



A Time for Reflection and Resolution



January is a time of new beginnings. Take a moment this month to look back at your well-being successes in 2025, and to set new goals for 2026. Use the following health happenings for inspiration.



A world
without
cervical
cancer is
possible

Cervical Cancer Awareness Month

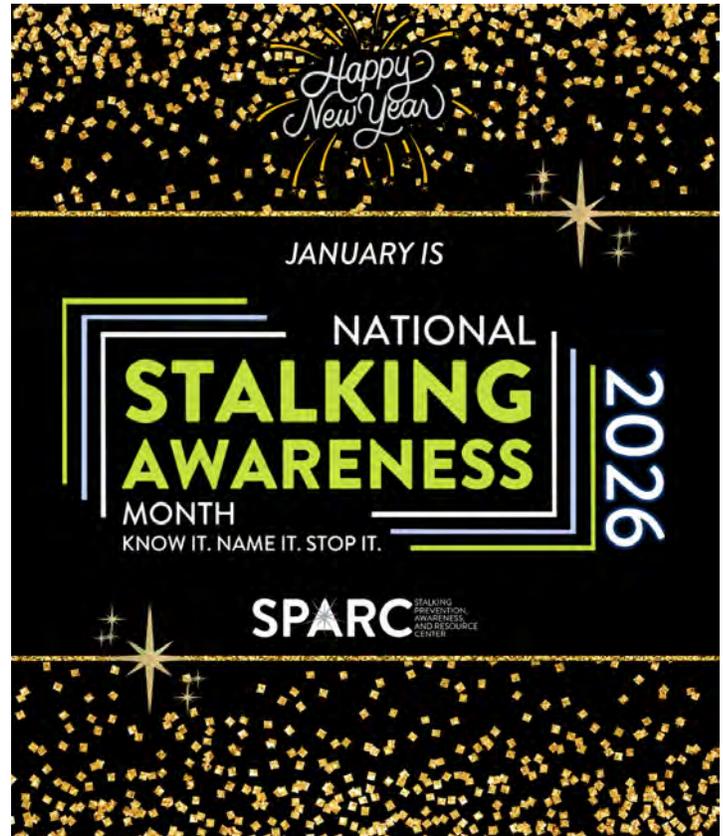
Cervical cancer is a nearly completely preventable disease. Nearly all cases stem from infection with one of 12 high-risk strains of Human Papilloma Virus (HPV). But HPV vaccination protects against 75% of those strains.

The best time to vaccinate children against HPV is before they're expected to become sexually active, so if you have kids, talk to their pediatrician about the best time to vaccinate. The vaccine is also approved for adults up to 45, so talk to your doctor about whether the vaccine is right for you.

- [Cervical Cancer Resources](#)
- [Us vs. HPV Week \(Jan. 26–30\)](#)

National Stalking Awareness Month

Stalking is an abusive behavior that affects the physical, psychological, financial, social, and professional well-being of victims. As many as [13.5 million people](#) in the U.S. are stalked in any given year, and 1 in 8 employed stalking victims lose work because of it.



- [Workplaces Respond](#)
- [National Day of Action for Stalking Awareness \(Jan. 18\)](#)



Identity Theft Awareness Week

More than 1 in 5 Americans have reported being victims of identity theft. This crime can hurt your credit and finances, along with causing emotional distress and even legal problems. Fortunately, there are simple things you can do to protect yourself. Protect your personal data by keeping physical documents in a secure location and using strong passwords and two-factor authentication. Check your credit report annually. Be careful about the information you share online, and be wary of phishing attempts and scams.

- [Protect yourself from identity theft](#)
- [Free credit reports](#)

National Blood Donor Month



Did you know that [volunteering](#) can improve your physical and mental health, provide a sense of purpose, teach valuable skills, and nurture new and existing relationships? And one quick and easy way to volunteer is to donate blood. Grab a friend or two and make a date to give blood at your local donation center.

- [Find a local blood drive](#)
- [How blood donation helps people](#)



National Mentoring Month

Professional mentorship benefits both mentors and mentees. Whether it's learning new skills, gaining new perspectives, or boosting confidence, mentoring relationships create many opportunities to find meaning and satisfaction in your career.

- [The Power of Mentorship](#)
- [It's a Two-Way Street](#)