

# Wellbeing Communications Calendar 2021/22



Issued December 2020

## RESOURCE KEY



Workshops  
Training



Webinars/  
Podcasts



Useful  
Resources



Useful  
Hashtags

## FOCUS AREA KEY



Physical



Emotional



Sickness Absence



Financial

## RESOURCE AUDIENCE KEY

*H: resource for HR*

*L: resource for line managers*

*E: resource for employees*

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

COVID-19 COMMUNICATIONS SUPPORT



Workshop - Mental Health complementary taster / First Aid sessions *HL*



Webinar (25 mins): Emotional wellbeing during the COVID-19 pandemic *HLE*



Webinar (20 mins): Talking to your children about Coronavirus *HLE*



Webinar (40 mins): Preventing fatigue and burnout at work *HL*



Long Covid facts, help & support *HLE*

*\* Eligible for wellbeing investment matching.*



● ● ● Long Covid - How Can Businesses Prepare? *HL*



● ● ● Long Covid - An update from Dr G Coakley *HL*

● ● ● Post-Viral Fatigue & Mental Health Following COVID-19 *E*

● ● ● Living with 'Long Covid': what we know so far *E*

● ● ● Recovering After Coronavirus - A Personal Reflection *E*

● ● ● Rehabilitation, fatigue and COVID-19: an exploration *HL*

● ● ● Post-viral fatigue and returning to work after Covid-19 for example *E*

● ● ● Top Tips: How can LifeWorks' EAP help you during the COVID-19 pandemic? *HL*

● ● ● COVID-19 Resource Toolkit *HLE*

● How to use the LifeWorks app to communicate with remote workers *HL*

● ● ● Tips for coping with the Coronavirus outbreak *HLE*

● ● EAP Manager Consultations: Support for People Leaders *HL*

● ● ● COVID-19: employee communications and the 5 stages of grief - best practice guidance *HL*

● ● ● Top 10 tips for working parents during the COVID-19 crisis *HLE*



1 January

DRY JANUARY



- ● Information and resources *HLE*
- ● 100 days dry: the liver *E*
- ● The benefits of giving up drinking alcohol *E*



#DryJanuary

1 January

VEGANUARY



- ● Information and resources *HLE*



#Veganuary

13-20 January

NATIONAL OBESITY AWARENESS WEEK



- ● ● Webinar - The ultimate at-home workout with James Middleton *E*



- ● Information and resources *HLE*
- ● Beating the cake culture *E*
- ● ● Get up, get moving! Adding exercise to a sedentary job *E*



#NationalObesityAwarenessWeek

FOCUS AREA KEY

- Physical
- Emotional
- Sickness Absence
- Financial

20 January

BLUE MONDAY



- Mental Health First Aid Courses & Bespoke Training *HL*
- Mental Health Awareness Training: Complimentary 'Taster' Session *HL*



- Webinar - App-happy? The relationship between mental health and social media *E*
- Webinar - Self-care: Taking better care of yourself *E*



- ● ● Money and mental health *E*
- ● ● What is low mood and what causes low mood *E*
- ● Tips for tackling the January blues *E*



#BlueMonday / #MentalHealth

1 February

NATIONAL SICKIE DAY



- Absence management workshop: better equip your line managers (Tues 19 Jan, 11am) *HL*



- ● Managing time off and preparing for a return to work *HL*
- Presenteeism at work *HL*
- How to create a comfort kit with your child *E*



#NationalSickieDay

1-7 February

CHILDREN'S MENTAL HEALTH WEEK



- ● Information & resources *HLE*
- Understanding changes in your child's behaviour *E*



#ChildrensMentalHealthWeek #ExpressYourself

4 February WORLD CANCER DAY



- ● ● Returning to work after cancer diagnosis (4 Feb at 11am) *HL*
- ● ● Cancer in the workplace workshop: support for HR & Line Managers (Tues 26 Jan, 11am) *HL*



- ● ● Information and resources *HLE*
- ● ● How employers can help their employees when diagnosed with cancer *HL*
- ● ● My experience of cancer at work: two perspectives *HL*
- Talking about mental health problems and dealing with disclosure *HLE*



