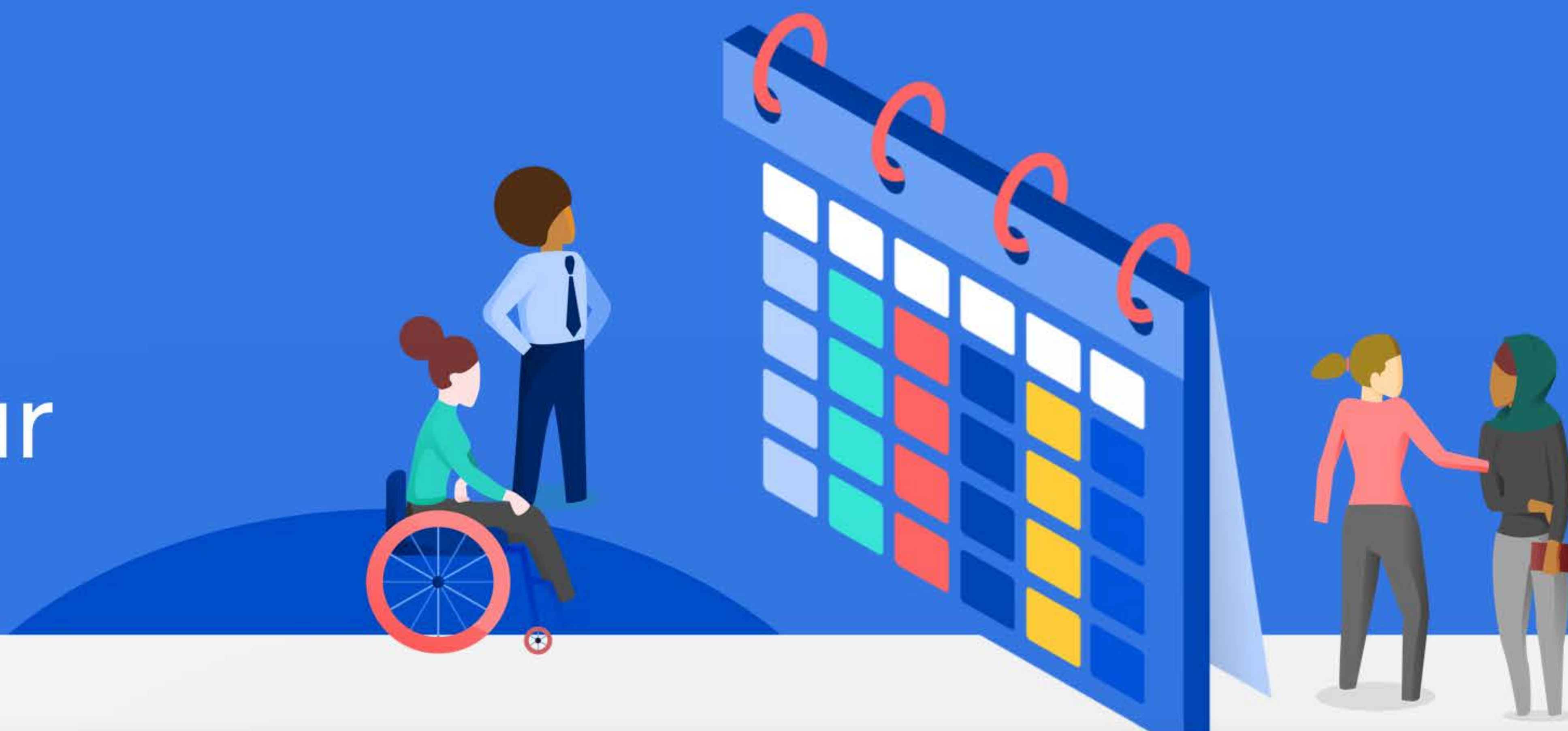


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2021 Wellbeing Calendar



January

Creating a new financial plan for the new normal

- **Mental Wellness Month**

The COVID-19 pandemic has left many people worrying about their financial future due to job losses and debt. This month, we'll feature resources for developing a financial plan to help get you through difficult times and beyond.



February

Connecting physical and mental health

- **Heart Month**
- **World Cancer Day** (February 4th)

Physical and mental health are intertwined, and research shows that taking care of your physical wellbeing can have a big impact on stress and anxiety. Let us show you ways to boost both your physical and mental health by building positive habits into your daily routine.



