



2026 global monthly content calendar

Whole health, mind and body



Jan

Mind-body connection

- Mental Wellness Month
- National Blood Donor Month (U.S.)



Feb

Fueling your body

- Eating Disorders Awareness Week (U.S.)
- World Cancer Day
- American Heart Month (U.S.)



Mar

Women's health

- International Women's Day (8 Mar.)
- Self-Harm Awareness Month



Apr

Healthy aging

- World Autism Awareness Day (2 Apr.)
- World Health Day (7 Apr.)
- Stress Awareness Month (U.S.)



May

Mental health awareness

- Mental Health Awareness Month
- Foster Care Awareness Month (U.S.)



June

Men's health

- Men's Health Month
- Men's Mental Health Month
- Pride Month (U.S.)
- Juneteenth (U.S.)



July

Supporting your uniqueness

- Disability Pride Month (U.S.)
- National Minority Mental Health Awareness Month (U.S.)
- Cultural Awareness Mental Health Month



Aug

Youth health

- International Youth Day (12 Aug.)
- International Overdose Awareness Day (31 Aug.)



Sept

Suicide prevention and recovery

- World Suicide Prevention Day (10 Sept.)
- Recovery Month (U.S.)
- Domestic Violence Awareness Month (U.S.)



Oct

World mental health

- World Mental Health Day (10 Oct.)
- Breast Cancer Awareness Month



Nov

Managing illness and disease

- Family Caregivers Month (U.S.)
- National Diabetes Month (U.S.)
- World Kindness Day (13 Nov.)
- International Men's Day (19 Nov.)



Dec

Mind and body check-in

- Stress Free Family Holidays Month (U.S.)
- Financial Wellness

Monthly toolkits distributed the first of each month on optumwellbeing.com/newthismonth.

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