Employee Wellness Cause Calendar

Money and unexpected emergency expenses are a significant source of employee stress, impacting employees' sleep, productivity at work, and overall health and well-being. Whether the source of financial stress stems from costs incurred from health-related issues, a natural disaster, a home fire/flood, domestic abuse, an accident, caring for an aging parent, or the military deployment of a spouse, there are ample cause awareness dates throughout the year you can leverage to build a culture of caring and to remind employees about ways your EAF can offer support and how they can support their fellow colleagues. Plan your "reminder message" calendar around some of these common awareness dates.

January

- International Thank You Day (Jan 11)

February

- World Cancer Day (Feb 4)
- American Heart Month
- Random Acts of Kindness Day (Feb 17)

March

- Employee Appreciation Day (1st Friday in March)
- World Sleep Day (Mar 19)

April

- World Health Day (Apr 7)
- National Stress Awareness Day (Apr 16)
- Stress Awareness Month
- Pay It Forward Day (Apr 28)

May

- Mental Health Month
- Military Appreciation Month
- Military Spouse Appreciation Day (May 8)
- Women's Health Month

June

- Men's Health Month
- International Day of Yoga (Jun 21)

July

- International Self Care Day (Jul 24)
- Minority Mental Health Awareness Month

August

- Friendship Day (Aug 1)
- Back-to-School Month

September

- National Disaster Preparedness Month
- National Suicide Prevention Month

October

- Domestic Violence Awareness Month
- National Depression and Mental Health Screening Month
- World Mental Health Day (Oct 10)

November

- International Stress Awareness Day (Nov 3)
- World Kindness Day (Nov 13)
- National Hospice and Palliative Care Month
- National Veterans and Military Families Month

December

- National Stress-Free Family Holidays Month
- Giving Tuesday (always the 1st Tuesday after Thanksgiving; Dec 3, 2024)

64% of adults say that money is a significant source of stress in their life.