.)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24	25 16 Days of Activism against Gender-Based Violence 25/11-10/12 International Day for the Elimination of Violence Against Women	26	27	28	29	30

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DECEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 16 Days of Activism against Gender-Based Violence 25/11-10/12 Seasonal Affective Disorder (SAD) Awareness Month	2 Giving Tuesday	3 International Day of People with a Disability	4	5 International Volunteer Day	6	7
8	9	10	11 Christmas Jumper Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				