

Cut screen time, boost wellbeing



As someone invested in the wellbeing of your clients and their employees, it's important to understand how excessive screen time can have negative health effects.

During **Men's Health Week** between **10th - 16th June**, our Head of Wellbeing, [Matt Liggins](#), is shining a spotlight on the negative effects too much screen time can have and has put together a valuable tipsheet called "**Cut screen time, boost wellbeing.**"

In this tipsheet, your clients can discover 9 ways to support **all of their people** by helping them to cut their screen time to boost their wellbeing.



Download your FREE copy

As part of our commitment to supporting wellbeing in your clients workplace, we'd like to share some additional key awareness dates coming up:

June -

All Month: Pride Month [Find resources here](#)

1st - 7th June: Volunteers Week [Find resources here](#)

2nd June: National Cancer Survivor's Day

5th June: World Environment Day

10th - 14th June: [BNF Healthy Eating Week](#)

10th - 16th June: National Carers Week

10th - 16th June: Bike Week

12th - 18th June: Diabetes Awareness Week

14th June: World Blood Donor Day

15th June: National Clean Air Day

17th - 23rd June: [Cervical Screening Awareness Week](#)

18th June: Autistic Pride Day

19th - 26th June: Learning Disability Week

21st June: International Yoga Day

25th June - 1st July: Deafblind Awareness Week

27th June - National P.T.S.D. Awareness Day

Looking Ahead:

24th July: International Self-Care Day: A day to promote the important of self-care and wellness [Find resources here](#)

1st August: Cycle to Work Day: The UK's biggest celebration of cycle commuting [Find resources here](#)



For a healthy, happy 2024

Our 2024 Health Shield Wellbeing Calendar is designed to support your workplace wellbeing strategy, offering resources to promote health and wellbeing among your team. View all the upcoming key health awareness dates for the year ahead, and find supporting tipsheets and other content to share with your team.

[VIEW FULL 2024 WELLBEING CALENDAR](#)

Please note that the Health Shield 2024 Wellbeing Calendar is password protected. The password is "bestofhealth"