

<p><b>January</b></p>  <p>New Year's Resolution time Make ones that are not too tricky or difficult to keep.</p>	<p><b>February</b></p>  <p>Time to Talk Day 6<sup>th</sup> Feb A chance for us all to be more open about mental health – to talk, to listen, to change lives.</p>	<p><b>March</b></p>  <p>World Sleep Day 13<sup>th</sup> March Get some rest!</p> <p>Nutrition &amp; Hydration Week 16<sup>th</sup> – 22<sup>nd</sup> March Aims to highlight &amp; promote eating well and hydrating.</p>	<p><b>April</b></p>  <p>Stress Awareness Month To increase awareness about what causes us to feel stressed.</p> <p>Walk to Work/School Day 3<sup>rd</sup> April</p>
<p><b>May</b></p>  <p>Mental Health Week 18<sup>th</sup> – 24<sup>th</sup> May A week to provide education around mental health &amp; to promote better mental health.</p> <p>World Meditation Day 31<sup>st</sup> May To explore and celebrate the practice of meditation</p>	<p><b>June</b></p>  <p>Healthy Eating Week 8<sup>th</sup> – 14<sup>th</sup> June Drink plenty, eat healthily.</p> <p>Carers Week 8<sup>th</sup> – 14<sup>th</sup> June To raise awareness of the challenges carers face &amp; recognise the contribution they make to society.</p>	<p><b>July</b></p>  <p>Exams are over (and soon school will be too!). Enjoy the peace and quiet.</p>	<p><b>August</b></p>  <p>School is out! Enjoy the sun, but don't forget your sun cream.</p>
<p><b>September</b></p>  <p>World Suicide Prevention Day 10<sup>th</sup> September</p> <p>National Fitness Day 26<sup>th</sup> September</p>	<p><b>October</b></p>  <p>National Work-Life Week 1<sup>st</sup>-5<sup>th</sup> October Promote work/life balance</p> <p>World Mental Health Day 10<sup>th</sup> October</p>	<p><b>November</b></p>  <p>National Stress Awareness Week 1<sup>st</sup>-8<sup>th</sup> November</p> <p>Anti-Bullying Week 11<sup>th</sup> – 15<sup>th</sup> November</p>	<p><b>December</b></p>  <p>Take a walk in the fresh air. Enjoy the snow (if it snows!) Spend time with loved ones.</p>