

2026

WORLD WELLBEING WEEK



24th - 30th June 2026



BOOK NOW
WORKSHOP

08
JUNE

Achieving Better Quality Sleep

with Dr Maja Schaedel



ASK THE
EXPERT

07
JULY

Nutrition And Exercise

with Ryan Snell



WATCH NOW
VIDEO

30
MINS

Creating and Maintaining Mental Wellness

with Pinky Jangra



READ NOW
EXPERT
ARTICLE

05
MINS

Can Nutrition Relieve Stress and Help You Feel Calm?

by Kake Black



WATCH NOW
VIDEO

50
MINS

Protect And Strengthen Your Mental Wellbeing

with Selina Clarke



WATCH NOW
VIDEO

04
MINS

One Tip for Mental Fitness

with Georgina Halabi



Visit our [Mental Wellbeing Resource Hub](#) for more content

