

# Well-Being Resource Calendar: Q1 2026



**Did You Know?** A healthier workforce is a more resilient and adaptive workforce, better capable of navigating the uncertainties and challenges of a rapidly changing world.

Theme	Health Observances	Digital Resources
<b>January</b> <b>Purposeful Habits</b> <i>Intellectual</i>	Cervical Cancer Awareness National Healthy Weight Week Mind-Body Wellness Day	<a href="#">Cervical Cancer Awareness</a> <a href="#">Change a Habit by setting Goals</a> <a href="#">Weight Management</a> <a href="#">Cervical Cancer Screening (2 min)</a>
<b>February</b> <b>Love Yourself</b> <i>Spiritual/Physical</i>	Heart Health Random Acts of Kindness	<a href="#">Walking for a Health Heart</a> <a href="#">Heart Disease: #1 Killer of Woman(30 min)</a> <a href="#">Random Acts of Kindness Foundation</a>
<b>March</b> <b>Gut Strong</b> <i>Physical</i>	Colorectal Cancer Awareness National Nutrition Save Your Vision	<a href="#">Colorectal Cancer Awareness</a> <a href="#">Strangers with Colons (2 min)</a> <a href="#">Eat Right for Life</a> <a href="#">Guide to Healthy Eating (3 min)</a>



# Well-Being Resource Calendar: Q2 2026

**Vitality Insight:** Sleep quality is highly connected to vitality. Sleep is a critical element of overall health, as sleep disturbances and deprivation are linked to depression, anxiety, and other mental health conditions, and may exacerbate stress and the ability to regulate emotions.

Theme	Health Observances	Digital Resources
<p><b>April</b>  <b>Financial Fitness</b>  <i>Financial</i></p>	<p>Financial Literacy            Neurodiversity Awareness            Earth Day</p>	<p><a href="#">Neurodiversity Awareness</a>  <a href="#">How to Create a Budget (4 min)</a>  <a href="#">Autism Awareness</a>  <a href="#">Balancing Debt and Saving Guide</a>  <a href="#">How Money Smart are you?</a></p>
<p><b>May</b>  <b>Mental Wealth</b>  <i>Emotional</i></p>	<p>Mental Health Better            Sleep            Women's Health            Week</p>	<p><a href="#">Women's Health Week</a>  <a href="#">Stress Management Toolkit</a>  <a href="#">Mental Health and Sleep</a>  <a href="#">Mental Health Awareness (2 min)</a></p>
<p><b>June</b>  <b>Men's Health</b>  <i>Physical</i></p>	<p>Loneliness Awareness            Men's Health Week            PTSD Awareness Day</p>	<p><a href="#">Loneliness Awareness</a>  <a href="#">Post-Traumatic Stress Disorder</a>  <a href="#">Men's Health Guide (2 min)</a></p>



# Well-Being Resource Calendar: Q3 2026



**Vitality Insight:** There is a positive boomerang effect between vitality and work, and although there are generational and gender differences, workers with high vitality have higher job satisfaction and better job performance.

Theme	Health Observances	Digital Resources
<b>July</b> <b>Summer</b> <i>Environmental</i>	UV Safety Alcohol Awareness Week Disability Independence Day	<a href="#">Disability Independence Day</a> <a href="#">12 Summer Health Risks to Watch Out for</a> <a href="#">What is Alcohol Use Disorder? (2 min)</a>
<b>August</b> <b>Work/Life Balance</b> <i>Occupational</i>	Immunization Awareness World Breastfeeding Week	<a href="#">Immunization Resources</a> <a href="#">Setting Healthy Boundaries (3 min)</a> <a href="#">Burnout: Signs, Causes, and Recovery</a> <a href="#">The Importance of Sleep</a>
<b>September</b> <b>Vitality for Life</b> <i>Physical</i>	National Newborn Screening Self-Care Awareness Suicide Prevention Day	<a href="#">Suicide Prevention Day</a> <a href="#">Cigna Healthcare presents Magic Sounds</a> <a href="#">Keys to Healthy Aging (3 min)</a> <a href="#">Strategies for the Sandwich Generation</a>



# Well-Being Resource Calendar: Q4 2026



**Did You Know?** 100% of surveyed employers include mental health in their well-being strategy, with widespread offerings such as stress management, mindfulness, and resiliency programs.

Theme	Health Observances	Digital Resources
<b>October</b> <b>Women's Health</b> <i>Physical</i>	Breast Cancer Awareness World Mental Health Week World Menopause Day	<a href="#">Breast Self-Exam Tips Video (2 min)</a> <a href="#">Know your Lemons</a>
<b>November</b> <b>Gather Gratefully</b> <i>Social</i>	Movember National Gratitude Month World Diabetes Day	<a href="#">World Diabetes Day</a> <a href="#">Colorectal Cancer Video Collection</a> <a href="#">Gratitude is Good for You (2 min)</a> <a href="#">Diabetes Health Literacy</a>
<b>December</b> <b>Reflect &amp; Connect</b> <i>Spiritual</i>	Flu Vaccination Week Seasonal Affective Disorder Awareness Month International Volunteer Day	<a href="#">Volunteering and its Surprising Benefits</a> <a href="#">Managing Seasonal Affective Disorder</a> <a href="#">Flu Immunization 101</a> <a href="#">Community Support: FindHelp.org</a>