#WorldCancerDay / #IAmAndIWill

4 February TIME TO TALK DAY



- ● Invisible disabilities in the workplace (Thurs 4 Feb, 11am) *HL*



- ● Information and resources *HLE*
- ● Invisible disabilities *HLE*
- ● Open up at work: a managers' guide *HL*
- ● Protecting your financial wellbeing *E*
- ● 4 financial factors affecting health and wellbeing *HL*



#TimetoTalkDay

8 February INTERNATIONAL EPILEPSY DAY



- ● ● Information and resources *HLE*
- ● ● Be kind... to yourself: 10 top tips *E*



#EpilepsyDay

17-23 February

RANDOM ACTS OF KINDNESS WEEK



- Information and resources *HLE*
- The power of kind leadership *HL*
- Random acts of kindness *HLE*



#RandomActsOfKindnessWeek

24 Feb - 1 Mar

YOU CAN CARE WEEK



- ● Information and resources *HLE*
- ● Rarer causes of dementia *E*
- ● ● Looking after yourself as a dementia carer *E*
- ● ● How to take care of an elderly relative while taking care of yourself too *E*



#YouCanCareWeek

28 February

RARE DISEASES DAY



- ● Information and resources *HLE*



#RareDiseaseDay

1-31 March

OVARIAN CANCER AWARENESS MONTH



- ● Information and resources *HLE*
- ● Ovarian cancer *E*



#OvarianCancerAwarenessMonth

1-7 March EATING DISORDERS' AWARENESS WEEK



- ● ● Information and resources *HLE*
- ● Eating difficulties in children *E*



#EatingDisordersAwarenessWeek

5 March EMPLOYEE APPRECIATION DAY



- ● Bupa Workplace Wellbeing Census *HL*



#EmployeeAppreciationDay

8 March INTERNATIONAL WOMEN'S DAY



- ● Self care: taking better care of yourself *E*



- ● Information and resources *HLE*
- ● The gender pay gap - how employers can help *HL*
- ● Is it time for a career change? *E*
- ● Striking a balance at work and at home *E*



#IWD2020

10 March NATIONAL NO SMOKING DAY



- ● ● Information and resources *HLE*
- ● ● The harms of smoking *E*
- ● ● Staying healthy while giving up smoking *E*
- ● ● E-cigarettes - understanding the health benefits and risks of vaping *E*



#NationalNoSmokingDay

19 March

WORLD SLEEP DAY



- World sleep day - webinar (9th March at 11am) *HLE*
- Why is sleep so important for your mental health? *E*
- Improving your sleep *E*



- Information and resources *HLE*
- Top 5 reasons not to turn a blind eye to getting some shut eye *E*
- Sleep and wellbeing - what's the link? *E*
- Are you getting enough sleep? A few changes to your routine could make all the difference *E*



#WorldSleepDay

15-21 March

NUTRITION & HYDRATION WEEK



- Eating well at work *E*



- Information and resources *HLE*
- Healthy lunch ideas - one for each working day *E*
- Healthy workplaces promote fitness and good nutrition *E*



#NutritionAndHydrationWeek

23-28 March

NATIONAL WORKOUTS AND WELLBEING WEEK



- National workouts & Wellbeing Week - webinar (23rd March at 11am) *E*
- Keeping active at home *E*



- HIIT at home: follow along workout *E*
- Get moving to lower your risk of chronic disease *E*



#NationalWorkoutsAndWellbeingWeek



30 March

WORLD BIPOLAR DAY



- Information and resources *HLE*
- Bipolar disorder *E*



#WorldBipolarDay

29 Mar-04 Apr

WORLD AUTISM AWARENESS WEEK



- ● Information and resources *HLE*



#WorldAutismAwarenessWeek

FOCUS AREA KEY



Physical



Emotional



Sickness Absence



Financial



1-30 April

STRESS AWARENESS MONTH



- ● Mental health awareness training - complimentary 'taster' session *HL*
- ● Mental health first aid courses & bespoke training *HL*



