

Take a moment

As you color each section, take a breath and gently notice your surroundings. Let this be a few quiet moments just for you.



2026 Wellness Calendar*

January 12-18

Healthy Habit Challenge:
Organize Your Finances

February 9-15

Healthy Habit Challenge:
Routine/Decision Fatigue

March 1-15

Wellness Grants (Cycle 1)

March 3-31 (Tues & Wed)

Wellness Rounds
Various hospital locations

March 9-15

Healthy Habit Challenge:
Self Advocacy

March 10

Stanford Healthy Living
Spring Registration Opens

April 13-19

Healthy Habit Challenge:
Empathy

May 11-17

Healthy Habit Challenge:
Remove Devices from Bedroom

May 26

Stanford Healthy Living
Summer Registration Opens

June 8-14

Healthy Habit Challenge:
Habit Stacking

July 13-19

Healthy Habit Challenge:
Calm Your Emotions

July 20 - August 20

Wellness Walk Challenge

August 10-16

Healthy Habit Challenge:
Strength Training

September 1

Stanford Healthy Living
Fall Registration Opens

September 1-15

Wellness Grants (Cycle 2)

September 14-20

Healthy Habit Challenge:
Make Work Fun

September 30

Reward Program Ends

October 1

Reward Program Begins

October 12-18

Healthy Habit Challenge:
Time for Friends

November 9-15

Healthy Habit Challenge:
Savoring Meal

December 1

Stanford Healthy Living
Winter Registration Opens

December 7-11

Compassion Week

December 14-20

Healthy Habit Challenge:
Mindful Moment