

2025 Wellbeing Calendar

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January	February	March	April	May	June	July	August	September	October	November	December
Dry January	4 th World Cancer Day	Ovarian Cancer Awareness Month	Stress Awareness Month	4 th World Laughter Day	1 st Cancer Survivors Day	24 th International Self-Care Day	1 st - 7 th World Breast Feeding Week	10 th World Suicide Prevention Day	6 th - 10 th International Week of Happiness at Work	1 st World Vegan Day	1 st World AIDS Day
	2 nd - 8 th Bum Awareness Week								8 th - 10 th Dyslexia Awareness Week		
Veganuary		Prostate Cancer Awareness Month							9 th - 15 th Baby Loss Awareness Week	5 th Stress Awareness Day	3 rd International Day of Persons with Disabilities
	6 th Time to Talk Day	8 th International Women's Day							10 th World Mental Health Day	13 th World Kindness Day	5 th International Volunteer Day
20 th Blue Monday										14 th World Diabetes Day	
		20 th World Happiness Day								13 th - 17 th Anti Bullying Week	1 st - 7 th National Grief Awareness Week
Cervical Health Awareness Month		17 th - 23 rd Neurodiversity Celebration Week							Breast Cancer Awareness Month (Worldwide)		
		22 nd World Water Day	National Pet Month	3 rd World No Tobacco Day	Alzheimer's & Brain Awareness Month	28 th World Hepatitis Day		29 th World Heart Day		19 th International Men's Day	
National Blood Donor Month	24 th Feb - 2 nd March Eating Disorders Awareness Week	Red Cross Month			PTSD Awareness Month			Sickle Cell Disease Awareness Month	Lupus Awareness Month (UK)		10 th Human Rights Day
		Colorectal Cancer Awareness Month	IBS Awareness Month	National Walking Month	24 th - 30 th World Wellbeing Week	30 th World Day Against Trafficking in Persons	31 st International Overdose Awareness Day	Leukemia and Lymphoma Awareness Month	SIDS Awareness Month (Worldwide)		