March

Working flexibly: Work, life, and productivity when working remotely

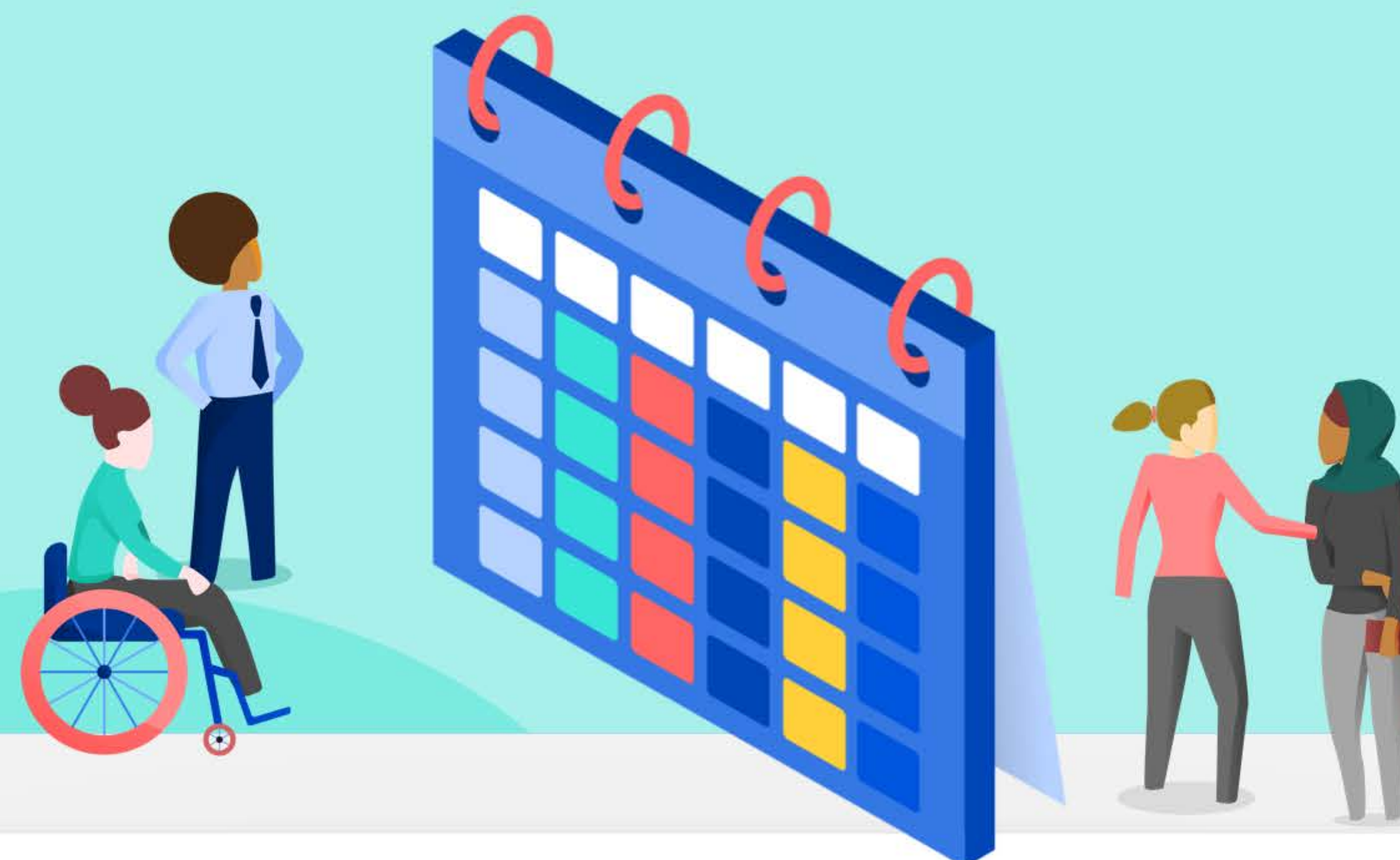
- **Nutrition Month**
- **International Day of Happiness** (March 20th)

Whether you're working from home full-time or you're going into your workplace a few days a week, it's important to work in a way that promotes health and wellbeing. This month, we'll show you how to manage your time, avoid work stress, escape productivity traps, and create an ergonomic work environment to promote your physical health.



