



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:

