

# 2023

**WORKPLACE  
WELLBEING**

# AWARENESS DAYS

**JANUARY**  
17 BLUE MONDAY

**FEBRUARY**  
LGBTQ+ HISTORY MONTH  
2 TIME TO TALK  
17 RANDOM ACTS OF KINDNESS DAY

**MARCH**  
8 INTERNATIONAL WOMEN'S DAY  
13-19 NUTRITION & HYDRATION WEEK  
13-19 NEURODIVERSITY CELEBRATION WEEK  
17 WORLD SLEEP DAY  
20 INTERNATIONAL DAY OF HAPPINESS

**APRIL**  
STRESS AWARENESS MONTH  
7 WORLD HEALTH DAY  
22 EARTH DAY

**MAY**  
13-20 MENTAL HEALTH AWARENESS WEEK  
21 WORLD MEDITATION DAY

**JUNE**  
PRIDE MONTH  
10-17 MEN'S HEALTH WEEK  
21 INTERNATIONAL YOGA DAY

**SEPTEMBER**  
10 WORLD SUICIDE PREVENTION DAY  
18-24 INTERNATIONAL HAPPINESS AT WORK WEEK

**OCTOBER**  
BLACK HISTORY MONTH  
GO SOBER FOR OCTOBER  
10 WORLD MENTAL HEALTH DAY  
2-6 WORK / LIFE WEEK  
18 WORLD MENOPAUSE DAY

**NOVEMBER**  
MEN'S HEALTH AWARENESS MONTH  
1 NATIONAL STRESS AWARENESS DAY  
13 WORLD KINDNESS DAY  
19 INTERNATIONAL MEN'S DAY

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THE | **city**

To discuss how **Stretching the City** can support these initiatives in your organisation,  
email [info@stretchingthecity.com](mailto:info@stretchingthecity.com)

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