

# 2023 Autumn Wellbeing Calendar



CULTIVATING WELLBEING AND RESILIENCE THROUGHOUT THE YEAR

Thank you for downloading the Autumn Wellbeing Calendar 2023. This is your dedicated resource for all the key wellbeing dates across the autumn months.

We have curated this calendar to help you plan your wellbeing initiatives. Whether it's Pension Awareness Week or World Kindness Day, this calendar has you covered. We hope it supports you as you continue to invest in your most important asset - your people.

Warm wishes,  
The Wellbeing Project Team

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## SEPTEMBER 2023




<b>Tuesday 5th</b> International Day of Charity	<b>Wednesday 20th</b> National Fitness Day	<b>25th - 1st Oct</b> National Inclusion Week
<b>Sunday 10th</b> World Suicide Prevention Day	<b>Thursday 21st</b> World Gratitude Day	
<b>11th - 15th</b> Pension Awareness Week	<b>Financial Wellbeing</b> Discover our financial wellbeing workshops. <a href="#">Find out more</a> 	<b>Friday 29th</b> World Heart Day
	<b>25th - 29th</b> International Happiness at Work Week	

Let's talk wellbeing.

[Get in touch](#)

OCTOBER 2023

NOVEMBER 2023

<p><b>BLACK HISTORY MONTH (UK)</b></p>		<p><b>GO SOBER FOR OCTOBER</b></p>
<p><b>2nd-6th</b></p> <p>Work Life Week</p>	<p><b>Tuesday 10th</b></p> <p>World Mental Health Day</p>	<p><b>Wednesday 18th</b></p> <p>World Menopause Day</p>
<p><b>2nd-8th</b></p> <p>Back Care Awareness Week</p>	<p><b>Expert Recommendation</b> </p> <p>How we manage our physical energy determines how we show up for the day. Encourage physical activity during the Autumn months to keep people moving even when the days are shorter.</p>	
	<p><b>Mental Wellbeing</b></p> <p>Explore our mental health training</p> <p><a href="#">Find out more</a> </p>	

<p><b>Tuesday 2nd</b></p> <p>Stress Awareness Day</p>	<p><b>MEN'S HEALTH AWARENESS MONTH</b></p>	
	<p><b>Monday 13th</b></p> <p>World Kindness Day</p>	<p><b>13th - 19th</b></p> <p>Self-care week</p>
<p><b>Saturday 11th</b></p> <p>Remembrance Day</p>	<p><b>Expert Recommendation</b> </p> <p>Combat feelings of isolation and loneliness by organising team-building activities and social events throughout Autumn.</p>	
<p><b>Employee Wellbeing</b></p> <p>Explore our range of employee programmes and workshops</p> <p><a href="#">Find out more</a> </p>		

# Autumn Top Picks

EXPLORE OUR RANGE OF FULLY TAILORABLE PROGRAMMES & WORKSHOPS

The Wellbeing Project is a global wellbeing consultancy. Our expert team of business psychologists and wellbeing specialists deliver high impact programmes for employees, managers and leaders. Here are just some of our workshops that can support your team through the Autumn months.



## Workshops

### BEATING BURNOUT



Understand burnout risk factors and learn how to adopt stress management techniques

### SUICIDE AWARENESS



Deepen awareness of suicide and learn more about the risk factors and how to provide support

### FINANCIAL WELLBEING



Protect your staff from financial stress and money worries

### MENTAL HEALTH



Expert-led mental health training for employees and managers

### ENERGISE



Optimise physical energy and build daily habits that support energy renewal

### MENOPAUSE AWARENESS



Increase understanding of menopause and develop support strategies

Talk to one of our specialist team.

[Enquire now](#)