

# Wellness Calendar 2026

Find memorable moments to celebrate with your team and boost employee wellness throughout the year.

**Q1**  
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**January**

JAN 3  
**International Mind-Body Wellness Day** →

JAN 10  
**Houseplant Appreciation Day** →

JAN 12  
**National Clean Your Desk Day** →

JAN 30  
**Have Fun At Work Day** →

**February**

FEB 1 - FEB 28  
**International Boost Self Esteem Month** →

FEB 14  
**World Sound Healing Day** →

**March**

MAR 1 - MAR 31  
**National Nutrition Month** →

MAR 6  
**Employee Appreciation Day** →

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**April**

APR 1  
**International Have Fun at Work Day** →

APR 1 - APR 30  
**Stress Awareness Month** →

APR 22  
**Earth Day** →

**May**

MAY 1 - MAY 31  
**Mental Health Awareness Month** →

MAY 2  
**National Fitness Day** →

MAY 3  
**World Laughter Day** →

MAY 30  
**National Creativity Day** →

**June**

JUN 1 - JUN 30  
**Professional Wellness Month** →

JUN 21  
**Yoga Day** →

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**July**

JUL 1 - JUL 31  
**Self-Care Month** →

JUL 1 - JUL 31  
**Social Wellness Month** →

**August**

AUG 3 - AUG 9  
**Simplify Your Life Week** →

AUG 15  
**National Relaxation Day** →

**September**

SEP 1 - SEP 30  
**Self-Improvement Month** →

SEP 20  
**National Dance Day** →

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**October**

OCT 10  
**World Mental Health Day** →

OCT 16  
**Conflict Resolution Day** →

**November**

NOV 1 - NOV 30  
**Vegan Month** →

NOV 4  
**National Stress Awareness Day** →

NOV 13  
**World Kindness Day** →

**December**

DEC 1 - DEC 31  
**National Stress-Free Family Holiday Month** →

DEC 4  
**Extraordinary Work Team Recognition Day** →

## Start Your Employee Wellness Journey

Contact [booking@withconfetti.com](mailto:booking@withconfetti.com) to plan ahead and lock in your team building events at a discounted rate.

[Get in Touch](#)

