

Benenden Health's 2025 Health and Wellbeing Calendar

This calendar provides you with a template to effectively plan for a happy and engaged workforce, for the year ahead.

Key health and wellbeing dates have been highlighted throughout, with practical hints and tips on how to incorporate these into your workplace and include your workforce.

January

With a new year ahead, employees can take the opportunity to adopt a fresh mindset. Take time to discuss **goals and ambitions**, which in turn can help boost engagement and foster a sense of purpose within the team.

1 Wed Happy New Year!	18 Sat
2 Thu	19 Sun
3 Fri	20 Mon Brew Monday
4 Sat	21 Tue
5 Sun	22 Wed
6 Mon	23 Thu
7 Tue	24 Fri
8 Wed	25 Sat
9 Thu	26 Sun
10 Fri	27 Mon
11 Sat	28 Tue
12 Sun	29 Wed
13 Mon	30 Thu
14 Tue	31 Fri
15 Wed	Brew Monday Take the opportunity to grab a cuppa and reach out to colleagues for a chat. This can help build stronger relationships and could be an effective way to support your employees' overall wellbeing.
16 Thu	
17 Fri	

Dry January

February

Support open conversations about **mental health**, helping to break down stigma and create a culture of understanding. By encouraging employees to share their mental health challenges, you can build a more resilient workforce.

1 Sat	17 Mon Random Acts of Kindness Day
2 Sun	18 Tue
3 Mon	19 Wed
4 Tue	20 Thu
5 Wed	21 Fri
6 Thu Time to Talk Day	22 Sat
7 Fri	23 Sun
8 Sat	24 Mon
9 Sun	25 Tue
10 Mon	26 Wed
11 Tue	27 Thu
12 Wed	28 Fri
13 Thu	3rd – 9th Children's Mental Health Awareness Week
14 Fri	LGBT+ History Month
15 Sat	
16 Sun	

Notes:

March

A good nights sleep is key to productivity and health. Take time to discuss the importance of sleep and improving sleep hygiene. Better sleep will ensure employees are performing at their best, mentally and physically.

1 Sat	19 Wed
2 Sun	20 Thu
3 Mon	21 Fri
4 Tue	22 Sat
5 Wed	23 Sun
6 Thu	24 Mon
7 Fri	25 Tue
8 Sat International Women's Day	26 Wed
9 Sun	27 Thu
10 Mon	28 Fri
11 Tue	29 Sat
12 Wed No Smoking Day	30 Sun
13 Thu	31 Mon
14 Fri World Sleep Day	10th - 16th Nutrition and Hydration week
15 Sat	World Bed Month
16 Sun	
17 Mon	
18 Tue	

Notes:

April

As spring continues, it's a great time to get outdoors. Take time to help employees reap the benefits of nature. Exposure to natural light and fresh air can significantly reduce stress, improve mood, and boost energy levels.

1 Tue	19 Sat
2 Wed	20 Sun
3 Thu	21 Mon
4 Fri	22 Tue
5 Sat	23 Wed
6 Sun	24 Thu On Your Feet Britain
7 Mon World Health Day	25 Fri
8 Tue	26 Sat
9 Wed	27 Sun
10 Thu	28 Mon
11 Fri	29 Tue
12 Sat	30 Wed
13 Sun	World Health Day Why not get your team together with some world food, games and activities, and remind them of all the health and wellbeing incentives and benefits available to them as employees?
14 Mon	Stress Awareness Month
15 Tue	
16 Wed	
17 Thu	
18 Fri	

Notes:

May

Walking can help boost physical and mental health, team morale, and productivity. Encourage employees to walk more via group walks, walking meetings, or promoting brisk walks during employee break times.

