

# 2025 Well-Being Calendar

Supporting a Culture of Well-Being, Every Day of the Year.



January	February	March	April	May	June	July	August	September	October	November	December
DRY JANUARY	LGBTQ+ HISTORY MONTH	WOMEN'S HISTORY MONTH	STRESS AWARENESS MONTH		PRIDE MONTH				BLACK HISTORY MONTH		
	4 World Cancer Day	7 Employee Appreciation Day	2 World Autism Acceptance Day	4 World Laughter Day	5 World Environment Day	14 International Non-Binary People's Day		10 World Suicide Prevention Day	6-10 International Happiness at Work Week		1 World AIDS Day
20 Blue Monday <a href="#">Learn More</a>	6 Time to Talk Day	8 International Women's Day	7 World Health Day	12-18 Black Inclusion Week <a href="#">Learn More</a>	9-15 International Men's Health Week			15-21 National Inclusion Week	10 World Mental Health Day	5 Stress Awareness Day	3 International Day of People with Disabilities
		14 World Sleep Day		12-18 Mental Health Awareness Week	9-15 Loneliness Awareness Week				18 World Menopause Day	13 World Kindness Day	5 International Volunteer Day
30 Parental Mental Health Day	17 Random Acts of Kindness Day <a href="#">Learn More</a>	17-23 Neurodiversity Celebration Week <a href="#">Learn More</a>	22 Earth Day	20 International HR Day	21 International Yoga Day	24 International Self Care Day	30 Grief Awareness Day <a href="#">Learn More</a>	21 World Gratitude Day		19 International Men's Day	10 Human Rights Day
		20 World Happiness Day	28 World Health & Safety Day At Work	21 World Meditation Day		30 International Day of Friendship		29 World Heart Day			