



Way to Wellbeing

MENTAL WEALTH CALENDAR

MAY 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

						1  World Laughter Day
2	3	4	5	6 Newsletter release 	7	8
9	10	11	12	13	14	15
MENTAL HEALTH AWARENESS WEEK						
16  Drawing Day	17 Work from Home Day	18	19	20 World Meditation Day 	21	22
23	24	25	26	27	28 Amnesty International Day	29
30 Water a Flower Day 	31					

THEME

During the month of May we have Mental Health Awareness Week. The national topic for which is loneliness and Mental Health UK are encouraging people all over to build meaningful connections with friends, family, colleagues and communities. Our newsletter will feature tips on how to do so.