

## 2022 Health Awareness Calendar

Health awareness days provide great opportunities to share the Act Belong Commit message. We have compiled a calendar of key dates to help you plan your own communications and activities. We've highlighted the days and weeks when Act Belong Commit will be doing something special.

Please share with us any additional days you think could be included. We won't include every day (there are thousands!) but we're keen to know of any that are particularly useful 'springboards' for the Act Belong Commit message.

We'll update the calendar as the year progresses.

Month	Day/Week/ Month	2022 Theme	Links and Resources
<b>January</b>			
1 Jan	New Year's Day	Public Holiday	
<b>February</b>			
1-28 Feb	Feel Good Feb		<a href="https://www.actbelongcommit.org.au">https://www.actbelongcommit.org.au</a> Act Belong Commit promotes positive mental health and wellbeing with a Feel Good Feb Calendar daily tips.
17 Feb	Random Acts of Kindness Day	Make Kindness the Norm	Act Belong Commit ' <a href="#">Kindness Cards</a> ' <a href="https://www.randomactsofkindness.org/">https://www.randomactsofkindness.org/</a>
<b>March</b>			
1 Mar	World Compliment Day		<a href="https://www.daysoftheyear.com/days/world-compliment-day/">https://www.daysoftheyear.com/days/world-compliment-day/</a>
7 Mar	Labour Day	Public Holiday	
8 Mar	International Women's Day	2022 campaign theme: #BreakTheBias	<a href="https://www.internationalwomensday.com/WD2022">https://www.internationalwomensday.com/WD2022</a>
15-21 Mar	Harmony Week	TBD	<a href="https://www.omi.wa.gov.au/events-and-training/harmony-week">https://www.omi.wa.gov.au/events-and-training/harmony-week</a>  Act Belong Commit's ' <a href="#">Words to Live By</a> ' is video series featuring the inspiring stories of four seniors, from diverse backgrounds, embracing the Act Belong Commit message.  Act Belong Commit has resources translated into 12 different languages.
17 Mar	National Close the Gap Day	Leadership and Legacy through Crisis	<a href="https://antar.org.au/close-gap">https://antar.org.au/close-gap</a>  Act Belong Commit ' <a href="#">Aboriginal Resources</a> '
20 Mar	International Happiness Day	TBD	<a href="https://nationaltoday.com/international-day-happiness/">https://nationaltoday.com/international-day-happiness/</a>
21 Mar	Harmony Day	TBD	<a href="https://www.omi.wa.gov.au/">https://www.omi.wa.gov.au/</a>

			See Harmony Week for Act Belong Commit resources.
25 Mar	Ride2School Day		<a href="https://www.bicyclenetwork.com.au/rides-and-events/ride2school/Ride2School">https://www.bicyclenetwork.com.au/rides-and-events/ride2school/Ride2School</a>   Bicycle Network
27 Mar	Neighbour Day	Connecting Communities for 20 years	<a href="https://neighbourday.org/get-involved/community-organisations/">https://neighbourday.org/get-involved/community-organisations/</a>
<b>April</b>			
7 Apr	World Health Day	Protecting health from climate change	<a href="https://www.who.int/campaigns/world-health-day">https://www.who.int/campaigns/world-health-day</a>
15 April	Good Friday	Public Holiday	
18 April	Easter Monday	Public Holiday	
25 April	ANZAC Day	Public Holiday	
28 Apr	Pay it forward day	None listed	<a href="https://payitforwardday.com/get-involved/ideas/">https://payitforwardday.com/get-involved/ideas/</a>
<b>May</b>			
1-30 May	Mindful May	Act with Mindfulness	<a href="https://www.actbelongcommit.org.au">https://www.actbelongcommit.org.au</a>  Act Belong Commit encourages people to Act with Mindfulness through promotional activities particularly targeting Schools.
4 May	World Maternal Mental Health Day		<a href="https://wmmhday.postpartum.net/">https://wmmhday.postpartum.net/</a>
8 May	Mother's Day		
15-21 May	National Families Week	TBD	<a href="https://nfw.org.au/">https://nfw.org.au/</a>
16-22 May	National Volunteer Week	Better Together	Act Belong Commit promotional activity (details TBD).  <a href="https://www.volunteeringwa.org.au/training-and-events/events/national-volunteer-week#">https://www.volunteeringwa.org.au/training-and-events/events/national-volunteer-week#</a> :
21 May	World Meditation Day	TBD	<a href="https://www.daysoftheyear.com/days/world-meditation-day/">https://www.daysoftheyear.com/days/world-meditation-day/</a>
23-29 May	Exercise Right Week	TBD	<a href="https://exerciseright.com.au/exercise-right-week-campaign/">https://exerciseright.com.au/exercise-right-week-campaign/</a>
26 May	National Sorry Day (Reconciliation Australia)	TBD	<a href="https://www.reconciliation.org.au/national-sorry-day-">https://www.reconciliation.org.au/national-sorry-day-</a>
27 May to 3 Jun	National Reconciliation Week	TBD	<a href="https://nrw.reconciliation.org.au/">https://nrw.reconciliation.org.au/</a>
<b>June</b>			
6 June	Western Australia Day	Public Holiday	
13-19 June	Men's Health Week	TBD	<a href="https://www.menshealthweek.org.au/">https://www.menshealthweek.org.au/</a>
21 June	International Day of Yoga	TBD	<a href="https://www.un.org/en/observances/yoga-day">https://www.un.org/en/observances/yoga-day</a>
24 June	Take Your Dog to Work Day	TBD	<a href="https://www.daysoftheyear.com/days/take-your-dog-to-work-day/">https://www.daysoftheyear.com/days/take-your-dog-to-work-day/</a>
<b>July</b>			
1-31 July	Dry July	Commit to a month off alcohol to raise funds for	<a href="https://www.dryjuly.com/">https://www.dryjuly.com/</a>

		people affected by cancer.	
3-10 July	NAIDOC Week	Get Up! Stand Up! Show Up!	<a href="https://www.naidoc.org.au/news/2021-naidoc-week-theme-announced-heal-country#">https://www.naidoc.org.au/news/2021-naidoc-week-theme-announced-heal-country#</a>
24 July	International Self-Care Day		<a href="https://isfglobal.org/international-self-care-day/">https://isfglobal.org/international-self-care-day/</a>
24 July	Stress Down Day		<a href="https://www.lifeline.org.au/get-involved/campaigns-events/">https://www.lifeline.org.au/get-involved/campaigns-events/</a>
30 July	International Friendship Day		<a href="https://nationaltoday.com/international-day-friendship/">https://nationaltoday.com/international-day-friendship/</a>
<b>August</b>			
1-31 Aug	Active August		<a href="https://www.actbelongcommit.org.au">https://www.actbelongcommit.org.au</a> Act Belong Commit promotional activity (details TBD)
8-14 Aug	National Student Volunteer Week		<a href="https://nationalstudentvolunteerweek.org.au/">https://nationalstudentvolunteerweek.org.au/</a>
12 Aug	International Youth Day	TBD	<a href="https://nationaltoday.com/international-youth-day/">https://nationaltoday.com/international-youth-day/</a>
20-26 Aug	Book Week	Dreaming with eyes open...	<a href="https://www.cbcatas.org/bookweek/">https://www.cbcatas.org/bookweek/</a>
26 Aug	Wear it Purple Day	TBD	<a href="https://www.wearitpurple.org/">https://www.wearitpurple.org/</a>
<b>September</b>			
2 Sept	Walk 2 Work Day	None listed	<a href="http://www.walk.com.au/WTW">http://www.walk.com.au/WTW</a>
4 Sept	Father's Day	None listed	
6-10 Sept	Women's Health Week	None listed	<a href="https://www.womenshealthweek.com.au/">https://www.womenshealthweek.com.au/</a>
9 Sept	R U Ok? Day	None listed	<a href="https://www.ruok.org.au/every-day-resources">https://www.ruok.org.au/every-day-resources</a>
21 Sept	World Gratitude Day	None listed	<a href="https://www.daysoftheyear.com/days/world-gratitude-day/">https://www.daysoftheyear.com/days/world-gratitude-day/</a>
28 Sept	Queen's Birthday	Public Holiday	
<b>October</b>			
1 Oct	International Day of Older Persons	None listed	<a href="https://www.un.org/en/observances/older-persons-day">https://www.un.org/en/observances/older-persons-day</a>
5 Oct	World Teacher Day	None listed	<a href="https://en.unesco.org/commemorations/worldteachersday">https://en.unesco.org/commemorations/worldteachersday</a>
7 Oct	World Smile Day	Do an act of kindness. Help one person smile	<a href="https://www.worldsmileday.com/">https://www.worldsmileday.com/</a>
8 Oct	Odd Socks Day (Take away stigma on MH)	None listed	<a href="https://grow.org.au/oddssocksday/">https://grow.org.au/oddssocksday/</a>
10 Oct	World Mental Health Day	TBD	<a href="https://mhaustralia.org/">https://mhaustralia.org/</a>
9-17 Oct	WA Mental Health Week	TBD	<a href="https://www.actbelongcommit.org.au">https://www.actbelongcommit.org.au</a> Act Belong Commit promotional activity. (details TBD) <a href="https://mentalhealthweek.org.au/">https://mentalhealthweek.org.au/</a>
17 Oct	Headspace Day	TBD	<a href="https://headspace.org.au/">https://headspace.org.au/</a>
20 Oct	National Ride2Work Day	TBD	<a href="https://www.bicyclenetwork.com.au/rides-and-events/ride2work/">https://www.bicyclenetwork.com.au/rides-and-events/ride2work/</a>
26 Oct	Children's Day	TBD	