1 Thu	19 Mon
2 Fri	20 Tue International Human Resources Day
3 Sat	21 Wed
4 Sun	22 Thu
5 Mon	23 Fri
6 Tue	24 Sat
7 Wed	25 Sun
8 Thu	26 Mon
9 Fri	27 Tue
10 Sat	28 Wed
11 Sun	29 Thu
12 Mon	30 Fri
13 Tue	31 Sat
14 Wed	National Walking Month Easily mark National Walking Month and Mental Health Awareness Week by simply encouraging employees to regularly go on walks. Walking can significantly boost their mental health by reducing stress, enhancing mood, and increasing productivity through improved focus and creativity.
15 Thu	
16 Fri	
17 Sat	
18 Sun	

Notes:

June

Men's Health Week is a great opportunity to help raise awareness of male health challenges. Help keep colleagues well by recommending preventative health measures, like regular check ups and positive lifestyle changes.

1 Sun	18 Wed
2 Mon	19 Thu
3 Tue	20 Fri
4 Wed	21 Sat
5 Thu	22 Sun
6 Fri	23 Mon
7 Sat	24 Tue
8 Sun	25 Wed
9 Mon	26 Thu
10 Tue	27 Fri
11 Wed	28 Sat
12 Thu	29 Sun
13 Fri	30 Mon
14 Sat	Pride Month Promote inclusivity and bring your team together to mark Pride Month which is all about acceptance, equality and celebrating the work of LGBTQ+ people. If you have a Pride March local to you, why not arrange for your business to attend in support.
15 Sun	
16 Mon	
17 Tue	

Notes:

July

Building strong working relationships can lead to improved collaboration, morale, and productivity. Take this month to explore team-building activities, social events, or encourage your team to actively appreciate their colleagues.

1 Tue	18 Fri
2 Wed	19 Sat
3 Thu	20 Sun
4 Fri	21 Mon
5 Sat	22 Tue
6 Sun	23 Wed
7 Mon	24 Thu
8 Tue	25 Fri
9 Wed	26 Sat
10 Thu	27 Sun
11 Fri	28 Mon
12 Sat	29 Tue
13 Sun	30 Wed World Friendship Day
14 Mon	31 Thu
15 Tue	Plastic-free Month Gift your team with reusable coffee cups and run a competition to track how many disposable cups are saved during the month. Not only will you promote sustainability and team engagement but you'll also highlight your commitment to looking after the environment.
16 Wed	
17 Thu	

Notes:

August

Physical activity is essential and the benefits are endless. Promote Cycle to Work Day by offering bike doctor sessions to help support your employee's physical wellbeing and also foster a healthier, more active lifestyle.

1 Fri	19 Tue
2 Sat	20 Wed
3 Sun	21 Thu
4 Mon	22 Fri
5 Tue	23 Sat
6 Wed	24 Sun
7 Thu Cycle to Work Day	25 Mon
8 Fri	26 Tue
9 Sat	27 Wed
10 Sun	28 Thu
11 Mon	29 Fri
12 Tue	30 Sat
13 Wed	31 Sun
14 Thu	
15 Fri	
16 Sat	
17 Sun	
18 Mon	

Notes:

September

As the new academic year begins, it's a great opportunity to encourage employees to pursue their personal development goals and make plans of what they'd like to achieve in 2026.

1 Mon	19 Fri
2 Tue	20 Sat
3 Wed	21 Sun
4 Thu	22 Mon
5 Fri	23 Tue
6 Sat	24 Wed
7 Sun	25 Thu
8 Mon	26 Fri
9 Tue	27 Sat
10 Wed World Suicide Prevention Day	28 Sun
11 Thu	29 Mon World Heart Day
12 Fri	30 Tue
13 Sat	Gynaecological Cancer Awareness Month
14 Sun	Vascular Disease Awareness Month
15 Mon	Urology Awareness Month
16 Tue	
17 Wed	
18 Thu	

Notes:

October

Our Gender Health Gap Report found that more than a third of women surveyed had experienced anxiety in the workplace due to their health. Discussing women's health can support your team to lead healthier lives and reduce absenteeism.

1 Wed	17 Fri
2 Thu	18 Sat World Menopause Day
3 Fri	19 Sun
4 Sat	20 Mon
5 Sun	21 Tue
6 Mon	22 Wed
7 Tue	23 Thu
8 Wed	24 Fri
9 Thu	25 Sat
10 Fri World Mental Health Day	26 Sun
11 Sat	27 Mon
12 Sun	28 Tue
13 Mon	29 Wed
14 Tue	30 Thu
15 Wed International Pronouns Day	31 Fri
16 Thu	Stoptober
	Black History Month
	Menopause Awareness Month

Notes:

November

Find out more about your employees and encourage colleagues to learn about each other with team-building activities and social mixers. Celebrate what makes us different and the joy of diversity.

