

Wellbeing Communications Calendar 2022



January - May 2022 Edition

RESOURCE KEY



Workshops
Training



Webinars



Video/
Podcasts



Useful
Resources



Useful
Hashtags

FOCUS AREA KEY



Physical



Emotional



Sickness Absence



Financial

AUDIENCE KEY

H: for HR

L: for Line Managers

E: for Employees

I: International

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

[CLICK FOR MONTH OF INTEREST](#)

COVID-19 SUPPORT MATERIAL - FOR ONGOING USE

Ongoing

THE NEXT NORMAL, HYBRID WORKING & LONG COVID



Video: Heightened health risks - the future of employee health in a post-pandemic workplace *HL*



The impact of the pandemic on global benefits design and employee wellbeing *H*



Addressing psychological health and safety in the workplace *H*



The return to the workplace - the next phase of the pandemic *HL*



LifeWorks' 2022 salary projection survey reveals a return to pre pandemic salary levels *E*



Working from home with children - getting the balance right *E*

1-31 January

DRY JANUARY



- Information & resources *E*
- Alcohol and heart health *E*
- Health risks of drinking alcohol *E*
- Alcohol quiz *E*
- 10 tips for cutting down on drinking *E*



#dryjanuary

1-31 January

VEGANUARY



- Information & resources *E*
- Plant-based diets *E*
- Is going vegan good for you? *E*



#veganuary

3-20 January

NATIONAL OBESITY AWARENESS WEEK



- Healthy weight for adults *E*
- BMI calculator *E*



#nationalobesityawarenessweek

FOCUS AREA KEY



Physical



Emotional



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8 January

BREW MONDAY (THE SAMARITANS) / AKA BLUE MONDAY



● Webinar - Can there be good things on Blue Monday? *E*



● Podcast: Addressing psychological health and safety in the workplace *HL*

● Multimedia health kit: Understanding depression *HL*



● Information & resources *E*

● Three good things on Blue Monday *E*

● Tips for tackling the January blues *E*

● Six self-help tips for seasonal affective disorder (SAD) *E*

● Looking after your mental health through the winter *E*



#brewmonday #bluemonday

01-28 February

NATIONAL HEART MONTH



● ● Workshop: Heart Smart *HLE*

● ● Workshop: Healthy Active Living *HLE*

● ● Workshop: Healthy Workplace Habits *HLE*



● ● Information & resources *E*

● Blood pressure numbers explained *E*

● 5 exercises to normalise blood pressure levels *E*

● 5 eating tips to help lower blood pressure *E*



#NationalHeartMonth



Early Reminder! *In advance of You Can Care week*
Webinar: Improve support for your working carers

Tuesday 1 February - 11:00 - 30 mins | *HL*

04 February WORLD CANCER DAY



● ● Video: Female cancers - virtual event *E*



● ● Information & resources *I*

● How employers can help their employees when diagnosed with cancer *HL*

● ● Cancer symptoms you should never ignore *E*

● ● Supporting your team with cancer: A manager's guide *L*

● Looking after your mental health during and after cancer *E*

● What is cancer? *E*



#WorldCancerDay

06 February TIME TO TALK DAY



● Information & resources *E*

● 10 ways to take action against loneliness *E*

● Anxiety test *E*

● Depression test *E*

● Talking about your mental health *E*

● Talking about mental problems and dealing with disclosure *L*

● Running a staff session on mental health and wellbeing *L*

● Time to talk day insights from Close Brothers *E*



#TimeToTalk

07 February NATIONAL SICKIE DAY



● Information & resources *E*

● Managing time off and preparing for return to work *L*



#NationalSickieDay

07-13 February CHILDREN'S MENTAL HEALTH WEEK



● ● Video: Pet mindfulness *E*



- Information & resources *E*
- How to talk to children about mental health *E*
- Seven tips to sort your kids sleep *E*
- How can I help my child with climate anxiety? *E*
- How to create a comfort kit with your child *E*
- Social media and your child *E*
- Self-esteem and body image - a parent's guide *E*



#Childrensmentalhealthweek

14 February INTERNATIONAL EPILEPSY DAY



● ● Information & resources *I*



#epilepsyday

17 February RANDOM ACTS OF KINDNESS DAY



● ● Webinar (22 Feb): Random acts of kindness *HLE*



- Information & resources *I*
- Random acts of kindness *HLE*
- The power of kind leadership *L*
- Be kind...to yourself: 10 top tips *E*



#WorldKindnessDay

Early Reminder! *In advance of Employee Appreciation Day*
 Webinar: Help line managers handle sensitive issues early
 Tuesday 15 February - 11:00 - 30 mins | *HL*

