

2027 Wellbeing Bulletin Calendar

Our calendar of topics we'll be covering through the year...

JANUARY Small Changes, Big Difference

A new year doesn't have to mean a complete new you. Making small, achievable changes to your daily routine can have a lasting impact on your wellbeing. Whether it's moving a little more, eating better, or making time for yourself, positive habits build over time. Remember, progress isn't about perfection, but taking small steps towards a healthier, happier you.

FEBRUARY Healthy Relationships, Healthy Minds

Positive relationships play an important role in our emotional wellbeing. Whether with family, friends, colleagues or partners, feeling connected, respected and supported helps us thrive. Open communication, healthy boundaries and making time for others can strengthen relationships and improve our sense of belonging. Remember, looking after our relationships also means looking after ourselves.

MARCH Food, Mood & Mental Wellbeing

What we eat can influence how we feel, think and function throughout the day. A balanced diet, regular meals and staying hydrated can help support our energy levels, concentration and emotional wellbeing. Small changes to our eating habits can make a positive difference. It's not about following a perfect diet, but making healthier choices that work for you.

APRIL Recognising Burnout Before It Takes Hold

Feeling constantly exhausted, overwhelmed or emotionally drained could be a sign that life's demands are taking their toll. Recognising the early warning signs of burnout is an important step towards protecting your wellbeing. Setting boundaries, taking regular breaks and seeking support when needed can help restore balance. Remember, looking after yourself isn't a luxury, it's a necessity.

MAY Finding Your Mental Health Toolkit

Just as we look after our physical health, our mental wellbeing benefits from regular care and attention. Building your own mental health toolkit can help you navigate life's challenges with greater confidence. Whether it's practising mindfulness, staying active, connecting with others or asking for support, finding what works for you can make a real difference to your everyday wellbeing.

JUNE Men's Health: Breaking the Silence

Men's Health Week is an opportunity to encourage open conversations about physical and mental wellbeing. Too often, men put off seeking advice or talking about their concerns. Whether it's managing stress, attending health checks or simply sharing how you're feeling, taking that first step matters. Looking after your health is a sign of strength, and support is always worth seeking.

JULY More More, Feel Better

Being physically active isn't just good for your body, it can also lift your mood, improve sleep and support your mental wellbeing. You don't need a gym membership or an intense workout to feel the benefits. Walking, gardening, dancing or simply moving more throughout the day can all make a difference. Find something you enjoy and make movement part of everyday life.

AUGUST Switching Off in an Always-On World

With emails, notifications and screens competing for our attention, finding time to truly switch off can be challenging. Constant connectivity can leave us feeling mentally drained and overwhelmed. Setting healthy digital boundaries, taking screen breaks and making time for offline activities can help restore balance. Sometimes, the best way to recharge is simply to disconnect.

SEPTEMBER Supporting Someone Through Difficult Times

When someone is struggling, knowing what to say or do isn't always easy. Sometimes, simply being there, listening without judgement and showing genuine care can make a meaningful difference. Recognising changes in behaviour, starting a conversation and encouraging appropriate support can help someone feel less alone. You don't need all the answers to make a positive difference.

OCTOBER Understanding Anxiety & Finding Calm

Anxiety is a natural response to life's uncertainties, but when worry becomes overwhelming, it can affect our everyday wellbeing. Recognising the signs and understanding what triggers anxious feelings can help us regain a sense of control. Simple techniques such as breathing exercises, physical activity and talking things through can make a difference. Remember, you don't have to face anxiety alone.

NOVEMBER Looking After Your Heart

Your heart works hard for you every day, so looking after it is one of the best investments you can make in your health. Regular physical activity, balanced nutrition, managing stress and keeping an eye on your blood pressure can all support cardiovascular wellbeing. Small lifestyle changes and routine health checks can make a big difference to your long-term health.

DECEMBER Building Resilience Through Life's Challenges

Life doesn't always go to plan, and facing setbacks, uncertainty or unexpected challenges can test our emotional wellbeing. Building resilience isn't about being strong all the time, but learning how to adapt, manage difficult emotions and seek support when needed. By focusing on what we can control, maintaining healthy routines and staying connected with others, we can develop the confidence to navigate life's ups and downs.

CHRISTMAS SPECIAL EDITION

Finding Joy Without the Festive Pressure

Christmas can be a wonderful time of year, but it can also bring financial worries, family pressures and unrealistic expectations. Remember, the festive season doesn't have to be perfect to be meaningful. Setting realistic expectations, making time for yourself and focusing on what truly matters can help reduce stress. Whether celebrating with others or spending time alone, enjoy the season in a way that feels right for you.

BESPOKE BULLETINS

Bespoke Wellbeing Bulletins are also available upon request. If you have a particular topic you would like us to cover, please contact your Account Manager to discuss your requirements.

Email:
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