

2020 Wellbeing Planner

January - March

A variety of resources:



Posters



Infographics



Blogs



Guides

BRINGING YOUR EMPLOYEES HEALTH, WEALTH AND HAPPINESS IN 2020

JANUARY

Financially Fit for New Year

FEBRUARY

Positive Mental Health

MARCH

Physical Wellbeing

KEY THEMES/AWARENESS DAYS

New Year's Resolutions - **All Month**
Healthy Lifestyle - **All Month**
Blue Monday - **20th January**

Time to Talk - **7th February**
Valentine's Day - **14th February**
Random Acts of Kindness - **17th February**

University Mental Health - **5th March**
Employee Appreciation Day - **6th March**
World Sleep Day - **13th March**
Nutrition & Hydration Week
16th - 22nd March

From the beginning of each month, you can access a variety of resources supporting the awareness days and key themes of that month!

*For HR Manager use only

YOUR WELLBEING PLANNER GUIDE!

Psssst,
don't forget to
remind your team
about the fantastic
discounts with
Paycare Perks!



Make the most of your Corporate Paycare Plan by sharing useful content with your staff each month. Keep your eyes peeled for our monthly Newsletters to find out how you can promote each awareness day, and be sure to log into your MyPeople area to browse a huge variety of posters, infographics, blogs and more! Enhance the health and wellbeing of your team in 2020... Remember - a happy team make a happy workplace!

3 EASY STEPS

- 1 Print a copy of your Wellbeing Planner and pin it up by your desk!
- 2 Access a variety of resources to support awareness days via your Paycare Newsletter & MyPeople portal!
- 3 Engage with your team by sharing the useful and fun resources around the workplace.

TOP TIP

Share posters, infographics, guides and blogs everywhere!

Print off our resources and share them on staff noticeboards, fridges, in communal areas, via internal communications and yes, even the toilets!

SUPPORT

Follow us on social media @MyPaycare and check your inbox to find out how you can support your staff mentally, physically and financially in line with monthly awareness days!

If you have any ideas for content you'd like or need any help, contact our friendly Account Managers on **01902 371010** or email healthcareheroes@paycare.org

