



Optima Health Wellbeing Calendar

2026



Welcome to our 2026 wellbeing calendar!

We've created this calendar to inspire and support positive change throughout the year.

Our approach is holistic, covering mental health, physical wellbeing, social connection, and wellbeing at work.

Each month, we'll share various resources related to the month's theme, including articles, podcasts, videos, and expert guidance. You'll also find signposting links should you wish to explore topics further.

For the latest wellbeing calendar resources, check your **Workplace Wellbeing website**. Alternatively speak to your Optima Health representative.



January

Financial resilience

With research showing that over three-quarters of employees feel ongoing stress¹ about the cost of living, we explore practical things you can do to manage finances, plan ahead, and build confidence in your financial future.



February

Home life

Balancing the demands of home and work can be challenging. Explore ways to help manage responsibilities, protect your wellbeing, and create healthy boundaries for a more balanced life.



March

Health spotlight

We'll cover health issues that can affect people with female biology, including women, trans men, and some non-binary people. This will include raising awareness, and ways to promote supportive workplace conversations.



¹ www.peoplemanagement.co.uk/article/1912832/three-quarters-employees-overwhelmed-rising-cost-living-yet-almost-half-fear-opening-work-study-finds



April

Managing stress

Stress affects all of us in different ways. While we can't always control what life throws at us, we can learn to manage how we respond. Discover strategies to help you handle pressure and demands, helping to boost your resilience.

May

Mental wellbeing

Just like physical fitness, our mental fitness benefits from regular care too. Learn about healthy ways to manage life's challenges, grow your self-awareness, and discover areas to access mental health support online.



June

Nutrition

Eating well fuels energy, focus, and supports our body and mind. Learn about the foundations of a healthy balanced diet to help you feel your best at work and beyond.



July

Physical wellbeing

Staying active on a regular basis provides so many benefits for your body, including musculoskeletal health and mental wellbeing. Explore tips on how to move more, whether at your desk, on the go, or during breaks.



August

Social & environment

Our social and environmental impact plays a role in the health of ourselves, others, and the planet. Learn more about cultivating inclusive working environments and the wellbeing benefits of sustainable practices.



September

Preventative health

With a significant amount of ill-health being preventable² (including cardiovascular-related issues) discover proactive things you can do to support your health today and in the long-term.



October

Neurodiversity

A greater understanding of neurodiversity fosters inclusion and innovation. We explore ways to support diverse thinking styles, helping everyone feel valued and able to work to their strengths.



November

Health spotlight

We'll look at health issues that can affect people with male biology, including men, trans women, and some non-binary people. Raising awareness and encouraging open discussions can make a big difference in helping people to reach out for support.



2. www.bma.org.uk/news-and-opinion/demand-to-meet-needs-of-sick-inactive-population

December

Navigating loss

Loss can take many forms - from the passing of a loved one to career changes, relationship endings, or life transitions. Discover ways to cope, access support, and foster a compassionate workplace.





Have some feedback?

Let us know how we can improve our wellbeing content by completing this short survey: <https://forms.office.com/e/NJbafwJc0>

optimahealth.co.uk