

Wellbeing Calendar 2025

Supporting employees to thrive in the workplace



PeopleFirst

1 – 31

Dry January, Veganuary

Key Weeks

- 13–19: National Obesity Awareness Week
- 20–26: Energy Saving Week, Cervical Cancer Prevention Week

Key Dates

- 2: World Introvert Day
- 3: International Mind-Body Wellness Day
- 4: World Braille Day
- 20: Brew Monday
- 27: Parent Mental Health Day
- 30: World Leprosy Day

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1 – 28

LGBT+ History Month

Key Weeks

- 3–9: Children’s Mental Health Week, Race Equality Week
- 10–16: National Apprenticeship Week
- 24–2: Eating Disorders Awareness Week

Key Days

- 4: World Cancer Day
- 6: Time to Talk Day, Safer Internet Day, International Day of Zero Tolerance for FGM
- 14: Valentine’s Day, International Book Giving Day
- 17: Random Acts of Kindness Day
- 20: World Day of Social Justice
- 28: Rare Disease Day

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Ovarian & Prostate Cancer Awareness Women's History Month

Key Weeks

- 9–15: MS Awareness Week
- 17–23: Nutrition and Hydration Week, Neurodiversity Celebration Week
- 21: Debt Awareness Week begins
- 31–6: World Autism Acceptance Week

Key Days

- 1: Self-Injury Awareness, International Wheelchair, Zero Discrimination
- 3: World Hearing Day, World Wildlife Day
- 6: World Book Day
- 7: National Employee Appreciation Day
- 8: International Women's Day
- 14: World Sleep Day, Holi Festival
- 16: Disabled Access Day
- 20: International Day of Happiness, World Down Syndrome
- 22: World Water Day, Earth Hour Day
- 30: World Bipolar Day, Eid al-Fitr
- 31: International Trans Visibility Day

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Testicular Cancer & Bowel Cancer Awareness Month

Stress Awareness Month

Key Weeks

- 22–28: Lesbian Visibility Week

Key Days

- 2: World Autism Acceptance Day
- 7: World Health Day
- 11: World Parkinson's Day
- 12: Passover Begins
- 21: National Tea Day
- 22: Earth Day, Stephen Lawrence Day
- 25: World Malaria Day
- 28: World Day for Safety and Health at Work

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Skin Cancer Awareness, National Walking Month National Smile Month (12-12 June)

Key Weeks

- 5–11: Deaf Awareness Week, Maternal Mental Health Week
- 12-18: Mental Health Awareness Week, Sun Awareness Week
- 19-25: Dying Matters Awareness Week
- 20-24: Black Inclusion Week
- 22-28: Learning at Work Week

Key Dates

- 5: African World Heritage Day, World Hand Hygiene Day,
- 8: World Ovarian Cancer Day
- 10: World Lupus Day, Fair Trade Day
- 12: International Nurses Day,
- 15: Global Accessibility Awareness Day
- 17: Day Against Homophobia and Transphobia, World Hypertension Day
- 21: World Meditation Day
- 24: World Schizophrenia Day
- 25: International Missing Children's Day
- 28: World Blood Cancer Day
- 30: World MS Day

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Pride Month

Key Weeks

- 9–15: Men's Health Week, Carers Week, BNF Healthy Eating Week
- 10–16: Bike Week
- 17–23: Cervical Screening Awareness Week
- 23–29: Deafblind Awareness Week

Key Dates

- 1: National Cancer Survivors Day
- 5: World Environment Day
- 14: Global Wellness Day, World Blood Donor Day
- 18: Autistic Pride Day
- 20: National Clean Air Day
- 21: International Yoga Day
- 27: National PTSD Awareness Day

1 – 31

Talk to us, Disability Pride Plastic Free, Sarcoma Awareness

Key Days

- 14: Non-Binary People's Day
- 18: International Nelson Mandela Day
- 24/7: Samaritans Awareness Day
- 24: International Self-Care Day
- 25: National Schizophrenia Awareness Day
- 28: World Hepatitis Day
- 30: International Day of Friendship

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Happiness Happens Month, National Immunisation Month

