



HEALTH & WELLNESS

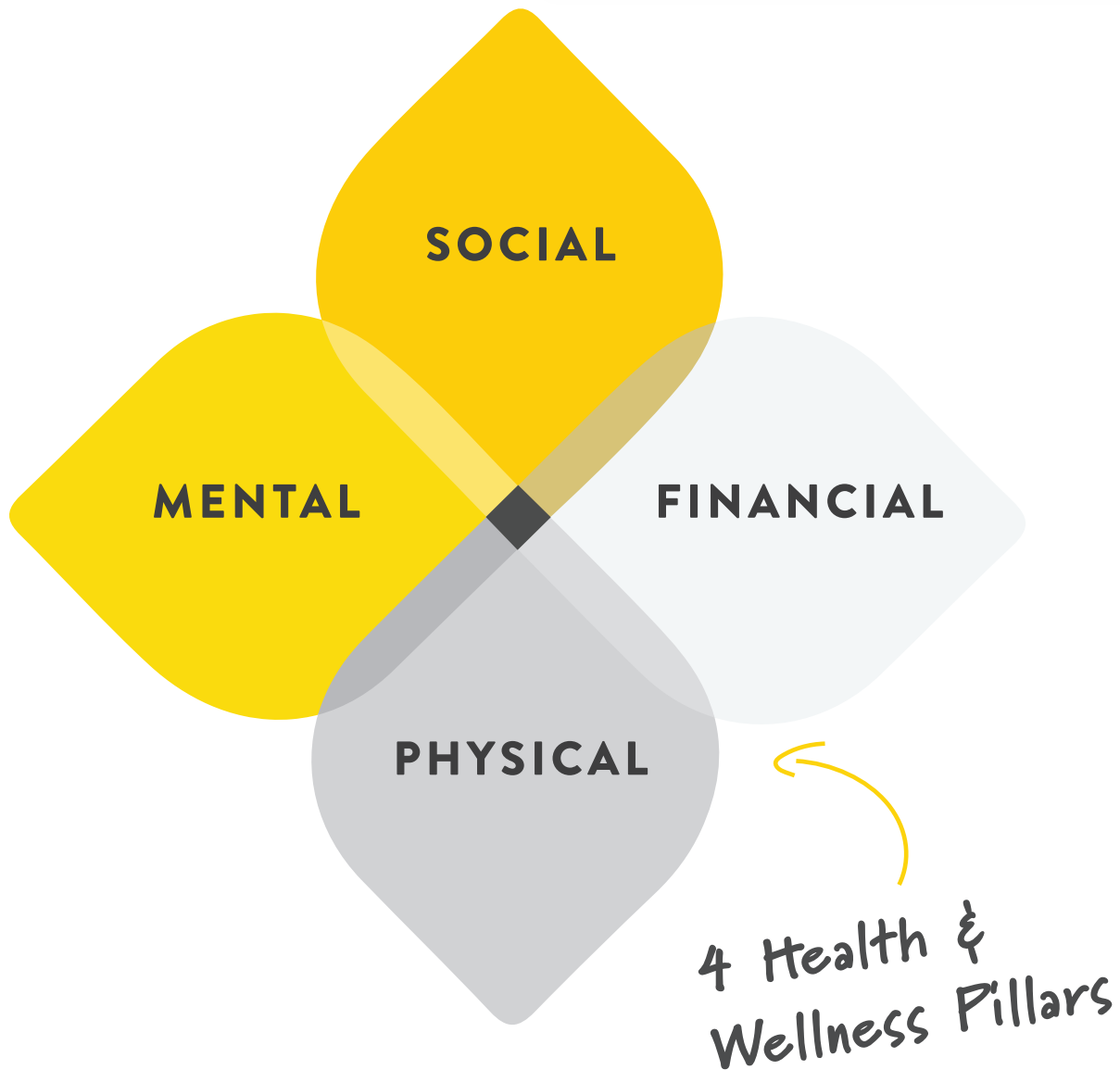
2021 CALENDAR



We've been prioritizing workplace health, wealth and happiness for years. We are proud to share our 2021 calendar of promotional events to help you plan, promote, and implement activities throughout the year.