- ● Stress & resilience workshop: for employees (9 March, 11am) *E*
- ● Financial anxiety & mental health: Question time with Close Brothers (30 March, 11am) *HL*
- ● Stress awareness month webinar (6th April at 11am) *E*
- ● Financial wellness: your ultimate employee engagement tool *HL*
- ● Work-related stress: How to strike a balance between prevention & paternalism [Password GENWRS\_0110] *HL*
- ● Managing stress *E*



- ● Information and resources *HLE*
- ● Work-related stress: How to strike a balance between prevention & paternalism *HL*
- ● The impact of financial anxiety on your mental health *HL*
- ● Work-related stress *E*
- ● The Amygdala: The connection between stress and heart disease *E*
- ● Let's talk - anxiety *E*
- ● Let's talk - low mood *E*
- ● Let's talk - stress *E*
- ● Avoiding burnout in your team *HL*
- ● Funding retirement continues to be the biggest money worry for UK employees *HL*



#StressAwarenessMonth

1-30 April

IBS AWARENESS MONTH



- ● Information and resources *HLE*
- ● Looking at irritable bowel syndrome and diet *E*
- ● IBS Factsheet *E*
- ● Irritable bowel syndrome *E*



#IBSAwarenessMonth

1-30 April

BOWEL CANCER AWARENESS MONTH



- ● Information and resources *HLE*
- ● Bowel cancer awareness *E*
- ● How are your bowels? It might be more important than you think *E*



#BowelCancerAwarenessMonth

7 April

WORLD HEALTH DAY



- ● Mental health awareness training - complimentary 'taster' session *HL*



- ● ● Information and resources *HLE*
- ● Giving financial wellbeing the focus it deserves *HL*
- ● Importance of pleasurable activities *E*
- ● Walking to wellbeing *E*
- ● ● Working well at home *HL*
- ● Work life balance and productivity *E*
- ● Spending time in nature can make you healthier *E*



#WorldHealthDay

5-10 April

PARKINSON'S AWARENESS WEEK



- ● Information and resources *HLE*
- ● Parkinsons disease *E*



#ParkinsonsAwarenessWeek

FOCUS AREA KEY



Physical



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Sickness Absence



Financial

19-25 April MS AWARENESS WEEK



- ● Information and resources *HLE*
- ● Multiple sclerosis *E*



#MSWeek

20-25 April WORLD IMMUNISATION DAY / WEEK



- What is a vaccine? *E*



#WorldImmunisationWeek

28 April WORLD DAY FOR HEALTH & SAFETY AT WORK



- ● ● Health and safety at work: workshop for HR and line managers (20 Apr, 11am) *HL*
- ● ● Long Covid: How can businesses prepare *HL*



- ● ● Information & resources *HLE*
- ● ● How to support a colleague who has chronic pain *E*
- ● ● How to create happier workplaces *E*



#WorldDayForHealthAndSafetyAtWork

1-31 May MAKE MAY PURPLE / ACTION ON STROKE MONTH



- ● Information and resources *HLE*



#MakeMayPurple

1-31 May

## NATIONAL WALKING MONTH



- ● Information and resources *HLE*
- ● Health benefits of walking *E*
- ● Walking to wellbeing *E*
- ● Are you walking enough? Brisk daily walks can improve your mood and help you live longer *E*
- ● What can an extra 10 minutes of walking do for you? *E*



#NationalWalkingMonth

4-9 May

## MATERNAL MENTAL HEALTH WEEK



- ● Information and resources *HLE*
- ● Postnatal depression *E*
- ● Pregnancy and fertility at work *HL*
- ● Let's talk - low mood *E*



#MaternalMentalHealthAwarenessDay

4 May

## WORLD ASTHMA DAY



- ● Information and resources *HLE*
- ● Asthma: What is it, what causes it and how can you avoid exacerbation and triggers *E*
- ● Asthma awareness *E*



#WorldAsthmaDay

8 May

## WORLD OVARIAN CANCER DAY



- ● Information and resources *HLE*



#WorldOvarianCancerDay

13-20 May

MENTAL HEALTH AWARENESS WEEK



Mental health awareness training - complimentary 'taster' session *HL*



Mental health in the workplace: workshop for HR & line managers (4 May, 11am) *HL*