Key Weeks

- 1–7: World Breastfeeding Week
- 4–10: National Allotments Week

Key Dates

- 9: International Day of the World's Indigenous Peoples
- 12: International Youth Day
- 18: Never Give Up Day
- 19: World Humanitarian Day
- 22: International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief
- 23: International Day for the Remembrance of the Slave Trade and its Abolition
- 31: International Overdose Awareness Day

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World Alzheimer's Month, Sleeptember, Childhood Cancer Awareness Month

Key Weeks

- 4–10: National Suicide Prevention Week
- 18–24: International Week of Happiness at Work
- 23–29: National Eye Health Week, National Inclusion Week

Key Dates

- 5: International Day of Charity
- 8: International Literacy Day
- 10: World Suicide Prevention Day
- 15: International Day of Democracy
- 18: National Fitness Day
- 21: International Day of Peace, World Gratitude Day
- 25: World Dream Day
- 29: World Heart Day

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Stoptober, ADHD Awareness, World Menopause Awareness, Cholesterol Month, Breast Cancer Month, Black History Month

Key Weeks

- 1–7: National Work Life Week
- 2–8: Dyslexia Awareness Week
- 9–15: Baby Loss Awareness Week
- 10–16: OCD Awareness Week

Key Dates

- 1: International Day of Older Persons
- 2: World Habitat Day
- 4: World Smile Day
- 5: World Teachers' Day
- 10: World Mental Health Day
- 11: International Day of the Girl
- 15: Global Handwashing Day
- 16: World Food Day
- 18: World Menopause Day
- 24: United Nations Day

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Movember, Men's Mental Health Month Lung Cancer & Pancreatic Cancer Awareness Month

Key Weeks

- 1–7: International Stress Awareness Week
- 6–10: Talk Money Week
- 11–15: Anti-Bullying Week
- 13–19: Transgender Awareness Week, Self-Care Week
- 20–26: Road Safety Week

Key Dates

- 1: World Vegan Day
- 11: Armistice Day
- 13: World Kindness Day
- 14: World Diabetes Day
- 19: International Men's Day
- 20: Universal Children's Day
- 25: International Day for the Elimination of Violence Against Women
- 30: St. Andrew's Day

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Seasonal Affective Disorder Awareness Month

Key Dates

- 1: World AIDS Day
- 3: International Day of Persons with Disabilities
- 5: International Volunteer Day
- 10: Human Rights Day
- 18: International Migrants Day
- 20: International Human Solidarity Day

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EMPOWER

We are your strategic partner for fostering proactive thriving workplace cultures.

Our focus is on empowering individuals with essential life skills, ensuring they take ownership of their wellbeing and make the world of work better for everyone.

Invest in your company's success by championing the wellbeing of your greatest asset – your people.



PeopleFirst

HEALTHY

"Normal" wellbeing.

Effective toolbox of coping strategies.

- Regular sleep routines
- Consistent performance
- Resilient demeanour
- Ease in social interactions
- Adaptable mindset
- Standard self-assurance
- Active both physically and socially

REACTING

Common & reversible distress.

Signs of ineffective coping strategies.

- Trouble sleeping/ relaxing
- Nervousness & worry
- Increased conflict
- Difficulty concentrating
- Struggling to manage workload
- Increased absenteeism & presentism

INJURED

Significant functional impairment.

Ineffective coping strategies.

- Emotional distress
- Preoccupation with negative thoughts
- Withdrawal from social situations
- Impact on wellbeing & performance
- Disturbed sleep patterns

ILL

Clinical disorder.

Severe & persistent functional impairment.

- Significant emotional difficulties (depressed mood, overwhelmed, suicidal thoughts, intent, or behaviour)
- High-level anxiety & panic attacks
- Persistent fatigue
- Altered reality perception
- Significant impaired mental wellbeing & performance.

CONTACT US

Ready to prioritise employee wellbeing?

Join us in fostering a healthier, happier
workplace today!



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We have carefully collated these dates with the positive intent of supporting workplace wellbeing leaders in designing and mapping out their strategies. While every effort has been made to ensure accuracy, we apologise if any dates have been inadvertently missed or recorded incorrectly. It is certainly not our intention to offend or mislead.

If you spot any errors or have suggestions for additional dates, we would love to hear from you! Your feedback is always welcome and helps us continue to improve.