HEALTH & WELLNESS

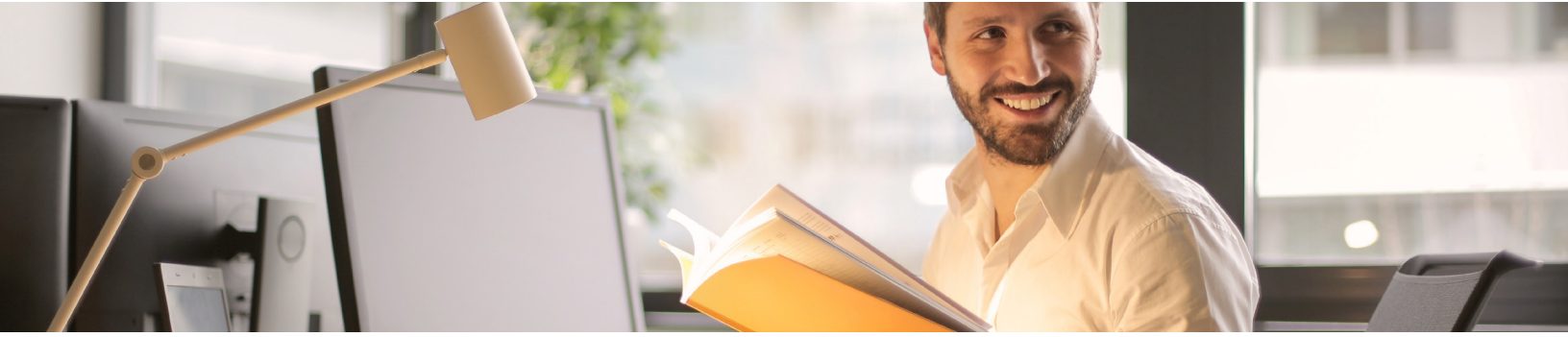
2021 CALENDAR



A healthy workplace means more than the absence of illness, injury, and disease. It is also providing opportunities for employees to build and reinforce healthy behaviours. At Benefits by Design (BBD) Inc., we are passionate about our employees leading a healthy and balanced life. All of our wellness initiatives can be captured in these four pillars.

At BBD we enjoy sharing how we prioritize health and wellness in the workplace. Follow our healthy workplace initiatives on our social media channels [@bbdcanada](#) and tag us in your adventures using the hashtag **#BBDWorkplace**.

JANUARY / FEBRUARY / MARCH 2021



Did you Know?

[Less than 25%](#) of people who set health resolutions stay committed after 30 days. There are many reasons setting health resolutions fail – try setting a goal instead. Set SMART goals that are Specific, Measureable, Achievable, Relevant, and Time-bound.

JANUARY

Self Care

JAN 28 | [Bell Let's Talk Day](#)

FEBRUARY

[Heart Health](#)

FEB 24 | [Pink Shirt Day](#)

MARCH

[Nutrition](#)

MAR 8 | Women's Day

MAR 12 | World Sleep Day

Take Action

Start a [Wellness Program](#) or implement any of these [Wellness Ideas](#) to your existing program

Read

About [Sleep Hygiene](#)

View

[Heart Health](#)

Download

The [Smiling Mind App](#) to practice daily meditation and mindfulness exercises

Listen

[To Daily Wellness](#), a personalized mix of grounding motivational podcasts and feel-good music on Spotify

Connect

[10 virtual team building games](#)

Share

A monthly [happiness calendar](#) packed with actions to help create a happier and kinder world



Helpful Blog Post by BBD:

- [3 Ways to Help Employees Quit Smoking](#)

Wellness Resources:

- [At home flexibility Stretches](#)
- [Tips for Healthy Eating](#)
- [Self Care & Resilience Guide](#)

APRIL / MAY / JUNE 2021



Did you Know?