21-27 February EATING DISORDERS AWARENESS WEEK



- Information & resources *E*
- How to manage emotional eating *E*
- Health information A-Z *E*



#NEDAPride - #EatingDisordersAwarenessWeek

21-27 February YOU CAN CARE WEEK



- Webinar: Improve support for your working carers - Tues 1st Feb 11:00 (30mins) *HL*



- Information & resources *E*



#YouCanCare

01-31 March OVARIAN CANCER AWARENESS MONTH



- Information & resources *E*
- 7 symptoms of ovarian cancer *E*
- Ovarian cancer *E*
- Women's health: key symptoms you should know *E*



#OvarianCancerAwarenessMonth

04 March EMPLOYEE APPRECIATION DAY



- Webinar: Help line managers handle sensitive issues early - Tues 15th Feb 11:00 (30mins) *HL*



- Open up at work: Manager's guide *L*



#EmployeeAppreciationDay

08 March INTERNATIONAL WOMEN'S DAY



● Webinar: How to create a menopause friendly workplace *HL*



●● Podcast: Long-term condition spotlight: Endometriosis *HL*



● Information & resources *I*

● Menopause and mental health: 5 unwelcome symptoms and 5 easy wins *E*

● Breaking the stigma: The biggest workplace menopause challenges and how to tackle them *L*



●● Women's health hub *E*

#IWD2022 - #ChooseToChallenge

09 March NATIONAL NO SMOKING DAY



●● Information & resources *E*

● First steps for giving up smoking *E*

● e-cigarettes and smoking alternatives: are they less harmful? *E*

●● Smoking and your mental health *E*

●● What are the benefits of giving up smoking? *E*



NationalNoSmokingDay

14-20 March NUTRITION & HYDRATION WEEK



● Information & resources *E*

● Goal setting for nutrition *E*

● Healthy eating *E*

● Keeping hydrated *E*



#NutritionAndHydrationWeek

18 March

WORLD SLEEP DAY



● Video: Meet our experts - sleep *E*



● ● Webinar (16 March): World sleep day - the science *HLE*

● ● Webinar (various dates): Spring Elevenses - 15-min mindfulness and exercise snacking *E*



● ● Training: Getting restful sleep *HLE*

● ● Training: Dealing with sleep issues *HLE*

● ● Training: Eating for energy *HLE*



● ● Information & resources *I*

● The impact of sleep deprivation on your mind and body *E*

● Sleep tips leaflet *E*

● Sleep guide *E*

● Multimedia health kit: sleep health *E*



#WorldSleepDay

MARCH 2022

FOCUS AREA KEY



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Financial

21-25 March NATIONAL WORKOUTS AND WELLBEING WEEK



- ● Video: Meet our experts - goal setting *E*
- ● Videos: Free workouts, including HIIT, yoga and mature movers *E*
- Video: HIIT at home workout *E*
- Muscles, bones and joints - virtual event *E*



- ● Webinar: Spring Elevenses - 15-min mindfulness and exercise snacking *E*
- ● Webinar: Is sedentary behaviour the next big health risk? *E*



- ● Information & resources *E*
- ● 5 tips to get more active and stick to the habit *E*
- ● 5 top tips for reaching your fitness goals *E*
- ● The essential 7-day workout plan for all round fitness *E*



#NationalWorkoutsAndWellbeingWeek

30 March WORLD BIPOLAR DAY



- Mental health awareness training: complementary 'taster' session *HL*



- Information & resources *I*
- Bipolar disorder *E*



#WBD2022 - #WorldBipolarDay

29 March-3 April WORLD AUTISM ACCEPTANCE WEEK



- Information & resources *I*
- World Autism Awareness Week *E*



#WorldAutismWeek

01-30 April **STRESS AWARENESS MONTH**



● Video: CBT technique for unhelpful thoughts *E*



● Webinar (15-min mindfulness sessions / various dates): Switch your focus to the here and now *E*

● Webinar: Managing stress Webinar Employees *E*



● Mental health awareness training: complementary 'taster' session *HL*



● Information & resources *E*

● How to build your resilience to emotional stress *E*

● 10 tell-tale signs that you're stressed *E*

● What is stress? *E*

● Multimedia health kit: understanding stress *H*

● Multimedia health kit: understanding anxiety *H*

● Stress awareness month insights from Close Brothers *E*



#StressAwarenessMonth

01-30 April **INTERNATIONAL IBS AWARENESS MONTH**



● ● Podcast - Long-term condition spotlight: Irritable Bowel Syndrome (IBS) *HL*



● ● Information & resources *I*

● ● Irritable bowel syndrome *E*

● ● The low-FODMAP diet for IBS *E*



#IBSAwarenessMonth

01-30 April

BOWEL CANCER AWARENESS MONTH



- Information & resources *E*
- Bowel cancer awareness *E*
- 7 things everyone should know about bowel cancer *E*



