

WELLBEING CALENDAR 2026

Get outdoors during shorter days for a lunchtime walk

JANUARY

Dry January (month-long)
Veganuary (month-long)
Blue Monday (19th)

ARRANGE [Wellbeing Through The Winter webinar](#)
ARRANGE [Food & Mood webinar](#)

FEBRUARY

Time To Talk Day (5th)
Eating Disorders Awareness Week (23rd-1st March)

ARRANGE [Let's talk about communication webinar](#)
ARRANGE Drop-in Life Coaching Sessions for employees

MARCH

Self Injury Awareness Day (1st)
International Women's Day (8th)
World Sleep Day (13th)
Neurodiversity Celebration Week (16th-22nd)

ARRANGE [Women's Wellbeing webinar](#)
ARRANGE [Neurodiversity Awareness webinar](#)

APRIL

Stress Awareness Month (month-long)
World Autism Day (2nd)
Walk To Work Day (3rd)

ARRANGE [Stress Awareness webinar](#)
ARRANGE [Prevent Burnout for Managers workshop](#)

Share ideas on effective coping strategies

MAY

Maternal Mental Health Awareness Week (4th-10th)
Mental Health Awareness Week (11th-17th)
World Meditation Day (21st)

OFFER Self care station with resources, healthy snacks & pampering
ARRANGE [Mental Health Awareness webinars & workshops](#)

JUNE

Loneliness Awareness Week (1st-7th)
Men's Health Week (8th-14th)

ARRANGE [Loneliness Awareness webinar](#)
ARRANGE [Men's Mental Wellbeing in the Modern World webinar](#)
PROMOTE Community volunteering

What does loneliness mean to your employees?

JULY

Samaritans Awareness Day (24th)
National Schizophrenia Awareness Day (25th)

ARRANGE [Suicide Awareness workshop](#)
TRAIN [employees to become Mental Health First Aiders](#)

AUGUST

National Grief Awareness Day (30th)

ARRANGE [Understanding Grief webinar](#)

SEPTEMBER

World Suicide Prevention Day (10th)
Working Parents Day (16th)
National Inclusion Week (14th-20th)

ARRANGE [Suicide Awareness webinar](#)
ARRANGE [Being a Parent in the Modern world webinar](#)
ARRANGE [EDI webinar](#)

OCTOBER

ADHD Awareness Month (month-long)
National Work Life Week (5th-9th)
World Mental Health Day (10th)
OCD Awareness Week (11th-17th)
World Menopause Day (18th)

ARRANGE [Mental Health Awareness for Managers workshop](#)
ARRANGE [Menopause Awareness webinar](#)

NOVEMBER

Movember (month-long)
National Stress Awareness Day (4th)
World Kindness Day (13th)
International Survivors of Suicide Loss Day (21st)

ARRANGE [Men's Mental Health webinar](#)
ARRANGE [Resilience workshops](#)

DECEMBER

National Grief Awareness Week (2nd-8th)

ARRANGE [Understanding Grief webinar](#)

Book EFT to run a festive wreath making session for employees

Hi, we are Fit for Tomorrow

We have put together this Wellbeing Calendar to inspire and help make it easier to plan any activities and events that support your employee's wellbeing and mental health.

We are a leading Corporate Employee wellbeing consultancy and training provider.

Supporting Businesses to create happy, healthy workplaces where employees can thrive.

Whether it's online or in-person we aim to deliver experiences that have a positive impact for your business. Our services include:

- Wellbeing workshops; from Stress Management, Improving Resilience to Coping with Change
- Mental Health First Aid® Training
- Mental health awareness training for managers/people teams
- Coaching
- Wellbeing activities / events



Working at wellbeing everyday

What's coming up early 2026 – Open Courses

- MHFA Refresher Online – 13th January 9am-1.00pm
- 2 Day MHFA In person (Bury St Edmunds) – 26th & 27th January
- 2 Day MHFA Online – 26th & 27th February
- Mental Health Awareness for Managers Online – 30th January 9am-1pm

Call or Email to book any of the above courses

We're always ready to have a

chat

Call 0788 4001388

Send an email to jen@fitfortomorrow.co.uk

Have a look fitfortomorrow.co.uk