



Editorial Calendar 2026

In 2026, WWP will continue to lead in vital workplace wellbeing content, covering mental health, inclusion, financial wellness, hybrid working, leadership and more. This calendar aligns monthly themes with global and UK awareness days, helping contributors, HR professionals and wellbeing advocates plan commentary, case studies and research-driven articles.

January: Foundations & Fresh Starts Themes: setting wellbeing priorities; assessing baseline health; “wellness resolutions” for organisations

February: Neurodiversity & Mental Health Culture Themes: neurodivergent inclusion, reducing stigma, mental health culture, awareness training

March: Women’s Health & Hormonal Wellbeing Themes: menopause, menstruation, workplace support, maternal wellness, hormonal health

April: Stress & Burnout Prevention Themes: stress management interventions, workload design, micro rest, resilience in teams

May: Mental Health & Prevention Themes: early intervention, workplace mental health programmes, peer support, EAPs

June: Connection, Inclusion & Community Themes: combating loneliness, team cohesion, belonging, intersectionality in wellbeing

July: Holistic Wellbeing & Recovery Themes: physical wellness, nutrition, sleep, digital detox, restorative practices

August: Financial Wellness & Stress Themes: salary, debt, side hustles, financial planning, benefits support

September: Early Warning & Insight Through Data Themes: data analytics in wellbeing programmes, predictive metrics, risk identification

October: Wellbeing, Aging & Hormonal Support Themes: menopause, aging workforce, cognitive health, midlife transition

November: Men’s Health, Restorative Workload & Reflection Themes: men’s wellness, end-of-year stress, decompression, sleep & recovery

December: Year in Review & Planning Forward Themes: reflection, resilience, lessons from the year, planning wellbeing strategy for 2027