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2021 Wellbeing Calendar



April

Embracing diversity

- World Health Day (April 7)
- Alcohol Awareness Month
- Stress Awareness Month

No matter where you live, diversity makes our schools, communities, workplaces—and our world—rich and vibrant. See our many resources on building a culturally diverse workplace, teaching tolerance to children, and increasing diversity awareness in all areas of your life.



May

Mastering guilt-free self-care

- Mental Health Month
- National Physical Education
- Sport Week (May 13-19th)

Self-care is not selfish; it is essential. When you take care of yourself, you build your mental resilience and strengthen your ability to support those who depend on you. Let us help you find more ways to fit self-care into your busy life — and feel good about taking the time you need for you.



June

Understanding inclusivity

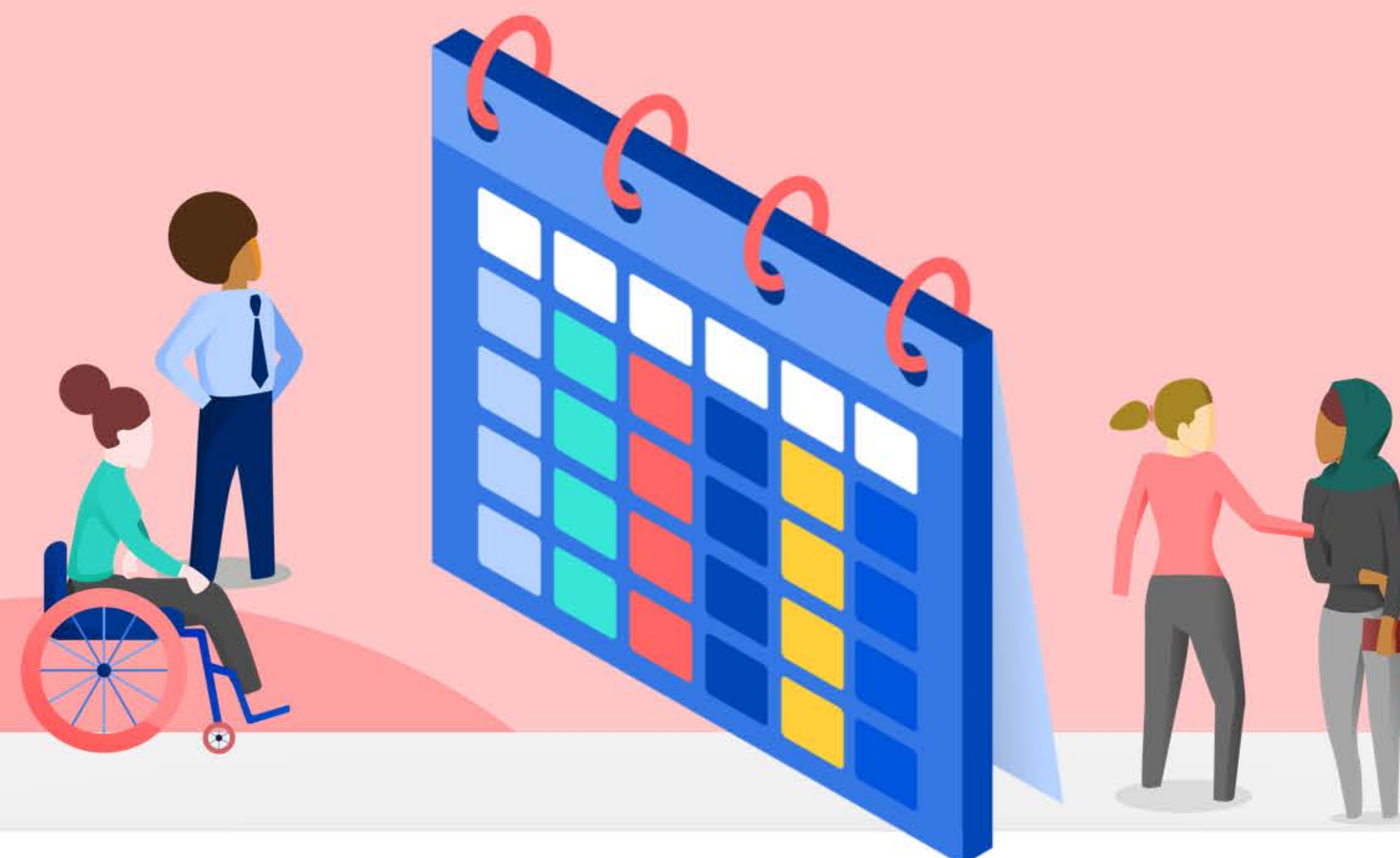
- Pride Month
- International Men's Health Month
- National Safety Month
- PTSD Awareness Day (June 27th)

