

# 2023 Promo Calendar

## January

### Implementing change

#### Journey to self-improvement

Small changes to boost wellbeing

Featured flash course:

Change is constant

Quarterly poster:

Motivation

## February

### Everyday mindfulness

#### Simple mindfulness techniques

Practicing mindfulness in daily life

Featured flash course:

Challenging negative thoughts

Quarterly animated video:

Mindfulness

## March

### Maximizing productivity

#### Achieve more, do less

Time management tips: increasing productivity

Featured flash course:

Increasing productivity

## April

### Work-life balance

#### Finding balance

Prioritizing and organizing your time

Featured flash course:

Time management

Quarterly poster:

Resiliency

## May

### Starting your mental health journey

#### Boosting your mental health

How to take the first steps

Featured flash course:

When it's time to seek support

Quarterly animated video:

Navigator

## June

### Cultural competency

#### Cultivating an attitude of inclusion

Improve understanding of cultural differences

Featured flash course:

Improving cultural competency

## July

### Practicing gratitude

#### The attitude of gratitude

Appreciating the moment

Featured flash course:

Cultivating gratitude

Quarterly poster:

Positivity

## August

### Back to school

#### Reducing school year stress

Strategies for parents

Featured flash course:

Parenting stress

Quarterly animated video:

Back to school

## September

### Signs of suicide

#### Recognize the signs

Common indicators of suicidal ideation

Featured flash course:

Suicide awareness

## October

### Self-care

#### Self-care essentials

Learn the basics of self-care

Featured flash course:

Self-care 101

Quarterly poster:

Communication

## November

### Holiday budgeting

#### Creating a holiday budget

Financial tips for the holidays

Featured flash course:

Holiday budgeting

Quarterly animated video:

Holiday survival

## December

### Healthy relationships

#### Building healthy, happy connections

Tips on communication, boundaries and more

Featured flash course:

Healthy relationships