



# 2024 Promo Calendar

## January

### Healthy habits

#### Healthier, happier you

Simple habits worth adopting

#### Featured flash course:

Healthy living: Strategies to improve your overall wellbeing

#### Quarterly poster:

Self-care

## February

### Resiliency

#### Improving mental toughness

The power of perseverance

#### Featured flash course:

Building resilience

#### Quarterly animated video:

Self-guided digital therapy

## March

### Addiction awareness

#### Breaking the addiction stigma

Empowering conversations and compassion

#### Featured flash course:

Avoiding addiction

## April

### Empathy

#### Cultivating empathy

Boosting kindness and respect

#### Featured flash course:

Improving empathy

#### Quarterly poster:

Compassion fatigue

## May

### Mental health 101

#### What is mental health?

An introduction to understanding mental health

#### Featured flash course:

Mental health first aid basics

#### Quarterly animated video:

The importance of mental health

## June

### Understanding diversity

#### Recognizing and respecting differences

The value of diversity

#### Featured flash course:

An introduction to DEI

## July

### Workplace stress

#### Coping with stress at work

Helpful stress-reducing strategies

#### Featured flash course:

Work-life balance

#### Quarterly poster:

Burnout

## August

### School-life balance

#### Prioritizing family time

Finding quality time during the school year

#### Featured flash course:

School-life balance

#### Quarterly animated video:

Text therapy

## September

### Grief and loss

#### Coping with grief

Self-care during difficult times

#### Featured flash course:

Healing from grief

## October

### Depression

#### Navigating depression

Tips for managing depression

#### Featured flash course:

Understanding depression

#### Quarterly poster:

Gratitude

## November

### Holiday mental health

#### Managing holiday emotions

Strategies for staying calm

#### Featured flash course:

'Tis the season: How to survive the holidays

#### Quarterly animated video:

Holiday stress

## December

### Boundaries

#### Setting healthy boundaries

Learning to communicate your needs

#### Featured flash course:

Building better boundaries