

# Health & Well-being Calendar 2021



## January

28: Bell Let's Talk

[Stress and anxiety guide](#)

[Anticipatory anxiety and the Sunday scaries](#)



## February

Heart month

04: World Cancer Day  
17: Random Act of Kindness Day  
24: Pink Shirt Day

[Get your heart pumping with these cardio exercises you can do at home](#)

[7 outdoor winter activities you can do while social distancing](#)



## March

Nutrition month

08: International Women's Day  
19: World Sleep Day  
20: International Day of Happiness

[12 small ways to change your eating habits](#)

[What to eat before a workout](#)



## April

07: World Health Day  
22: Earth Day

[Worried about the environment? Tips for managing eco-anxiety](#)

[4 simple steps for a more eco-friendly dental routine](#)



## May

03-09: CMHA's Mental Health Week  
21: World Day for Cultural Diversity for Dialogue and Development

[Smiling depression: Hiding behind a smile](#)

[What is doomscrolling?](#)



## June

Pride month  
05: National Health and Fitness Day  
14-20: Men's Health Week

[8 core workouts to do at home](#)

[Running 101: Take flight with these 5 tips](#)



## July

24: International Self-care Day  
30: International Day of Friendship

[Caregiver self-care](#)

[Kick-start summer with these cool kids activities](#)



## August

12: International Youth Day

[6 tips for online health appointments with kids](#)

[An optometrist's tips for managing kids' screen time](#)



## September

10: World Suicide Prevention Day  
30: Orange Shirt Day

[How to help a loved one with mental illness](#)

[How to quit drinking or cut back](#)



## October

Healthy Workplace Month  
03-09: Mental Illness Awareness Week  
10: World Mental Health Day

[Learning resilience with Olympic medalist Silken Laumann](#)

[Be the best version of yourself: Max Domi on adversity](#)



## November

Diabetes Awareness month  
Financial Literacy month  
14: World Diabetes Day

[Take the two-minute Type 2 diabetes risk test](#)

[How diabetes affects your teeth and gums](#)



## December

05: International Volunteer Day  
10: International Human Rights Day

[5 ways race affects health in Canada](#)

[How to survive the winter blues in Canada](#)



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Visit [Sunlife.ca > Tools & Resources](#) for more health and wellness articles, tools and calculators.