

2022 Promo Calendar



JANUARY

Work-Life Balance

No more “doing it all”
Doing your best and
avoiding burnout

Featured Flash Course:
Work-Life Balance

Push Notification:
Convenience referrals

Quarterly Poster: Flexibility

FEBRUARY

Self-Esteem

Strengthening self-esteem
Everyday steps to feel better
about yourself

Featured Flash Course:
Improving Self-Esteem

Push Notification:
Textcoach®

**Employees/Supervisors
Quarterly Newsletter**

MARCH

Sleep Fitness

Better sleep, better you
Ways to improve your rest

Featured Flash Course:
Sleep Basics

Push Notification:
Sleep Fitness Toolkit

Global Quarterly Flyer:
Engagement

APRIL

Stress Management

Living in the moment
Simple, effective stress relievers

Featured Flash Course:
Mindfulness
for Everyday Life

Push Notification:
Convenience referrals

Quarterly Poster: Stress

MAY

Emotional Wellbeing

It's OK to talk about mental health
Conversation starters to make it easier

Featured Flash Course:
Start the Conversation

Push Notification:
1in5.tools

**Employees/Supervisors
Quarterly Newsletter**

JUNE

Compassion Fatigue

When caring hurts
Compassion in action:
a path to wellness

Featured Flash Course:
Compassion Fatigue

Push Notification:
Animo

Global Quarterly Flyer:
Exploring Nature

JULY

Diversity, Equity and Inclusion

A better workplace for all
Championing DEI

Featured Flash Course:
Cultural Diversity and Mental Health

Push Notification:
Virtual Support Connect

Quarterly Poster: Change

AUGUST

Transitions

Taking transitions in stride
Planning for a healthy school year

Featured Flash Course:
Preparing Kids for School

Push Notification:
Savings Center

**Employees/Supervisors
Quarterly Newsletter**

SEPTEMBER

Anxiety

Keeping calm and carrying on
Tools to reduce worry,
fear and anxiety

Featured Flash Course:
Understanding Anxiety

Push Notification:
Meditation Toolkit

Global Quarterly Flyer:
Open Communication

OCTOBER

Mental Health Screening

How are you, really?
Do an emotional wellbeing self-check

Featured Flash Course:
Building Better Mental Health

Push Notification:
Mental Health Navigator

Quarterly Poster: Self-Care

NOVEMBER

Holiday Stress

Surviving the season
Tools to destress the holidays

Featured Flash Course:
'Tis the Season: How to
Survive the Holidays

Push Notification:
Holiday Toolkit

**Employees/Supervisors
Quarterly Newsletter**

DECEMBER

Self Care

The power of self-care
Investing in a healthier you

Featured Flash Course:
Self-Care Strategies for
Emotional Wellbeing

Push Notification:
Wellbeing Place Blog

Global Quarterly Flyer:
Taking Control of Stress