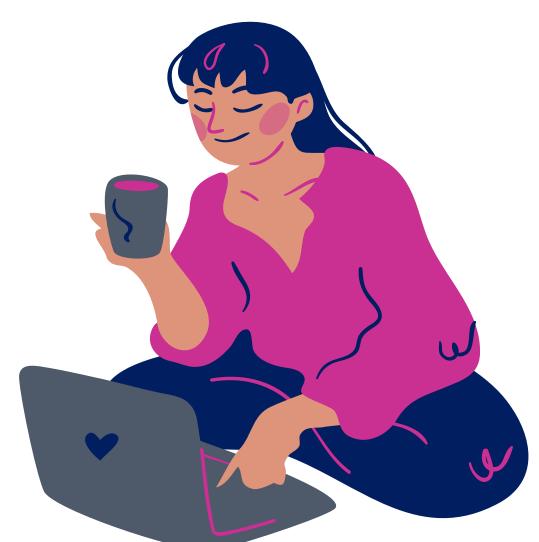


# Wellbeing Calendar



# **July 2021**

#### Reset & refresh

Helping you to set healthy foundations to better support your journey to improve wellbeing with our Mindfulness Action Plan and Love Parks event.

# August

#### Resilience

Resilience is an essential aspect of our positive mental health. Foster your team spirit and resilience by taking part in our CVS Olympics!

# September

#### **Crisis awareness**

With World Suicide Prevention Day in September, we'll provide information on how to access support services, as well as how to engage your colleagues.

#### October

# Forming and maintaining healthy habits

Supporting you to form healthy habits, featuring plenty of tips, tools and techniques.

### November

#### **Dealing with grief**

Helping to support those dealing with grief, with information on different support services and resources.

#### **December**

#### Financial wellbeing

Webinars, guidance and information centred around supporting financial wellbeing, and the peace of mind that comes with feeling in control of your money.

## January

#### Jump into January

Providing you with plenty of exercise ideas and advice, to get your new year off to a great start!

# **February**

#### Take time to unwind

Take time to unwind this month and consider some ways in which we can relax!

# March

#### **Sleeping soundly**

March features National Sleep Awareness Week, and we'll provide some recommendations to help you sleep soundly.

# **April**

#### Stress: what is it?

What is stress and how does it affect us? Supporting you to deal with everyday stress

## May

#### Meaning & purpose

Finding your own meaning provides us with a purpose in our lives. Join us this month for lots of tools and tips to help find your meaning and purpose

## **June 2022**

#### Caring

Caring for someone can be demanding.
Self-care and knowing the support available is important, and this month will help you to care for your own wellbeing



Further information about each topic will be released on a monthly basis. The calendar and resources can be accessed on the dedicated Wellbeing Page on Knowledge Hub.

Your Wellbeing Champion is: