

## Wellbeing Calendar – Term 1

Month	Theme	EAP /CARE WELLBEING DATES	EAP Pack	Resources to Support Staff Wellbeing
Sep	<b>Healthy Body Healthy Mind</b>	<ul style="list-style-type: none"> <li>• Migraine awareness week: 5th – 10th</li> <li>• Numbers week (blood pressure): 6th-11th</li> <li>• World suicide prevention day: 10th</li> <li>• International week of happiness: 20<sup>th</sup>-25th</li> <li>• Ask a stupid question day: 28th</li> <li>• World heart day: 29th</li> </ul>	<ul style="list-style-type: none"> <li>• All in your head</li> <li>• The magic numbers</li> <li>• A beating heart</li> </ul>	NHS Migraine guidance and support <a href="https://www.nhs.uk/conditions/migraine/prevention/">https://www.nhs.uk/conditions/migraine/prevention/</a> World Heart Day Challenges (Heart Shaped Walk) <a href="https://world-heart-federation.org/world-heart-day/">https://world-heart-federation.org/world-heart-day/</a> <a href="https://world-heart-federation.org/world-heart-day/get-involved/world-heart-day-challenge/">https://world-heart-federation.org/world-heart-day/get-involved/world-heart-day-challenge/</a> Blood pressure guidance <a href="https://www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/">https://www.england.nhs.uk/ourwork/clinical-policy/cvd/home-blood-pressure-monitoring/</a>
Oct	<b>Maintaining a healthy work life balance</b>	<ul style="list-style-type: none"> <li>• Go sober for October</li> <li>• National Cholesterol Month</li> <li>• National bullying prevention month</li> <li>• Backcare awareness week: 4th – 7th</li> <li>• World mental health day: 10th</li> <li>• National work life week: 12th – 15th</li> </ul>	<ul style="list-style-type: none"> <li>• Leaving work at work</li> <li>• Remedies for relaxation</li> <li>• Working with your mental health</li> </ul>	Mentally Healthy Schools Mindfulness Relaxation <a href="http://www.meditationinschools.org/wp-content/uploads/2013/06/Mindfulness-Relaxation-Exercise-Script.pdf">http://www.meditationinschools.org/wp-content/uploads/2013/06/Mindfulness-Relaxation-Exercise-Script.pdf</a> NHS Audio Guides (mood, sleep, anxiety, confidence, unhelpful thinking) <a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/</a>
Nov	<b>Considering the impact of behaviour</b>	<ul style="list-style-type: none"> <li>• National Career development month</li> <li>• World vegan day: 1st</li> <li>• Stress awareness day: 6th</li> <li>• Social media kindness day: 9th</li> <li>• Anti-bullying week: 11th – 14th</li> <li>• Alcohol awareness week: 11th – 16th</li> <li>• World kindness day: 13<sup>th</sup></li> </ul>	<ul style="list-style-type: none"> <li>• #BEKIND</li> <li>• United against bullying</li> <li>• Pledge a good deed</li> </ul>	NHS Breathing exercises for stress <a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/</a> Bupa Kind Self Talk/Random Acts <a href="https://www.bupa.co.uk/newsroom/ourviews/be-kind-to-yourself">https://www.bupa.co.uk/newsroom/ourviews/be-kind-to-yourself</a> Education Support (bullying, burnout, stress, sleep) <a href="https://www.educationsupport.org.uk/resources/for-individuals/">https://www.educationsupport.org.uk/resources/for-individuals/</a>
Dec	<b>Giving back and supporting others</b>	<ul style="list-style-type: none"> <li>• Decembeard 2022</li> <li>• National Grief awareness week: 2nd – 7th</li> <li>• International volunteers day: 5th</li> <li>• Christmas jumper day: 10th</li> </ul>	<ul style="list-style-type: none"> <li>• A helping hand</li> <li>• The season of giving Festive fundraising</li> </ul>	The Good Grief Trust <a href="https://www.thegoodgrieftrust.org/">National Grief Awareness Week (thegoodgrieftrust.org)</a> Childhood Bereavement Network <a href="https://childhoodbereavementnetwork.org.uk/">https://childhoodbereavementnetwork.org.uk/</a> Search volunteering opportunities near you: <a href="https://doit.life/volunteer">https://doit.life/volunteer</a>