

#### Wellness Calendar 2023

Use this calendar to plan activities that will inspire healthy lifestyle changes and improve mental health and wellbeing.



#### January

**Dry January** 

16

Blue Monday

### February

Time to Talk Day

6-12

Children's Mental Health Week

Eating Disorder Awareness Week



Supporting an Anxious Child. It will help parents, carers and teachers to support their children, and themselves.

University Mental Health Week

National No Smoking Day

International Women's Day

World Sleep Day

20 International Day of Happiness

30

World Bipolar Day

Sleep is vital for good physical and mental health. A bedtime routine can help.

Flag the SilverCloud

programme for

Start yours tonight!

Encourage your team

to share their coping

mechanisms for

dealing with stress.

And remind them

that SilverCloud

programmes can

support them if they

feel overwhelmed.



Month

1-7

Maternal Mental Health Week

World Health Day

### May

**Maternal Mental Health Month** 

World Maternal

Mental Health Day

Mental Health Awareness Week

**15-21** International Day of Families

28

on Women's Health

International Day of Action

#### June

Family Health and Fitness Day

13-19

Men's Health Week

Day of Yoga

International

July

International Self Care Day

lunchtime today. Even a short walk can improve your sense of wellbeing.

Challenge each

other to commit to a

self-care session at



# August

International Overdose

Awareness Day



#### Youth Mental

### **19** Health Day Work-life balance

## especially with hybrid working. Make

sure everyone knows about your perks and flexible working policies. And insist that everyone logs off on time today.

can be hard,

#### STOPTOBER

October

2-6 National Work Life Week

10

World Mental Health Day

16-20 Better Sleep Week

30 International Stress

Awareness Week

#### 13-19 National Self Care Week

November

14

World Diabetes Day

International Men's Day

### December

DECEMBEARD

3-9

National Grief Awareness Week

SilverCloud by Amwell® (NYSE: AMWL) is the leading global provider of evidence-based wellbeing and behavioral health solutions, delivered digitally and at scale. We provide an easy-to-use,

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