

# Wellbeing at Work Calendar 2023

	<b>Awareness Day:</b>	<b>Introduction:</b>	<b>Relevant Healthy Work Company training:</b>	<b>PDF download:</b>
MAR 03	<b>NATIONAL EMPLOYEE APPRECIATION DAY</b>	A day dedicated to recognising and thanking employees for their contribution in the workplace.	<a href="#">Wellbeing Conversations - Positive Psychology</a>	<a href="#">PDF</a>
MAR 08	<b>INTERNATIONAL WOMEN'S DAY</b>	A day that raises awareness of women's achievements and challenges.	<a href="#">Menopause Awareness - Women in Health &amp; Safety</a>	<a href="#">PDF</a>
MAR 13	<b>NEURODIVERSITY AWARENESS WEEK</b>	Recognising and celebrating the strengths of people who are neurodiverse, as well as challenging preconceptions.	<a href="#">Neurodiversity Awareness</a>	<a href="#">PDF</a>
MAR 20	<b>INTERNATIONAL DAY OF HAPPINESS</b>	United Nations sees this day as a way to recognise the importance of happiness in the lives of people around the world.	<a href="#">Positive Psychology - Introduction to Wellbeing &amp; Resilience</a>	<a href="#">PDF</a>
APR	<b>STRESS AWARENESS MONTH</b>	Health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.	<a href="#">Preventing &amp; Managing Burnout - Stress, Uncertainty &amp; Worry</a>	<a href="#">PDF</a>
APR 02	<b>WORLD AUTISM AWARENESS DAY</b>	Puts a spotlight on the hurdles that people with autism and others living with autism face every day.	<a href="#">Neurodiversity Awareness</a>	<a href="#">PDF</a>
APR 28	<b>WORLD DAY FOR SAFETY &amp; HEALTH AT WORK</b>	Increase awareness of occupational accidents or work-related diseases.	<a href="#">Influencing Skills for Health &amp; Safety - Wellbeing Strategy Support</a>	<a href="#">PDF</a>
MAY 09	<b>MENTAL HEALTH AWARENESS WEEK</b>	A time to think about mental health, tackle stigma and protect our mental well-being.	<a href="#">Mental Health Awareness - Mental Health First Aid</a>	<a href="#">PDF</a>
JUNE 12	<b>MEN'S HEALTH WEEK</b>	Giving men access to services and treatment they need to live healthier, longer and more fulfilling lives.	<a href="#">For men's health topics email us</a>	<a href="#">PDF</a>
JUNE 18	<b>AUTISTIC PRIDE DAY</b>	Raises awareness and celebrates the similarities and the uniqueness of people with autism.	<a href="#">Neurodiversity Awareness</a>	<a href="#">PDF</a>

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SEPT 10	<b>WORLD SUICIDE PREVENTION DAY</b>	Mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.	<a href="#">Suicide Prevention</a>	<a href="#">PDF</a>
SEPT 20	<b>INTERNATIONAL WEEK OF HAPPINESS AT WORK</b>	Happy people are more productive, flexible, resilient, creative, make happier customers and work better with their colleagues.	<a href="#">Positive Psychology - Introduction to Wellbeing &amp; Resilience</a>	<a href="#">PDF</a>
OCT	<b>MENOPAUSE AWARENESS MONTH</b>	Putting the spotlight on the support available for those going through the menopause or experiencing menopausal symptoms.	<a href="#">Menopause Awareness - Menopause policy development</a>	<a href="#">PDF</a>
OCT	<b>ADHD AWARENESS MONTH</b>	Raising awareness and educating the public on ADHD. Highlights the latest research and clinical studies.	<a href="#">Neurodiversity Awareness</a>	<a href="#">PDF</a>
OCT 09	<b>NATIONAL WORK LIFE WEEK</b>	An annual campaign to get both employers and employees talking about wellbeing at work and work-life balance.	<a href="#">Wellbeing Conversations for Managers - Wellbeing Conversations</a>	<a href="#">PDF</a>
OCT 10	<b>WORLD MENTAL HEALTH DAY</b>	The overall objective of World Mental Health Day is to raise awareness of mental health issues worldwide and to mobilise efforts to support mental health.	<a href="#">Mental Health Awareness - MHFA - Stress &amp; Uncertainty</a>	<a href="#">PDF</a>
OCT 18	<b>WORLD MENOPAUSE DAY</b>	The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing.	<a href="#">Menopause Awareness - Menopause Management at Work</a>	<a href="#">PDF</a>
NOV 01	<b>NATIONAL STRESS AWARENESS DAY</b>	Highlighting the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.	<a href="#">Mental Health Awareness - MHFA - Preventing Burnout</a>	<a href="#">PDF</a>
NOV 06	<b>TALK MONEY WEEK</b>	An opportunity to get involved with events and activities which help people have more open conversations about money – from pocket money to pensions	<a href="#">Financial Wellbeing</a>	<a href="#">PDF</a>