

MIND CLEAR

WELL-BEING AWARENESS DATES FOR 2024

January

*1st-31st Jan:
Dry January*

*15th Jan:
Blue Monday*

February

*1st Feb:
Time To Talk Day*

*17th Feb:
Random Act of Kindness Day*

*19th-23rd Feb:
Emotional Health Week*

March

*15th March:
World Sleep Day*

*11th-17th March:
Nutrition Week*

*20th March:
Day of Happiness*

April

*1st-30th April:
Stress Awareness Month*

*7th April:
World Health Day*

May

*13th-19th May:
Mental Health Awareness Week*

*13th-19th May:
Learning at Work Week*

*21st May:
World Meditation Day*

June

*24th-30th June:
World Well-Being Week*

September

*23rd-27th Sept:
Happiness at work week*

*25th Sept:
National Fitness Day*

October

*7th-11th Oct:
National Work-Life Week*

*10th October:
World Mental Health Day*

November

*4th-8th November:
Stress Awareness Week*

*13th November:
World Kindness Day*

To explore well-being workshops that align with these awareness dates, please visit: www.mindclear.co

