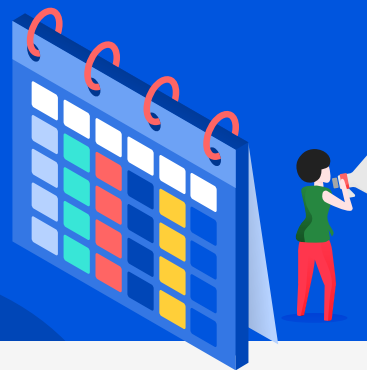


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2020 Well-being Calendar



01 | January: Well-being restart

- Alzheimer's Awareness Month
- Non-Smoking Week - January 19-25

The new year marks a chance to step back, take stock, and make the changes you need to prioritize your well-being. Don't forget that your wellness isn't just about your mental and physical health, but includes your financial and social lives as well.



02 | February: Building Resilient Relationships

- Heart and Stroke Month
- Psychology Month
- World Cancer Day – February 4

Whether you want to build a stronger relationship with your partner, friends, or family, investing in your relationships can make sure they last.



03 | March: Planning for Your Retirement

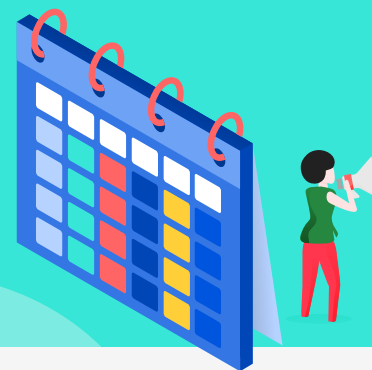
- Nutrition Month
- World Sleep Day – March 13
- International Day of Happiness – March 20

No matter whether you're just starting out or are nearing your retirement, being proactive and putting a financial plan into place can help you build the life you want to live after you stop working.



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2020 Well-being Calendar



04 | April: Striking a Balance

- World Health Day – April 7
- Advance Care Planning Day – April 16

We all have demands on our time and attention. Sometimes it can feel tricky, but striking a balance between your work and home life is achievable if you have the right tools to help you organize, plan, and prioritize your day.



05 | May: Your Mental Health at Work

- Mental Health Week – May 4-10
- Child and Youth Mental Health Day – May 7

Stress, anxiety, depression, and other mental health issues can affect all aspects of your life including your work. However, with support, you can continue to feel productive and successful at work.

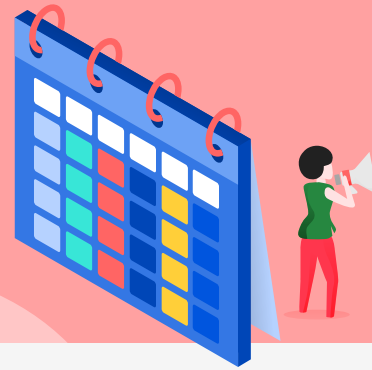


06 | June: Health Check-in

- International Men's Health Month
- National Health and Fitness Day – June 6

Be proactive about your health—no matter your age. Stay up to date with your recommended screenings and tests. Eat wisely. Make sure you're getting enough exercise, and find a sleep routine that helps you get a good night's rest.





07 | July: Practising Positivity

- World Youth Skills Day – July 15
- International Self-Care Day – July 24
- International Day of Friendship – July 30

Having a sunny outlook isn't just good for your mood—it can actually rewire your brain. By practicing positivity, you can train yourself to be happier and more resilient against life's challenges.



08 | August: Making the Most of Your Career

- International Youth Day – August 12
- International Overdose Awareness Day – August 31

It doesn't matter whether you're a manager or you've just started working, learning how to advocate for yourself and grow are key to advancing in your career. Learn how to ask for feedback, network to open up opportunities, and develop new skills to help you perform better.

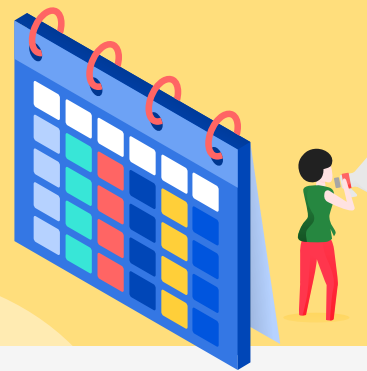


09 | September: Supporting Others

- Recovery Month
- World Suicide Prevention Day – September 10

If you know someone who may be struggling with a mental health issue, it can be difficult to know what to do. This month learn about ways you can offer immediate support and help break the stigma around mental illness.





10 | October: Preparing for Peace of Mind

- Mental Illness Awareness Week – October 4-10
- World Mental Health Day – October 10

End-of-life planning such as making funeral arrangements and writing a will can be emotionally difficult. However, it's important to make sure your family knows your wishes. Having tough conversations now can help all of you have peace of mind for the future.

11 | November: Caring for Loved Ones

- Diabetes Awareness Month
- World Diabetes Day – November 14
- Universal Children's Day – November 20

Caring for a loved one can be both rewarding and challenging. Putting practical measures into place can help you if you're caregiving and working, and finding emotional support can help you manage stress.

12 | December: Embracing Life's Changes

- International Volunteer Day – December 5
- International Human Rights Day – December 10

Life changes. Sometimes those we know those changes are coming, such as a wedding or retirement. Sometimes they can take us by surprise like a divorce or illness in your family. Building up your personal resilience can help you through a variety of life's changes.

