



## Global Healing Day 2026 – Comms Document

*A global invitation to co-create healing for people and planet*

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### Key Dates

- **Now – April 2026:** Best time to share and activate networks
  - **Global Healing Day: 25 April 2026**
  - **Annual Rhythm:** Last Saturday of April (following Earth Day)
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### Primary Link

[www.globalhealingday.world](http://www.globalhealingday.world)

### Core Message (Short Social Copy)

One humanity. One Earth. Many paths. One intention.

On April 25, 2026, people across the world will pause, reflect, and act - together.

**Global Healing Day** is a shared moment to honour pain, restore connection, and co-create a more compassionate, regenerative future. It is not only about healing wounds, but about transforming the conditions that create them

This is not a campaign. It is a commons.

A living ecosystem of healing in action.

@GlobalHealDay #GlobalHealingDay #TogetherWeHeal #FutureofHumanity

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### Expanded Social Media Copy

What if one day each year, humanity paused—together—to heal?

Global Healing Day is a worldwide invitation to reconnect—with ourselves, each other, and the living Earth. It is not only about healing wounds, but about transforming the conditions that create them

Across cultures and communities, people will gather in circles, ceremonies, conversations, and creative expressions—honouring grief, sharing wisdom, and planting seeds for a different future. This is a decentralised, global movement for healing across all systems—personal, social, ecological, economic, and spiritual.

- ✦ Join us on April 25, 2026
- ✦ Host or take part in a local or online event
- ✦ Share your practices, stories, and intentions

Together, we can restore the deeper patterns of belonging.

@GlobalHealDay #GlobalHealingDay #TogetherWeHeal #FutureofHumanity

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## Event Listing

**Global Healing Day Launches a Worldwide Invitation to Heal People and Planet:  
An annual, decentralized day of action, reflection and collective intention begins April 25,  
2025.**

A new global initiative, Global Healing Day, is inviting people, communities and organisations around the world to take part in a shared act of healing on Saturday 25 April 2025, with the day set to continue annually on the last Saturday of April.

Global Healing Day is not a single event or branded campaign. It is a living, decentralized ecosystem - a shared moment in time that amplifies the many healing practices, wisdom traditions and initiatives already working across personal, social, ecological and cultural dimensions.

Emerging at a time of converging global challenges - from rising mental health distress and social fragmentation to ecological breakdown - Global Healing Day responds to a growing recognition that today's crises are interconnected expressions of deeper systemic wounds. Healing, the initiative suggests, is no longer optional, symbolic or peripheral, but a practical and moral imperative.

*"Global Healing Day is about creating a shared pause,"* said the initiative's founding collaborators, *" a moment where humanity can listen more deeply - to one another, to the living world, and to the histories and patterns that shape us - and begin to consciously choose what we carry forward."*

One shared day, many expressions

Designed as an open, co-created commons, Global Healing Day invites participation in ways that reflect local cultures, needs and traditions. Activities may range from intimate community healing circles and intergenerational dialogues, to ecological restoration actions, storytelling events, artistic offerings, ceremonies, meditations and public conversations.

Rather than prescribing a single format, the initiative encourages participants to lead from their own centre of knowledge and care - whether Indigenous, scientific, spiritual, artistic, therapeutic or civic - while contributing to a shared global rhythm of intention.

A regenerative vision for the future

At its heart, Global Healing Day envisions a future where healing becomes foundational to how societies function: where education cultivates compassion, economies serve wellbeing, governance honors the Earth and future generations, and cultural narratives support belonging rather than division. The day seeks to honor shared human pain, responsibility and resilience, to acknowledge intergenerational and cross-species harm, to uplift Indigenous and regenerative ways of living, and to create space for new patterns of relationship to emerge.

### **An open invitation**

Global Healing Day is open to individuals, grassroots groups, institutions and global organizations alike. Partners are invited to host or contribute events, share stories and resources, collaborate across sectors, and help shape the evolving story of global healing.

Learn more, share events, or join the partner ecosystem at [Global Healing Day](#).

Follow @globalhealday and share by using the hastags #GlobalHealingDay #TogetherWeHeal

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### **Linkedin Post**

#### **GLOBAL HEALING DAY - 25<sup>TH</sup> APRIL, 2026**

[www.globalhealingday.world](http://www.globalhealingday.world)

We are living through a time when multiple crises intersect - ecological, social, psychological, and cultural. Yet across sectors, a common insight is emerging:

**Without healing - at individual, community, and systemic levels - transformation efforts will remain partial.**

**Global Healing Day** is a collaborative initiative aimed at responding to this gap - with the first one taking place this year. It is not only about healing wounds, but about transforming the conditions that create them

A globally coordinated, locally activated day of healing - bringing together organisations, communities, educators, health practitioners, cultural leaders, and citizens around a shared intention: **to restore relationships - within ourselves, between each other, and with the living world.**

The model is intentionally decentralised:

- Organisations and networks host their own aligned activities
- Communities design context-specific responses
- Multiple forms of healing are welcomed — social, ecological, cultural, intergenerational
- A light-touch global infrastructure connects and amplifies what emerges

The potential is significant:

- strengthening social cohesion and trust
- supporting trauma-informed approaches across sectors
- connecting wellbeing, education, environment, and culture
- offering a unifying narrative in a fragmented landscape

Some great organisations have already come together to help co-create and steward this initiative.

If your own work touches on wellbeing, regeneration, community, education, or systems change, you can also get involved - by sharing your activities on the day with the growing GHD community

This is an invitation to honour the wounding within ourselves, others and the natural world

Healing the patterns of the past for the sake of the future.

**#GlobalHealingDay #TogetherWeHeal #FutureofHumanity**

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### Newsletter Copy

#### **Global Healing Day – April 25, 2026**

Global Healing Day is a global invitation to come together in reflection, action, and connection—dedicated to healing across all dimensions of life. It is not only about healing wounds, but about transforming the conditions that create them

In a time of growing fragmentation and inherited trauma, this day offers something simple but profound: a shared pause to honour what has been, and to consciously shape what comes next.

Across the world, individuals and organisations will host gatherings, share practices, and create spaces for healing—rooted in cultural diversity, collective wisdom, and a deep recognition of our interconnectedness.

This is not a single event, but a living ecosystem of participation—where every voice, tradition, and offering matters.

- ✨ Join us on April 25, 2026
- ✨ Be part of a growing global movement
- ✨ Help co-create a regenerative future

Learn more and get involved:

[www.globalhealingday.world](http://www.globalhealingday.world)

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### Simple Invitation Version (Highly Shareable)

On April 25, 2026, the world pauses.

Not to stop—but to listen.

Not to divide—but to reconnect.

Not to fix—but to heal.

**Global Healing Day** is an open invitation:  
to remember who we are, together.

Join us.

[www.globalhealingday.world](http://www.globalhealingday.world)

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### Optional Call-to-Action Additions

Partners can adapt with:

- “Join our local event in [location]”
  - “We’ll be hosting a [circle / ceremony / dialogue]”
  - “Share your own practice using @GlobalHealDay #GlobalHealingDay
  - “Add your event to the global map”
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### Closing Line

**Together, we heal.**

Not all at once. Not all the same.

But enough—to begin shifting the story.