

MAY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1  
5 Types of Wellbeing and How to Achieve Each in the Workplace

2 3  
Work Wellbeing: The Science Behind

4  
Screen Free Week

5  
How to help your family enjoy a screen-free week

6  
Download the Screen Free Bingo!

7  
You Need to Be Bored. Here's Why

8  
The Lost Art of Boredom

9 10  
Books to inspire healthy Screen Use

11  
Mental Health Awareness Week

12  
10 Mental Health Awareness Month Activities to do at Work

13  
11 mental health podcasts

14  
Mental Health Awareness Month Reading Recommendations

15  
How to talk to your child about mental health

16 17  
Mental Health Awareness Month: Films to Watch

18  
How to celebrate World Meditation day?

19  
10 Free Documentaries On Meditation, Mindfulness, and Yoga

20  
How you can celebrate World Meditation Day

21  
How to meditate?

22  
Contemplative Practice, Meditation, & Mindfulness

23  
Frequently Asked Questions About Meditation

24  
Mindfulness and Meditation Podcasts

25  
Learn about Bridging Differences

26  
Explore Bridging Differences Playbook

27  
We belong to each other: The Science of Bridging Differences

28  
How to build bridges across divides at work and beyond

29  
Perspective-shifting Journaling

30  
The Films That Changed Our Culture

31  
35 Journal Prompts For Your End-of-the-month Reset

5

IT'S COMING TO YOUR INBOX!