2023 Wellbeing Calendar

Hi Kendrick, how are you feeling today?
2023 Wellbeing Calendar

Quarter 1

**Eating Healthy**

**January**
- Take your time: Did you take time to eat and be mindful at meals today?
  - 1 Happy New Year!
  - 4 World Braille Day
  - 16 Martin Luther King Jr. Day
  - 22 Chinese New Year

**Embracing Diversity**

**February**
- Celebrate yourself: Did you name one positive quality about yourself related to your culture or background?
  - American Heart Month
  - Black History Month
  - 4 World Cancer Day
  - 14 Valentine’s Day
  - 20 World Day of Social Justice

**Sleeping Well**

**March**
- Mind sweeper: Did you take time to relax your mind before bed?
  - Women’s History Month
  - National Nutrition Month
  - 3 National Employee Appreciation Day
  - 8 International Women’s Day
  - 17 World Sleep Day
  - 31 International Transgender Day of Visibility
Quarter 2

April

Unplug it: Did you unplug an appliance you’re not using today?

- Stress Awareness Month
- National Financial Literacy Month
- 2 National Employee Benefits Day
- 7 World Health Day
- 11–13 Thrive Summit 2023
- 18 Tax Day
- 22 Earth Day
- 28 World Day for Safety and Health at Work

May

Emotions and decisions: Did you notice how your emotions affected your decisions?

- Mental Health Awareness Month
- Asian Pacific American Heritage Month
- Global Employee Health & Fitness Month
- 14 Mother’s Day
- 17 World Hypertension Day
- 21 International Cultural Diversity Day
- 29 Memorial Day
- 31 World No Tobacco Day

June

Rewire stereotypes: Did you mentally challenge a stereotype you thought about today?

- Employee Wellbeing Month
- LGBTQ+ Pride Month
- 5 World Environment Day
- 18 Father’s Day
- 19 Juneteenth

Find Emotional Balance

Diversity, Equity & Inclusion

Acting Sustainably

2023 Wellbeing Calendar
### Quarter 3

#### Getting Active

**July**
- **Fit in strength**: Did you do some strength exercises today?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td>UV Safety Month</td>
</tr>
<tr>
<td>4</td>
<td>Plastic Bag Free Day</td>
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<tr>
<td>23</td>
<td>American Independence Day</td>
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<tr>
<td>24</td>
<td>Parent’s Day</td>
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</tbody>
</table>

#### Eating Healthy

**August**
- **Smart scale**: Did you practice using the hunger scale today?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>National Wellness Month</td>
</tr>
<tr>
<td>9</td>
<td>National Immunization Awareness Month</td>
</tr>
<tr>
<td>1</td>
<td>World Lung Cancer Day</td>
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<tr>
<td>9</td>
<td>International Day of Indigenous People</td>
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<tr>
<td>15</td>
<td>National Relaxation Day</td>
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<tr>
<td>26</td>
<td>National Women’s Equality Day</td>
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</tbody>
</table>

#### Diversity, Equity & Inclusion

**September**
- **Connect through empathy**: Did you invoke empathy during one interaction today?

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3</td>
<td>National Self-Care Awareness Month</td>
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<tr>
<td>4</td>
<td>National Recovery Month</td>
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<tr>
<td>4</td>
<td>Labor Day</td>
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<tr>
<td>10</td>
<td>Sepsis Awareness Month</td>
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<tr>
<td>15–30</td>
<td>National Hispanic &amp; Latino Heritage Month</td>
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<tr>
<td>16</td>
<td>Working Parent’s Day</td>
</tr>
<tr>
<td>21</td>
<td>World Gratitude Day</td>
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<tr>
<td>26</td>
<td>Human Resource Professional Day</td>
</tr>
</tbody>
</table>
2023 Wellbeing Calendar

Quarter 4

Find Emotional Balance

October

Checking in: Did you stop and notice your emotions without judgement?

- Global Diversity Awareness Month
- Emotional Wellness Month
- Dyslexia Awareness Month
- 1-15 National Hispanic & Latino Heritage Month (cont.)
- 3 Improve Your Office Day
- 10 World Mental Health Day
- 11 National Coming Out Day

Diversity, Equity & Inclusion

November

Power for good: Did you speak positively of someone with less privilege or power than you today?

- National Diabetes Month
- Native American Heritage Month
- Men’s Health Awareness Month
- Alzheimer’s Awareness Month
- 13 World Kindness Day
- 14 World Diabetes Day
- 16 Great American Smokeout
- 20 Transgender Day of Remembrance
- 23 Thanksgiving
- 24 National Native American Heritage Day

Managing My Finances

December

Organize your finances: Did you do one thing today to keep your finances organized?

- 1 World AIDS Day
- 3 International Day of Persons with Disabilities
- 7 Hannukah Begins
- 10 Human Rights Day
- 25 Christmas Day
- 26 Kwanza Begins
- 31 New Year’s Eve