

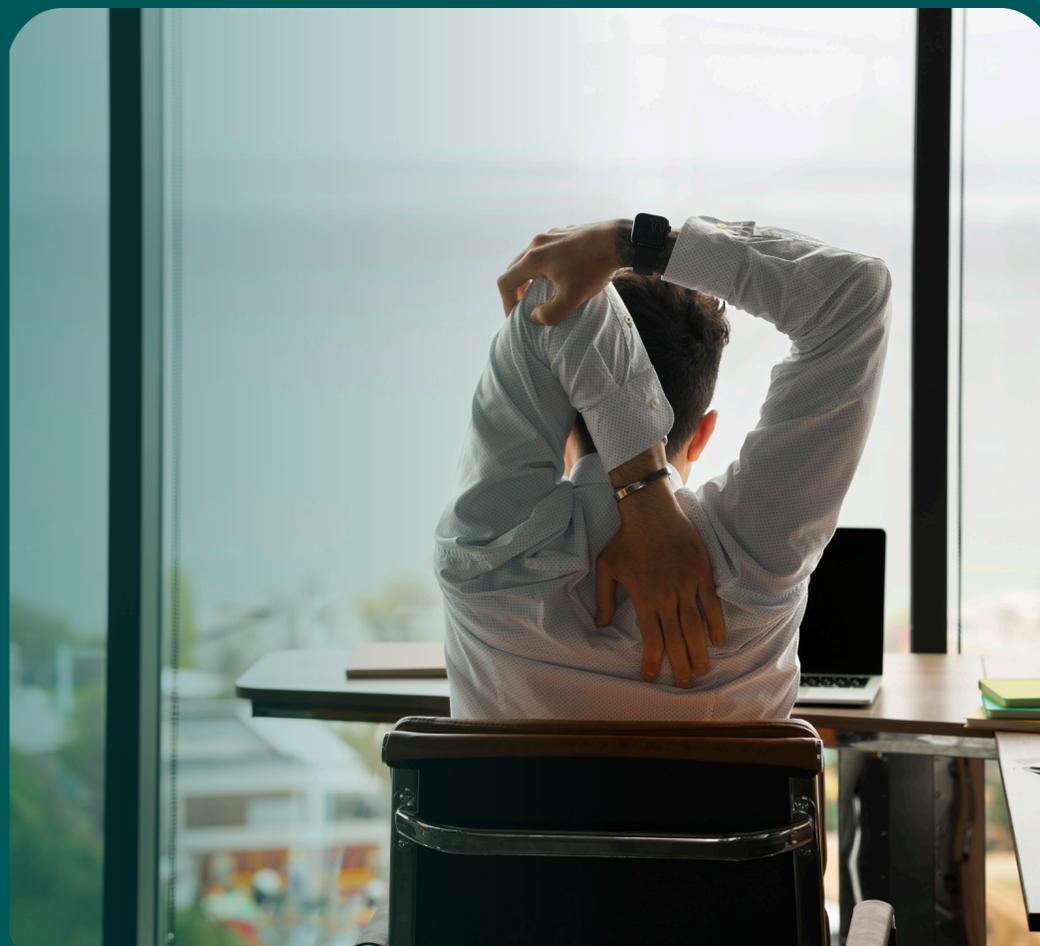
2026

Wellbeing & Awareness Days Calendar

Treat Your Staff is here to guide you to find the best office wellbeing program to suit your needs.



Treat Your Staff



Q1

January - March 2026

Supporting healthy, high performing teams throughout the year



January

Dry January



19
Blue Monday



February

LGBT History Month



4
World Cancer Day

6
Time to Talk Day

9
National Apprenticeship
Week (9th to 15th)



17
Random Acts of
Kindness Day

March

Women's History Month

6

National Employee
Appreciation Day

8

International
Women's Day



15

World Sleep Day
Mother's Day



16

Neurodiversity Celebra-
tion Week (16th to 22nd)

20

International Day
of Happiness

Q2

April - June 2026

Supporting healthy, high performing teams throughout the year



April

Stress Awareness Month

2 World Autism Awareness Day		7 World Health Day
		22 Earth Day
	24 On Your Feet Britain	
		28 World Health & Safety Day At Work

May

National Walking Month, Mental Health Awareness Week

3 World Laughter Day		11 Mental Health Awareness Week (11 th to 17 th)
		20 International Human Resources Day
	21 UN Cultural Diversity Day	

June

Pride Month

		5 National Fish and Chip Day
		8 International Men's Health Week (8 th to 14 th)
13 Global Wellness Day		15 Learning Disability Week (15 th to 21 st)
	27 PTSD Awareness day	



July - September 2026

Supporting healthy, high performing teams throughout the year



July

Plastic Free July, Disability Pride Month

5 Thank You Day		
	14 International Non-binary People's Day	
	24 International Self-Care Day	30 International Day of Friendship

August

International Happiness Month

6 Cycle to Work Day		
	26 International Dog Day	

September

Sleeptember, World Alzheimer's Month

5 International Day of Charity	10 World Suicide Prevention Day	
18 International Equal Pay Day		
21 International Week of Happiness at Work (21 st to 25 th)		
	29 World Heart Day	

Q4

October - December 2026

Supporting healthy, high performing teams throughout the year

October

Breast Cancer Awareness Month, Black History Month

2 World Smile Day		
5 National Work Life Week (5 th to 9 th)		
		10 World Mental Health Day
18 World Menopause Awareness Day		21 National Inclusion Week (21 st to 27 th)

November

November

	4 National Stress Awareness Day	
11 Remembrance Day		13 World Kindness Day
		
	16 National Self Care Week (16 th to 22 nd)	19 International Men's Day

December

3 International Day of People with Disabilities		
		
	10 Human Rights Day	
		25 Christmas Day

Unlock the true potential of your workforce with our holistic Employee Wellbeing solutions.

At Treat Your Staff, we help businesses to build top-notch wellbeing strategies. Our mission is to improve employee wellbeing and performance. From mental health workshops and stress management training to leadership coaching and physical wellbeing programs, we empower employees to achieve balance and resilience. Invest in the health and vitality of your team, and watch your company flourish with an engaged, energised, and inspired workforce.

Together, let's build a healthier, happier workplace.



Treat Your Staff

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