

# heartbeat<sup>™</sup>

## 2021 Wellbeing Calendar



### January

#### Creating a new financial plan for the new normal

- **International Day of Education** (January 24th)

The COVID-19 pandemic has left many people worrying about their financial future due to job losses and debt. This month, we feature resources for developing a financial plan to help get you through difficult times and beyond.



### February

#### Connecting physical and mental health

- **World Cancer Day** (February 4th)

Physical and mental health are connected, and research shows that taking care of your physical wellbeing can reduce your stress and anxiety. Let us show you ways to boost both your physical and mental health by building positive habits into your daily routine.



### March

#### Working flexibly: Work, life, and productivity when working remotely

- **International Women's Day** (March 8th)
- **International Day of Happiness** (March 20th)

Whether you're working from home full-time or you're going into your workplace a few days a week, it's important to work in a way that promotes health and wellbeing. This month, we'll show you how to manage your time, avoid work stress, escape productivity traps, and create an ergonomic work environment to promote your physical health.



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### April

#### Embracing diversity

- **World Health Day** (April 7th)
- **World Day for Safety and Health at Work** (April 28th)

No matter where you live, diversity makes our schools, communities, workplaces—and our world—rich and vibrant. See our many resources on building a culturally diverse workplace, teaching tolerance to children, and increasing diversity awareness in all areas of your life.



### May

#### Mastering guilt-free self-care

- **International Day of Families** (May 15th)
- **World No Tobacco Day** (May 31st)

Self-care is not selfish; it is essential. When you take care of yourself, you build your mental resilience and strengthen your ability to support those who depend on you. Let us help you find more ways to fit self-care into your busy life, and feel good about taking the time you need for you!



### June

#### Understanding inclusivity

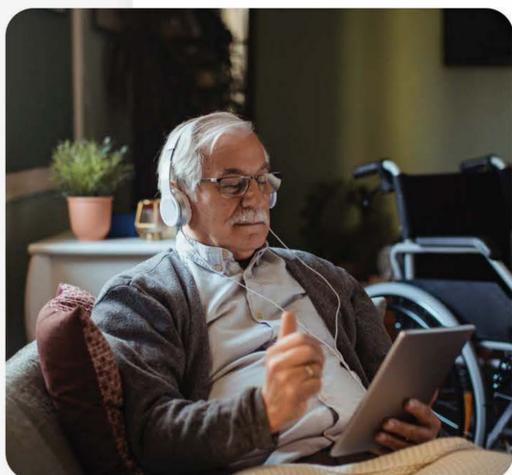
- **Global Day of Parents** (June 1st)
- **World Environment Day** (June 5th)

We all deserve to be valued for who we are, regardless of our gender identity or sexual orientation. Whether you or a loved one are part of the LGBTQ+ community, or you're a supportive ally, we have informative resources to help you gain a better understanding of inclusion by giving or receiving support, and by building a more welcoming culture in and out of work.



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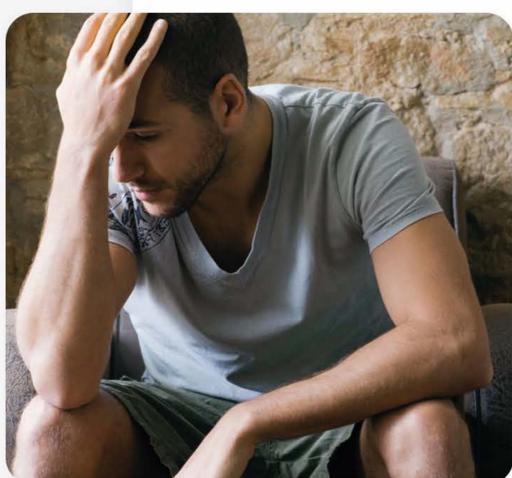


### July

#### Caregiving from a distance

- **World Youth Skills Day** (July 15th)
- **International Day of Friendship** (July 30th)

Caring for a loved one is one of life's most rewarding jobs, but it can also be difficult and demanding—especially when you are distanced from your loved one. This month we feature resources that provide carers near and far with practical advice and emotional support that will help alleviate their stress.



### August

#### Building courage to change: Guidance for substance abuse

- **International Youth Day** (August 12th)
- **International Overdose Awareness Day** (August 31st)

It takes courage to acknowledge and ask for help through an addiction. Learn to recognise the signs of substance abuse and find out ways that you can support a friend, family member, or colleague.



### September

#### Adapting socially: Alternative celebrations and get-togethers

- **R U OK? Day** (September 9th)
- **World Suicide Prevention Day** (September 10th)
- **Happiness at Work Week** (September 20-26th)

People all over the world have had to find new ways to connect with family and friends amid the pandemic. Learn to adapt to new ways of celebrating and maintaining your social connections as you look ahead to the end of 2021.



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## 2021 Wellbeing Calendar



### October

#### Realising sociocultural influences on mental illness

- **World Mental Health Day** (October 10th)
- **World Food Day** (October 16th)

Certain influences in culture and society keep the stigma of mental illness going, creating misunderstandings and barriers to treatment. This month, we explore how significantly these influences can affect someone struggling with a mental health issue and provide guidance on how you can help.



### November

#### Budgeting for the festive season: Tips to celebrate and save

- **World Diabetes Day** (November 14th)
- **Universal Children's Day** (November 20th)

Festive celebrations are fast approaching! Start planning now for ways to rejoice without breaking the bank. Learn how to budget for your festive spending for a happier and less stressful time.



### December

#### Boosting social connections to improve mental health

- **International Volunteer Day** (December 5th)
- **International Human Rights Day** (December 10th)

Social connections are key to maintaining your wellbeing. Learn how you can build and maintain healthy relationships and find new ways to stay connected with family, friends, and colleagues to boost your mental health.

