

2026 Wellbeing Calendar

Boost health and wellbeing across your organization with 12 months of easy and fun ideas to help your people feel and perform their best.



January	February	March	April	May	June	July	August	September	October	November	December
Work stress is identified by nearly 47% of employees as the top cause of their mental health decline.	Wellbeing is as important as salary for 88% of global employees.	Low engagement and low wellbeing are estimated to cost the global economy \$8.9 trillion.	Organizations with wellness programs see 28% fewer sick days compared to those without.	Only 22% of countries explicitly guarantee equal pay based on sexual orientation.	Organisations with LGBTQ+ friendly policies often see better recruitment, improved employee wellbeing, and greater profitability.	Snack breaks during the day are linked to 13% higher productivity vs those who don't take breaks.	Humor in the workplace doesn't just lighten the mood – it can reduce sick days, improve immune function, and lower blood pressure.	In workforces under high stress, employees take eight times as many sick days.	69% of employees say they would work harder if they felt their wellbeing was better supported.	Nearly 27% of employees are at high risk of burnout.	People who leave work on time are 20% more productive than those who stay late.
1 New Year's Day Set yourself some goals for the year. How would you like your life to be 1 year from now?	 Black History Month	1 World Compliment Day	1 April Fool's Day Laughter is the best sauce of medicine. Play a joke on a friend!	Global Employee Health and Fitness Month	 LGBTQ+ Pride Month	 Social Wellness Month	9 International Coworking Day Host a networking brunch.	5 International Day of Charity	 Global Diversity Awareness Month	November Grow a moustache to raise awareness of men's health issues.	1 World AIDS Day
3 International Mind-body wellness Day Try to move your body today and get outside to improve mental clarity.	4 World Cancer Day Run a health awareness campaign, share prevention tips, or organize a charity fundraiser.	 World Autism Awareness Day	2 Global Love Day	1 Global Love Day	 World Bicycle Day Why not opt to ride your bike today instead of taking a car?	18 World Listening Day Reach out to someone that you may not have been in contact for a while.	 World Suicide Prevention Day Share mental health resources, invite a speaker on suicide prevention, and promote open conversations about mental health.	10 World Mental Health Day Organize a mindfulness session, share self-care tips, or provide access to mental health support services.	10 World Vegan Day	1 World Vegan Day	5 International Volunteer Day Offer employees volunteer leave hours to volunteer in their local communities.
18 World Religion Day	14 Valentines Day	8 International Women's Day Celebrate achievements of women in your organization.	7 World Health Day	3 World Maternal Health Day Share resources on parental wellbeing and offer a support discussion for caregivers.	3 World Bicycle Day Why not opt to ride your bike today instead of taking a car?	18 World Listening Day Reach out to someone that you may not have been in contact for a while.	19 World Humanitarian Day Organize a volunteer opportunity or donation drive to support a local cause.	19-21 World Wellness Weekend	 World Kindness Day Launch a kindness challenge – encourage random acts of kindness and recognize those who participate.	13 World Kindness Day Launch a kindness challenge – encourage random acts of kindness and recognize those who participate.	 End of year wrap up Celebrate all your successes of the year and jot down your biggest achievements.
19 Blue Monday Plan a kindness or social event to lift moods.	 World Sleep Day	13 World Sleep Day	22 Earth Day Ask employees to share one eco-friendly action they will take at work or home.	 World Environment Day Host a sustainability challenge (reduce single-use plastics, commute green, plant a tree).	5 World Environment Day Host a sustainability challenge (reduce single-use plastics, commute green, plant a tree).	24 International Self-Care Day	Wellbeing Check-in Take a look at the Mental Health Toolkit to see the latest stress and burn-out resources.	21 World Gratitude Day Create a gratitude wall (virtual or physical) where people can post thank-you notes.	11 Coming Out Day A day promoting acceptance.	14 World Diabetes Day Host a health screening event or promote healthy eating and movement challenges.	 World Diabetes Day Host a health screening event or promote healthy eating and movement challenges.
29 International Day of Education Host a learning session or invite a guest speaker to share knowledge.	17 Lunar New Year Year of the horse symbolizing strength, speed, ambition, and freedom.	20 International Day of Happiness Encourage employees to share what makes them happy – post on a digital board or during a team huddle.	 World Hypertension Day What's your blood pressure? Check it to make sure it's in a healthy range.	17 World Hypertension Day What's your blood pressure? Check it to make sure it's in a healthy range.	14 World Blood Day	30 World Friendship Day Run a "coffee connect" program to encourage cross-team bonding and build workplace friendships.	 Move your body Make a conscious effort today to stretch and get those steps in.	18 World Menopause Day Share resources, run an awareness talk, or spotlight supportive workplace policies.	11 Coming Out Day A day promoting acceptance.	14 World Diabetes Day Host a health screening event or promote healthy eating and movement challenges.	 World Menopause Day Share resources, run an awareness talk, or spotlight supportive workplace policies.
 World Day of Social Justice	20 World Day of Social Justice	21 Neurodiversity Celebration Week	28 World Day for Safety and Health at Work	31 World No Tobacco Day	21 International Day of Yoga Organize a short virtual or on-site yoga/meditation session to promote stress management and mental wellbeing.	 International Dog Day	21 International Dog Day	29 World Heart Day	31 Halloween Focus on the treats this year by preparing some healthy snacks.	19 International Men's Day Promote discussion about men's mental health and resources that they can access.	31 New Year's Eve