

2026 Corporate Wellbeing Calendar



Australian Trauma Support Centre


January

Note: January is a key month for wellbeing, with the 'new year' reset. But for some, the post-holiday return to work and daily life can bring stress, isolation, and loneliness.

February



- 1-28** Febfast
- 4** Physical Disability Awareness Day
- 10** Safer Internet Day
- 14-20** Random Acts of Kindness Week

Psst! Each wellbeing day listed is hyperlinked so you can **click** find out more info 

March

March is busy, select the days that best align & resonate with your business and team

- 1-31** Endometriosis Awareness Month
- 8** International Women's Day
- 10** World Suicide Prevention Day
- 13** World Sleep Day
- 16-22** Neurodiversity Celebration Week & Harmony Week
- 20** Close the Gap Day & International Day of Happiness

April

- 1-30** Stress Awareness Month
- 7** World Health Day
- 28** World Day for Safety and Health at Work

May

- 1-31** Mindful in May
- 11-17** National Families Week
- 12-18** National Volunteer Week
- 27** Reconciliation Week



Mindful in May is a great way to promote employee mental health, reduce stress and enhance focus and productivity

June

- 1-30** Pride Month 
- 9-15** Mens Health Week

July

- 1-31** Dry July
- 14-20** Birth Trauma Awareness Week
- 24** International Self Care Day
- 26-31** National Pain Week
- 30** International Day of Friendship



Did you know that 3.2million Australian's live with chronic pain, and its physical, emotional and social impact



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August

- 3-9** Loneliness Awareness Week
- 12** International Youth Day
- 17-21** Bullying No Way: National Week of Action
- 22** Daffodil Day
- 28** Wear it Purple Day

Loneliness Awareness Week is all about promoting ways to build connection and reducing social isolation

September


- 1-7** Body Image and Eating Disorders Awareness Week
- 2-8** Women's Health Week
- 10** R U OK Day? 
- 14-20** Dementia Action Week
- Note:** Domestic violence increases during Sporting Grand Finals for AFL and NRL in September

October

It's R U OK? Day's 17th anniversary in 2026

- 1-31** Mental Health Month & Breast Cancer Awareness Month
- 5-11** Active Aging Week
- 10** World Mental Health Day
- 12-18** National Carers Week

November

- 1-30** Movember 
- 19** International Mens Day
- 23-29** Perinatal Mental Health Week & Social Inclusion Week
- 25** White Ribbon Day

December

- 3** International Day of Persons with Disabilities
- 10** Human Rights Day
- Note:** December and the holiday season isn't joyful for everyone, for some it can bring on feelings of isolation, loneliness, sadness and grief.



Workplace initiatives for you

Find out more about ways you can support your team with their wellbeing and mental health, with insights and resources, [here](#) or scan the code



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