Financial anxiety & mental health: Question time with Close Brothers *HL*



Information & resources *HLE*



Workplace mental health hub for managers *HL*



Incorporating mental wellness in the workplace *HL*



Your mind and your mental health: it's all connected *E*



Men & mental health: expert diagnosis and action plans from a distance *HL*



Open up at work: a managers' guide *HL*



How learning can benefit employees' mental health *HL*



The impact of financial anxiety on your mental health *HL*



#MentalHealthAwarenessWeek

17 May

WORLD HYPERTENSION DAY



Information and resources *HLE*



High blood pressure *E*



#WorldHypertensionDay

17-23 May

DEMENTIA ACTION / AWARENESS WEEK



Information and resources *HLE*



Dementia explained *E*



Looking after yourself as a dementia carer *E*



#DementiaAwarenessWeek / #DementiaActionWeek

21 May

## WORLD MEDITATION DAY



- World meditation day webinar (21 May at 11am) *E*
- Mindfulness *E*
- Practise this mindful walking meditation outdoors *E*



#WorldMeditationDay

29 May

## WORLD DIGESTIVE HEALTH DAY



- Information and resources *HLE*
- Can your gut health affect your mental health? *E*
- Gut health and the workplace *HL*
- How healthy is your gut? *E*



#WorldDigestiveHealthDay

31 May

## WORLD NO TOBACCO DAY



- Information & resources *HLE*
- 10 tips to break your smoking habit and stay on track *E*



#WorldNoTobaccoDay



JUNE	CANCER SURVIVORS' DAY
	DIABETES AWARENESS WEEK
	WORLD BLOOD DONOR DAY
	CERVICAL SCREENING AWARENESS WEEK
	MEN'S HEALTH WEEK
	WORLD WELLBEING WEEK
JULY	WALK THE NIGHT (BREAST CANCER CARE AND PROSTATE CANCER CARE)
	WORLD FRIENDSHIP DAY
AUGUST	NATIONAL IMMUNISATION AWARENESS MONTH
	PSORIASIS AWARENESS MONTH
	AGED CARE EMPLOYEE DAY
SEPTEMBER	CHILDHOOD CANCER AWARENESS MONTH
	UROLOGY AWARENESS MONTH
	KNOW YOUR NUMBERS WEEK (BLOOD PRESSURE UK)
	WORLD SUICIDE PREVENTION DAY
	WORLD SEPSIS DAY
	SEXUAL HEALTH WEEK
	NATIONAL HIV / AIDS & AGEING AWARENESS DAY
	WORLD ALZHEIMER'S DAY
	NATIONAL EYE HEALTH WEEK
	INTERNATIONAL WEEK OF HAPPINESS AT WORK
	WORLD'S BIGGEST COFFEE MORNING
	WORLD HEART DAY
OCTOBER	BREAST CANCER AWARENESS MONTH
	GO SOBER FOR OCTOBER
	STOPTOBER (STOP SMOKING)
	NATIONAL CHOLESTEROL MONTH
	BACKCARE AWARENESS WEEK
	NATIONAL WORK LIFE WEEK



	WORLD MENTAL HEALTH DAY
	WORLD SIGHT DAY
	WEAR IN PINK (BREAST CANCER)
	WORLD OSTEOPOROSIS DAY
	WORLD MENOPAUSE DAY
	WORLD STROKE DAY
NOVEMBER	MOVEMBER – MEN’S HEALTH AWARENESS MONTH
	LUNG CANCER AWARENESS MONTH
	INTERNATIONAL STRESS AWARENESS WEEK
	NATIONAL STRESS AWARENESS DAY
	TALK MONEY WEEK
	WORLD DIABETES DAY
	ALCOHOL AWARENESS WEEK
	BLUE WEDNESDAY (FOR MOUTH CANCER ACTION MONTH)
	CARERS’ RIGHTS DAY
DECEMBER	DECEMBEARD (BOWEL CANCER AWARENESS)
	INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

Please contact us at [eb.enquiries@generali.co.uk](mailto:eb.enquiries@generali.co.uk) with any questions.

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