



Annual Wellbeing Observance Planning

Keeping employees focused on their personal health and wellbeing year-round can be achieved by creating awareness campaigns based on health observances. There are many resources available to select the themes that are most meaningful for your organization or business.

There are many topics to select from and the information can be delivered in different ways:

- Email fact sheet
- Message from wellness champions
- Placing information online and referencing in communication
- Workshops or presentations
- Healthy events or challenges
- Manager updates and team meetings
- Printed handouts or posters

It's up to you how to present the information, and how involved you'd like to get with each topic but arrange the material to ensure that employees have a takeaway from each educational opportunity to help them immediately improve their health and wellbeing.

Focus on the short-term emotional benefits such as:

- More energy
- Lifted mood
- Feeling better
- Connections with others
- Better sleep
- Fun
- Better focus
- Increased creativity

Health & Wellness Observations Calendar Sources:

- National Health Observances – The Office of Disease Prevention and Health Promotion (DHSS) has vetted online resources for special days, weeks or months dedicated to raising awareness about important health topics.
- National Center for Environmental Health (CDC) – Annual calendar with links to government agencies for ready to use and other materials.
- National Wellness Institute – A resource created by this national organization to increase engagement and interaction, create awareness and encourage a wide variety of health and wellness-related activities.

Other sources of information

- Daily Fun Calendar – At National Today, you'll find silly and serious daily topics for just-for-fun days
- Daily Observation Calendar – National Day Calendar is a source of celebrations for special days, weeks, and months. You can even add your own "new day" to this calendar.



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