

12 Months of Wellplace

There's a lot going on in the world of workplace wellbeing.

Here are some ideas to help your planning...

March

You still need to be SunSmart

Summer's officially over and while it's still necessary to be SunSmart, it's also a good time to get your skin checked for anything that's changed over the summer.

See melanoma.org.nz for melanoma information, and visit [Wellplace for SunSmart ideas and resources](#).

April

Fight the flu - get immunised



Influenza spreads easily and up to one in five of us come in contact with the flu every year. Highlight **fight the flu** messages in your workplace and promote getting a flu vaccine - remember it's free for some.

World Health Day this year focuses on depression. See the World Health Organization's webpage for ideas to get your workmates talking.

May

Quit for life - go smokefree

World Smokefree Day is 31 May, with the aim of raising awareness and contributing to NZ's **Smokefree 2025 goal**. Why not make May smokefree month? Have a look [at these ideas](#), as well as Wellplace's [smokefree resources](#).

Stand with workplaces across NZ by celebrating **Pink Shirt Day**, promoting a safe and respectful work environment to prevent bullying.

June

Get healthy, men!

Men's Health Month is a great time to encourage men to start talking about their health - a simple thing that could save hundreds of lives every year.

The [Men's Health Trust website](#) has a heap of resources to help you encourage the men in your workplace to get their health checked, and to share their worries and experiences.

July

Mid-winter protections for mental wellbeing



The middle of winter can be a hard time to stay in good mental health. A lack of sun, combined with rainy and cold weather keeping us indoors can impact on our mental health.

To find ways to help your people stay mentally well and to help you understand their needs better, check out the [Five Ways to Wellbeing](#).

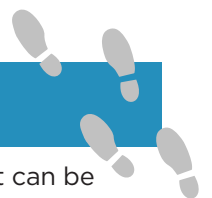
[Depression.org.nz](#) offers information and resources that support people to recognise depression and anxiety, and know how to get help, including self-help.

[Likeminds.org.nz](#) works to end discrimination and increase the inclusion of people experiencing mental illness. There is a focus on workplaces, with resources and tips to help workplaces be inclusive.

What about promoting **Dry July?** Give up alcohol for the month and raise funds to improve the wellbeing of people dealing with cancer.

August

Winter's nearly over - get up and move more!



Been sitting too much? Through winter it can be hard to get enough exercise, and modern offices have such a heavy reliance on technology that sitting is the default for many tasks. But our health can benefit from simply standing up! Check out our [Sit Less, Move More resources](#), including our Sit Less Move More campaign, our Stair Challenge to 'climb' iconic New Zealand landmarks, and various colourful posters to get people moving. There are also Sit Less Stand More resources aimed at the transport industry.

For other ideas, it's Money Week this month, 14-20 August. Visit the [money week website](#) for activities you can plan for your workplace. It's also **World Breastfeeding Week** August 1-7 - what can your workplace do to support any breastfeeding women?

September

Gambling Harm Awareness Week

Harmful gambling can affect all aspects of a person's life – including their workplace. Someone who is experiencing some harm from their gambling – approximately 250,000 New Zealanders – may be stressed and distracted, and not able to work to their full potential.

Gambling Harm Awareness Week September 4-10 is a good opportunity to encourage employees to check in on their own or someone else's gambling. See Choicenotchance.org.nz for more.

October

Sunsmart and mental wellbeing



Daylight saving has started so it's time to be extra SunSmart. Review your workplace's SunSmart policies and procedures – can you **take action** to be more SunSmart? Check out this [sample Sun Safety Policy](#), and share your area's daily [Sun Protection Alert](#) rating with your people.

October 9-15 is [Mental Health Awareness Week](#) – find out how you can promote good mental wellbeing to your people.

November

Preventing alcohol-related harm

It's nearly the silly season and some work parties will already be underway, along with other end of year get-togethers. This is a time when your people are potentially at risk from alcohol-related harm, if they're drinking at work functions or at private parties.

Check out this [guide to serving alcohol safely at workplace events](#), as well as [articles](#) warning about alcohol-related harm that you can adapt and use in your workplace communications.

[White Ribbon Day](#) is also in November – what can you do to show your workplace stands against violence towards women?

December

Ways to wellbeing this festive season



The festive season isn't always so festive for many of us. To help your people create good mental wellbeing this summer think about promoting the [Five Ways to Wellbeing](#).

January (2018)

Look after yourself getting back to work

It can be easy to forget to look after ourselves as we leave our summer break behind and get back into work. Here are some ways to help your people.

The [Five Ways to Wellbeing](#) are great at helping us incorporate wellbeing-promoting activities into our lives. Also, if people feel they drank too much over the holidays, they might like to [take the drink test](#).

Our SunSmart [infographic](#) can help remind people to stay SunSmart as it's still summer. And if they're struggling getting back into the swing of feeding the family while being back at work, offer them easy and healthy recipes from myfamily.kiwi.

February

Stand up and move more



Take advantage of the last official month of summer to encourage your people to move more. See our [Move More resources](#), including our Stair Challenge and the Sit Less Move More guide to help you encourage your people to sit less and be more active.

Speaking of getting active, the [Cancer Society's Relay for Life events](#) are hosted by different regions in February, March and April. You can get moving and raise money for a good cause. See if there's one near you.

Get your workplace on their bikes this month in the [Aotearoa Bike Challenge](#). Not into biking? Then sign up for [Walk2Work Day](#), which is happening next month, 14 March 2018.

Visit wellplace.nz/events to find out what's new and what's coming up.