[Mental illness affects](#) people of all ages, education, income levels, and cultures. In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.

APRIL

Stress Awareness Month

APR 2 | [Employee Benefits Day](#)

APR 7 | World Health Day

MAY

May 18-23 | Mental Health Awareness Week

JUNE

Prevention Care

JUN 5 | [National Health and Fitness Day](#)

Take Action

Explore the [Participation website](#) to find excellent articles, participate in challenges and help achieve wellness goals

Read

[12 Steps to improve family wellness](#)

View

[Preventative Care Checklist](#)

Download

Make every minute count with the [Johnson & Johnson 7 Minute workout app](#)

Watch

[Ergonomics 3 Minute Video](#)

Learn

[How to do your taxes](#)

Share

[A wellness tip once a week](#)



Helpful Blog Post by BBD:

- [How an EAP Improves Mental Health](#)

Wellness

Resources:

- [5 common work challenges mindfulness can improve](#)
- [20 good habits that can help you stay healthy](#)

JULY / AUGUST / SEPTEMBER 2021



Did you Know?

[Studies show](#) that listening to music can benefit overall well-being, help regulate emotions, and create happiness and relaxation in everyday life.

JULY

Summer Well-being

JUL 24 | Self Care Day

JUL 30 | International Day of Friendship

AUGUST

AUG 12 | International Youth Day

AUG 15 | National Relaxation Day

SEPTEMBER

National Yoga Month

SEPT 10 | Suicide Prevention Day

Take Action

Encourage employees to connect virtually over any of these [15 fun stress reducer games](#)

Read

[Your Work-From-Home Survival Guide for Self-Care](#)

View

[Tips on how to de-stress at work](#)

Download

The [Optimoty App](#) to maximize your physical, mental and financial wellness

Listen

[To a guided meditation](#)

Watch

Recorded webinars with various topics such as nutrition, time management and mental health courtesy of [Humanacare](#) or other providers

Learn

About how [RRSP's](#) and [RESP's](#) help work towards financial wellness



Helpful Blog Post by BBD:

- [How to Keep Company Culture Thriving with a Virtual Team](#)

Wellness Resources:

- [Health Activities at Home with the Family](#)
- [Social Fitness Apps](#)
- [Parents Canada: Mental Health](#)

OCTOBER / NOVEMBER / DECEMBER 2021



Did you Know?

41% of [Canadians](#) surveyed for a [Financial Planning Canada](#) report said that money is the leading cause of stress in their lives. [4 and 79 %](#) of employees are interested in financial education offered by their employers on topics like saving for the future, and better budgeting.

OCTOBER

Breast Cancer Awareness Month

OCT 24 | [World Mental Health Day](#)

NOVEMBER

Financial Literacy

NOV 3 | [Take Our Kids to Work Day](#)

NOV 19 | [International Mens Day](#)

DECEMBER

Healthy Holidays

DEC 5 | [International Volunteer Day](#)

Take Action

Host a financial webinar during Financial Literacy month courtesy of Credit Counselling Society who offer [Free Financial Expertise for Individuals and Organizations](#)

Read

Discover and share books you love on [Goodreads](#) or join the [reading challenge](#)

View

[High quality psychology and mental health infographics](#) OR [Healthy holiday Eating Tips](#)

Download

Take control of your goals. Track calories, break down ingredients, and log activities with [MyFitnessPal](#)

Quiz

[Take the Quiz](#) to get a gratitude score, learn more about the benefits of gratitude, and discover steps for promoting even more gratitude in your life

Watch

[Should I save or invest?](#)

Learn

[Financial Planning: The Ultimate Guide](#)

Share

[Healthy recipes like Oh She Glows](#)



Helpful Blog Post by BBD:

- [Mindful Eating: A Nutrition Month Perspective](#)

Wellness

Resources:

- [10 wellness ideas for remote workers](#)
- [Exercise you can do right at your desk](#)