

12 Months of Wellplace 2018

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

Here are some ideas to help your planning...

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 be less sedentary and 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 coming up on March 14.

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.

For employees who are parents, consider also promoting on time immunisation for [babies and young children](#). Also, [World Health Day is April 7](#), while April 28 is the [World Day of Safety and Health at Work](#).

May

Quit for life – go smokefree

[World Smokefree Day](#) is at the end of the month with the aim of raising awareness and contributing to the [Smokefree 2025 goal](#).

Why not make May smokefree month? Have a look [at these ideas](#) to help your people quit in your workplace, as well as Wellplace's [smokefree resources](#). Also, stand up to bullying by [wearing pink](#) on May 18.

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 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.

Supporting [Junk free June](#) could also help break any sugar cravings.

July



Mid-winter protections for mental wellbeing

The middle of winter can be a hard time to stay in good 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](#) and the [Five Ways to Wellbeing at Work Toolkit](#).

[Depression.org.nz](#) offers information and resources that support people to recognise depression and anxiety, and get help. [Likeminds.org.nz](#) works to end discrimination and increase inclusion of people experiencing mental illness, particularly in the workplace.

What about promoting [Dry July](#)? Give up alcohol for the month and raise funds to improve the wellbeing of people dealing with cancer – while improving your health.

August

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

Modern offices have such a heavy reliance on technology that sitting is the default for many tasks, and it can be tricky to get out for exercise during winter. Luckily our health can benefit from simply standing up! Check out our [Sit Less, Move More resources](#), including our Stair Challenge and posters aimed at the transport industry.

It's Money Week this month – visit the [Money Week website](#) for activities you can plan for your workplace. [World Breastfeeding Week](#) encourages workplaces to think about they can do to support any breastfeeding employees.

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? Consider adapting and adopting this [sample Sun Safety Policy](#), put up [SunSmart posters](#) and share your area's daily [Sun Protection Alert](#) rating with your staff.

October is also [Mental Health Awareness Week](#) – find out how you can promote good mental wellbeing at work, including using the [Five Ways to Wellbeing at Work Toolkit](#).

Visit [wellplace.nz/events](#) to find out what's new and what's coming up.

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](#), and as well as [articles](#) you can adapt and use in your workplace communications warning about alcohol-related harm. [White Ribbon Day](#) is also in November – what can you do to show your stand 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](#). [Depression.org.nz](#) also has information on [small steps](#) we can take to keep ourselves well through what can be a stressful time.

January (2019)

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. Use the [Five Ways to Wellbeing at Work Toolkit](#) to help incorporate wellbeing-promoting activities into employees' work lives, especially as they come back into work after the summer break. And if people feel they drank too much over those holidays, they might like to [take the drink test](#).

And it's still high summer, so [use our resources](#) to remind your people to be SunSmart. 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](#).