We all deserve to be valued for who we are regardless of our gender identity or sexual orientation. Whether you or a loved one is part of the LGBTQ+ community, or you're a supportive ally, we have informative resources to help you gain a better understanding of inclusion, give or receive support, and build a more welcoming culture in and out of work.



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2021 Wellbeing Calendar



July

Caregiving from a distance

- **World Youth Skills Day** (July 15th) • **International Self-Care day** (July 24th)
- **International Day of Friendship** (July 30th)

Caring for a loved one is one of life's most rewarding jobs, but it can also be difficult and demanding—especially when you are distanced from your loved one. Caregivers near and far can benefit from support and resources that provide practical advice and emotional support to help alleviate stress.



August

Building courage to change: Guidance for substance abuse

- **International Youth Day** (August 12th)
- **International Overdose Awareness Day** (August 31st)

Building courage to change: Guidance for substance abuse. It takes courage to acknowledge and ask for help through an addiction. Learn to recognize the signs of substance abuse and ways you can support a friend, family member, or colleague.



September

Adapting socially: Alternative celebrations and get-togethers

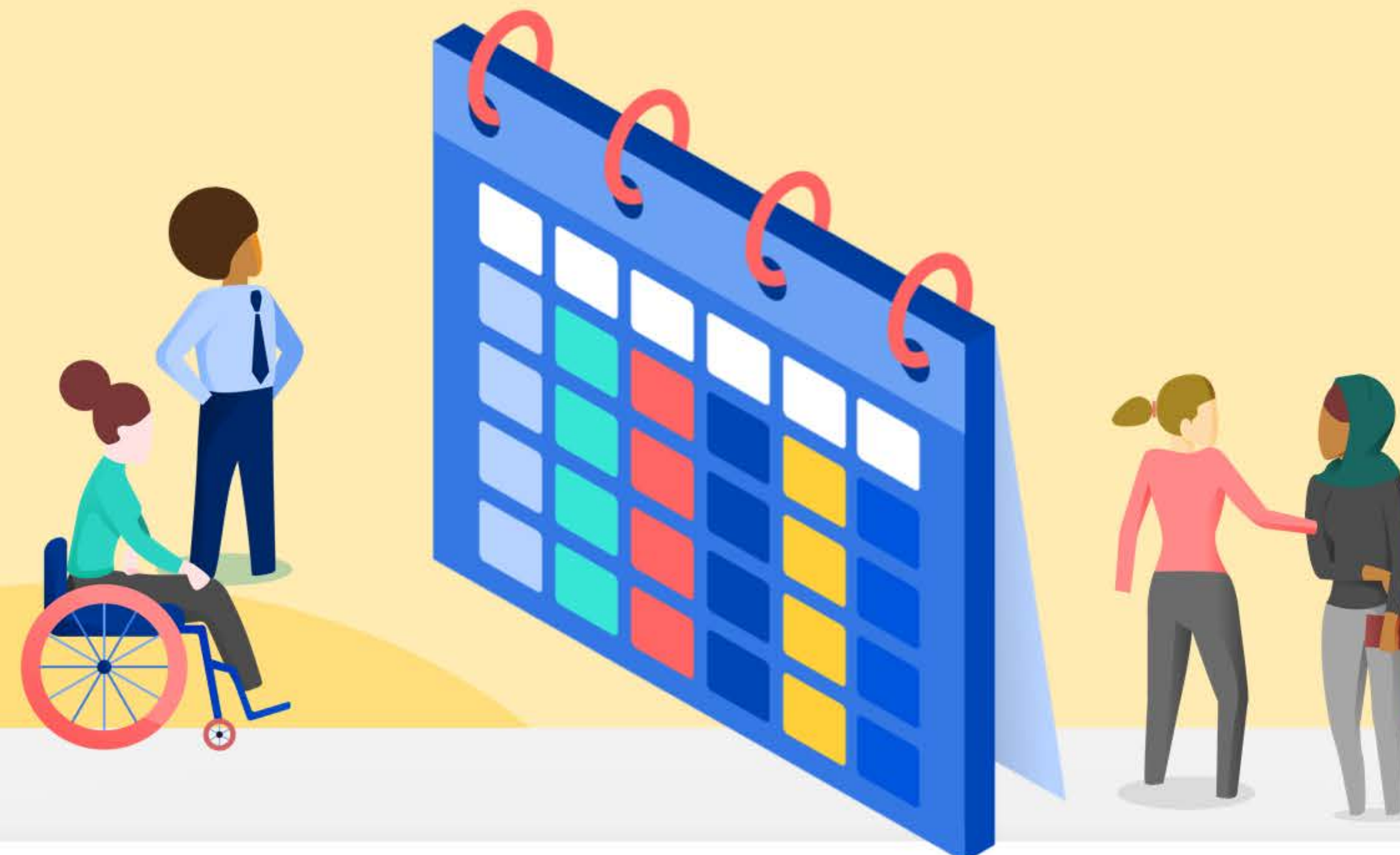
- **Recovery Month**
- **World Suicide Prevention Day** (September 10th)
- **Family Health and Fitness Day** (September 29th)

