

# REWARD & WELLBEING 2022 Calendar

## January

**Dry January  
Veganuary**

**4<sup>th</sup>**  
World Braille Day

**10<sup>th</sup> – 16<sup>th</sup>**  
Houseplant Week

**16<sup>th</sup>**  
World Religion Day

**17<sup>th</sup> – 22<sup>nd</sup>**  
Big Energy Saving Week

## February

**LGBT+ History Month**

**4<sup>th</sup>**  
Time to Talk Day

**7<sup>th</sup> – 13<sup>th</sup>**  
National Apprenticeship Week

**11<sup>th</sup>**  
International Day of Women  
and Girls in Science

**17<sup>th</sup>**  
Random Act of Kindness Day

## March

**1<sup>st</sup>**  
Zero Discrimination Day

**8<sup>th</sup>**  
International Women's Day

**18<sup>th</sup>**  
Global Recycling Day

**18<sup>th</sup>**  
World Sleep Day

**20<sup>th</sup>**  
International Day of  
Happiness

## April

**Stress Awareness Month**

**1<sup>st</sup>**  
Walk to Work Day

**7<sup>th</sup>**  
World Health Day

**10<sup>th</sup>**  
National Siblings Day

**28<sup>th</sup>**  
World Day for Safety & Health  
at Work

## May

**National Walking Month**

**1<sup>st</sup> – 7<sup>th</sup>**  
Time for a Cuppa

**9<sup>th</sup> – 15<sup>th</sup>**  
Mental Health Awareness  
Week

**20<sup>th</sup>**  
International Human  
Resources Day

**30<sup>th</sup> – 4<sup>th</sup>**  
Bike Week

## June

**Pride Month**

**1<sup>st</sup> – 7<sup>th</sup>**  
Volunteers Week

**3<sup>rd</sup> – 8<sup>th</sup>**  
Massage at Work Week

**13<sup>th</sup> – 17<sup>th</sup>**  
Loneliness Awareness Week

**17<sup>th</sup>**  
National Clean Air Day

**21<sup>st</sup>**  
Bring Your Dog to Work Day

## July

**1<sup>st</sup> – 30<sup>th</sup>**  
Talk To Us (Samaritans)

**5<sup>th</sup> – 17<sup>th</sup>**  
National BBQ Week

**7<sup>th</sup>**  
World Chocolate Day

**15<sup>th</sup>**  
World Youth Skills Day

**30<sup>th</sup>**  
World Friendship Day

## August

**1<sup>st</sup>**  
World Breastfeeding Week

**5<sup>th</sup>**  
Cycle to Work Day

**13<sup>th</sup>**  
Left Handers Awareness Day

## September

**5<sup>th</sup> – 11<sup>th</sup>**  
National Payroll Week

**10<sup>th</sup>**  
World Suicide Prevention Day

**15<sup>th</sup>**  
Pension Awareness Day

**19<sup>th</sup> – 25<sup>th</sup>**  
International Week of  
Happiness at Work

**22<sup>nd</sup>**  
World Car Free Day

## October

**Black History Month**

**1<sup>st</sup>**  
International Coffee Day

**4<sup>th</sup>**  
No Disposable Cup Day

**10<sup>th</sup>**  
World Mental Health Day

**10<sup>th</sup> – 16<sup>th</sup>**  
National Work Life Week

## November

**2<sup>nd</sup> – 6<sup>th</sup>**  
International Stress  
Awareness Week

**7<sup>th</sup> – 13<sup>th</sup>**  
Talk Money Week

**13<sup>th</sup>**  
World Kindness Day

**14<sup>th</sup> – 20<sup>th</sup>**  
Anti-bullying Week

**19<sup>th</sup>**  
International Men's Day

## December

**3<sup>rd</sup>**  
International Day of People  
with Disabilities

**10<sup>th</sup>**  
Christmas Jumper Day

**12<sup>th</sup>**  
National Workplace Day of  
Remembrance