#BowelCancerAwarenessMonth

07 April

WORLD HEALTH DAY



- ● Video: Heightened health risks - the future of employee health in a post-pandemic workplace *HL*



- ● Training: Healthy Families *HLE*
- ● Training: Creating a great family life *HLE*
- ● Training: Resiliency for working parents *HLE*



- ● Information & resources *I*
- 5 ways to be happier and live longer *E*



#WorldHealthDay

11 April

PARKINSON'S AWARENESS WEEK



- ● Information & resources *E*



#ParkinsonsAwarenessWeek

18-24 April

MS AWARENESS WEEK



- ● Information & resources *E*



#MSWeek

25-29 April

WORLD IMMUNISATION WEEK



● Information & resources *I*



#VaccinesWork - #WorldImmunisationWeek

28 April

WORLD DAY FOR HEALTH & SAFETY AT WORK



● Podcast - Taking the ISO45003 psychological safety standards to action *HL*



● Information & resources *L*



#WorldDayForHealthAndSafetyAtWork

01-31 May

MAKE MAY PURPLE / ACTION ON STROKE MONTH



- ● Information & resources *E*
- Stroke - causes, risk factors, symptoms, treatment and recovery *E*
- Is it a stroke? *E*



#MakeMayPurple

01-31 May

NATIONAL WALKING MONTH



● ● Practise this mindful walking meditation outdoors *E*



- ● Information & resources *E*
- Think naturally: a guide to re-engage with nature *E*
- Walking in nature: the positive effects on your mental health *E*
- ● The health benefits of walking *E*



#NationalWalkingMonth

03 May

WORLD ASTHMA DAY



- Information & resources /
- Asthma - symptoms, diagnosis, treatment E



#WorldAsthmaDay

05 May

WORLD MATERNAL MENTAL HEALTH DAY



- Information & resources /
- Postnatal depression E
- Personal stories - becoming a mother in lockdown E



#WMMHDay

08 May

WORLD OVARIAN CANCER DAY



- Information & resources /
- World Ovarian Cancer Day E



#WorldOvarianCancerDay

FOCUS AREA KEY



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10-16 May MENTAL HEALTH AWARENESS WEEK



- Podcast - What does the UK government push for mental health training for all Line Managers mean for HR *HL*



- Training: Understanding depressive illness *HLE*
- Workshop: Mental health in the workplace for leaders *HL*
- Training: Building blocks for positive mental health *HLE*
- Mental health awareness training: complementary 'taster' session *HL*



- Information & resources *E*
- How to talk to your employer about mental health *E*
- Mental health planner *E*
- Workplace mental health - support for managers *L*
- Inclusivity in mental health support *HL*
- Multimedia health kit: what is mental health? *H*
- Multimedia health kit: understanding depression *H*



#MentalHealthAwarenessWeek

17 May WORLD HYPERTENSION DAY



- Information & resources *I*
- What is hypertension? *E*
- Blood pressure numbers explained *E*
- 5 exercises to normalise blood pressure levels *E*
- 5 eating tips to help lower blood pressure *E*
- Blood pressure quiz *E*



#WorldHypertensionDay

16-22 May

DEMENTIA ACTION / AWARENESS WEEK



- ● Information & resources *E*
- ● Dementia hub *E*



#DementiaAwarenessWeek - #DementiaActionWeek

21 May

WORLD MEDITATION DAY



- Videos: Morning boost / Evening meditation / Chakra meditation *E*
- Video: Four calming breathing exercises to boost your day *E*



- Information & resources *I*



#WorldMeditationDay

29 May

WORLD DIGESTIVE HEALTH DAY



- ● Information & resources *I*
- A nutritionist's 10-step guide to healthy nutrition *E*
- ● Can your gut health affect your mental health? *E*



#WorldDigestiveHealthDay

31 May

WORLD NO TOBACCO DAY



- ● Information & resources *I*
- First steps for giving up smoking *E*
- e-cigarettes and smoking alternatives: are they less harmful? *E*
- ● Smoking and your mental health *E*
- ● What are the benefits of giving up smoking? *E*



#WorldNoTobaccoDay



Please contact us at eb.enquiries@generali.co.uk with any questions.

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