30 Oct	National Grandparents' Day		
<b>November</b>			
1-30 Nov	Movember	Raising awareness of men's health issues, including mental health and suicide prevention	<a href="https://au.movember.com/">https://au.movember.com/</a>
3 Nov	Outdoor Classroom Day (Nature Play)		<a href="https://www.natureplaywa.org.au/">https://www.natureplaywa.org.au/</a>
5 Nov	International Volunteer Managers Day	TBD	<a href="https://www.volunteeringaustralia.org/get-involved/events/">https://www.volunteeringaustralia.org/get-involved/events/</a>
11 Nov	Have a Go Day (Seniors)		Act Belong Commit Seniors resources <a href="https://www.srcwa.asn.au/event/">https://www.srcwa.asn.au/event/</a>
13 Nov	World Kindness Day		<a href="https://www.daysoftheyear.com/days/kindness-day/">https://www.daysoftheyear.com/days/kindness-day/</a>  Act Belong Commit 'Kindness Cards'
TBD	Perinatal Depression and Anxiety Awareness Week (PANDA)	TBD	<a href="https://www.panda.org.au/">https://www.panda.org.au/</a>
18 Nov	Go Home On Time Day		<a href="https://www.futurework.org.au/go_home_on_time">https://www.futurework.org.au/go_home_on_time</a>
19-27 Nov	Social Inclusion Week	Connect, Collaborate & Celebrate	<a href="#">Social Inclusion Week</a>
30 Nov	Giving Tuesday	TBD	<a href="https://www.volunteeringaustralia.org/get-involved/events/">https://www.volunteeringaustralia.org/get-involved/events/</a>
<b>December</b>			
5 Dec	International Volunteer Day	TBD	<a href="https://www.volunteeringaustralia.org/get-involved/events/">https://www.volunteeringaustralia.org/get-involved/events/</a>
18 Dec	International Migrants Day	TBD	<a href="https://www.omi.wa.gov.au/home/news/news-article/2020/12/16/international-migrants-day-a-day-to-speak-up-for-others">https://www.omi.wa.gov.au/home/news/news-article/2020/12/16/international-migrants-day-a-day-to-speak-up-for-others</a>
25 Dec	Christmas Day	Public Holiday	
29 Dec	Boxing Day	Public Holiday	

[updated 20/01/2022]