People all over the world have had to find new ways to connect with family and friends amid the pandemic. Learn to adapt to new ways of celebrating and maintaining your social connections as you look ahead to the end of 2021.



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2021 Wellbeing Calendar



October

Realizing sociocultural influences on mental illness

- **National Health Education Week** (October 21-25th)
- **World Mental Health Day** (October 10th)
- **National Bullying Prevention Month**

Due in part to cultural and societal influences on mental health, the stigma of mental illness persists, creating misunderstandings and barriers to treatment. This month, we explore how greatly these influences can affect someone struggling with a mental health issue and provide guidance on how you can help.



November

Budget-proof holidays: Tips to celebrate and save

- **World Diabetes Day** (November 14th)
- **Universal Children's Day** (November 21st)

Worldwide holiday and New Year celebrations are fast approaching! Start planning now for ways to rejoice without breaking the bank. Learn how to budget-proof your holiday spending for a happier and less stressful New Year.



December

Boosting social connections to improve mental health

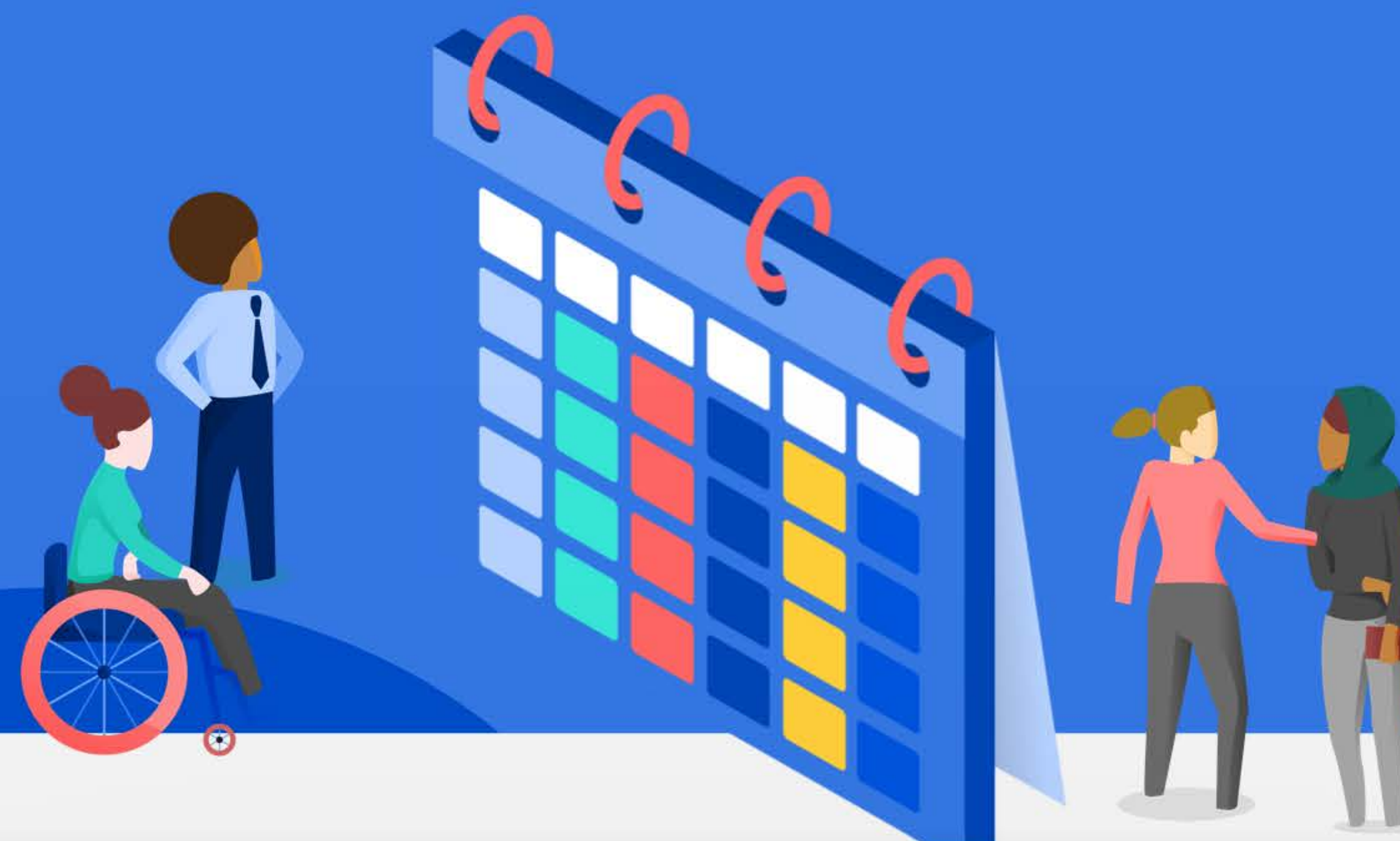
- **International Volunteer Day** (December 5th)
- **International Human Rights Day** (December 10th)

Social connections are key to maintaining your wellbeing. Learn how you can build and maintain healthy relationships and find new ways to stay connected with family, friends, and colleagues to boost your mental health.



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2021 Bi-Weekly Seminars



January

01/08/2021 (2pm EST) [Living Off Your Paycheck during COVID19](#)
01/22/2021 (2pm EST) [Power of Volunteering](#)

February

02/05/2021 (2pm EST) [Psychology of Exercise](#)
02/19/2021 (2pm EST) [Loneliness](#)

March

03/05/2021 (2pm EST) [Benefitting From Ergonomics](#)
03/19/2021 (2pm EST) [Working with Children Home](#)

April

04/09/2021 (2pm EST) [Raising Children to Respect Diversity](#)
04/23/2021 (2pm EST) [How to be an Inclusive Leader](#)

May

05/07/2021 (2pm EST) [Self-Care](#)
05/21/2021 (2pm EST) [COVID-19: Moving Forward](#)

June

06/04/2021 (2pm EST) [Unconscious Bias](#)
06/18/2021 (2pm EST) [Effective Presentation and Public Speaking Skills](#)

July

07/09/2021 (2pm EST) [Caregiving During COVID-19](#)
07/23/2021 (2pm EST) [How to Boost Your Self-Confidence](#)

August

08/06/2021 (2pm EST) [Alcohol and Substance Abuse](#)
08/20/2021 (2pm EST) [Mindful Meditation](#)

September

09/03/2021 (2pm EST) [Holidays During COVID-19](#)
09/17/2021 (2pm EST) [Embracing Happiness](#)

October

10/08/2021 (2pm EST) [Suicide Prevention](#)
10/22/2021 (2pm EST) [Resilience](#)

November

11/05/2021 (2pm EST) [Holiday Budgeting](#)
11/19/2021 (2pm EST) [Mind Over Money](#)

December

12/03/2021 (2pm EST) [Relationships](#)
12/17/2021 (2pm EST) [Kindness](#)