1 Sat	19 Wed International Men's Day
2 Sun	20 Thu
3 Mon	21 Fri
4 Tue	22 Sat
5 Wed National Stress Awareness Day	23 Sun
6 Thu	24 Mon
7 Fri	25 Tue International Day for the Elimination of Violence against Women
8 Sat	26 Wed
9 Sun	27 Thu
10 Mon	28 Fri
11 Tue	29 Sat
12 Wed	30 Sun
13 Thu	November Month
14 Fri	Connection between colleagues matters. So bring the whole team closer through moustaches, movement and fun. Doing November at work is a great way for you and your workplace to champion men's health.
15 Sat	
16 Sun	
17 Mon	
18 Tue	

Notes:

December

With many people celebrating Christmas, now is the perfect time to emphasise the importance of loved ones. Support your team by encouraging a healthy work-life balance and time spent with friends and family.

1 Mon	18 Thu
2 Tue	19 Fri
3 Wed International Day of People with Disabilities	20 Sat
4 Thu	21 Sun
5 Fri	22 Mon
6 Sat	23 Tue
7 Sun	24 Wed
8 Mon	25 Thu
9 Tue	26 Fri
10 Wed Human Rights Day	27 Sat
11 Thu	28 Sun
12 Fri	29 Mon
13 Sat	30 Tue
14 Sun	31 Wed
15 Mon	14th Nov – 20th Dec Disability History Month
16 Tue	Help your workforce understand experiences and challenges at work from a disability advocate. Offer a Q&A forum, so your team can ask questions, or simply listen and learn. This can help educate and help to support colleagues where needed.
17 Wed	

Notes:

How to implement awareness days

Physical health awareness days

Check out the health awareness days on this calendar – they create great reasons to start conversations and signpost support.

Understanding your own colleagues' unique concerns goes a long way towards building a healthy and happy workplace culture.

Things to consider:

- If your workforce includes a lot of women in their 40s and 50s, consider a dedicated menopause hub or network to give year-round support
- If appropriate to your workplace demographic, signpost awareness of conditions that tend to impact men, including prostate cancer, heart disease, suicide and depression, diabetes, liver disease and alcohol problems
- Introduce specific strategies for conditions or issues that are likely to affect your teams

Mental health awareness days

Use these days as prompts to check in with your employees and get teams talking to each other, to make health and wellbeing a top priority.

- Making mental health part of everyday conversations can encourage openness. Add mental health conversations to regular reviews, planning meetings and appraisals
- Invest in training and start a mental health first aider scheme – if you don't have one already – creating informed points of contact for employees seeking support
- If you want to offer support but don't know how to, remember, there is guidance available online and through professional healthcare providers
- Everyone in an organisation should know the signs of declining mental health. Leaders and managers in particular should be empowered to intervene

Notes

Introducing Benenden Health

With over 115 years' experience and knowledge, we help businesses support the health and wellbeing of their people by providing high-quality, affordable private healthcare to every single one of their employees.

This includes round the clock care such as 24/7 GP and Mental Health helplines, as well as speedy access to services such as Physiotherapy and Surgical Treatment.

Benenden Healthcare for Business gives access to affordable private healthcare for the entire workforce. Not just the bosses. Join us today and help your employees thrive.

We work with well-established brands such as:



McCann



We're an award-winning company,
rated 4.6 stars out of 5 by Trustpilot.com



Benenden Healthcare for Business offers employees access to the following benefits from day one of membership:



24/7 GP
Helpline



24/7 Mental
Health Helpline



Care Planning
and Social
Care Advice



Medical
Diagnostics



Surgical
Treatment



Physiotherapy



Mental Health
Support



Cancer
Support



TB
Treatment



Rewards and
Discounts



Benenden
Health App

Find out more about how we could help you to support
your employees' health and wellbeing



www.benenden.co.uk/healthcare-for-business