

12 Months of Wellplace 2019

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

Here are some ideas to help your planning...

January

Look after yourself getting back to work

Starting a new year can be invigorating or mentally challenging. Use our [resources](#) to incorporate wellbeing-promoting activities into the work day, such as the [Five Ways to Wellbeing at Work Toolkit](#). Also think about how you can support others to talk about wellbeing by sharing [Just Ask. Just Listen](#) resources. If 2019 is the year you've decided to take action on mental wellbeing in your workplace, let the [Working Well guide](#) help. Looking for more ideas, you could encourage your team to take the ["Is Your Drinking OK" test](#) and [remind your people to be SunSmart](#).

February

Stand up and move more



Get your people moving during the last official month of summer. Our [Sit Less, Move More resources](#) have heaps of ways to do that - run the [Stair Challenge](#), make your workplace [bike-friendly](#) and get people involved in the [Aotearoa Bike Challenge](#), or get everyone moving in the [Cancer Society's Relay for Life events](#) and raise money for a good cause. All that physical activity is well-timed to support [Heart Awareness Month](#).

March

100% water

March 22 is [World Water Day](#) - not only is this a great opportunity to focus on the importance of water as a scarce resource, you could also use this day to [promote drinking 100% water](#) as the best choice. Summer's over but now's a good time to remind your people to get their skin checked. Share [these skin cancer check resources](#) and [see our library for more SunSmart resources](#). Also, promote [Walk2Work Day](#) on March 13 to keep everyone moving.

April

Get immunised



April is all about immunisation with [New Zealand's Immunisation Week](#) running this month. Promote [immunisation messages](#) to your people, including ensuring their own and their whānau's immunisations are up to date to protect against serious diseases. It's also time to highlight [fight the flu](#) messages in your workplace and promote getting a flu vaccine. 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

[Use World Smokefree Day](#) on May 31 to raise awareness of the benefits of a smokefree life. Support your people to give up smoking - get [some ideas](#) to help your people quit in your workplace and browse Wellplace's [smokefree resources](#). Don't have a workplace smokefree policy? Use the Workplace [Health and Wellbeing Policy Builder](#) to quickly and easily create a smokefree policy that suits your business. Also, highlight the importance of standing up to bullying by [wearing pink](#) on May 17.

June

Get healthy, men!



Encourage the men in your workplace to start talking. [Men's Health Month](#) is all about supporting men to focus on their health and share their concerns. The Men's Health website has a heap of [resources](#) to help men get their recommended health checks, and share their worries and experiences. It's also Bowel Cancer Awareness Month. [Find an event](#) to support or [come up with an idea of your own](#) while spreading the message about early detection.

July

Mid-winter protections for mental wellbeing

A mental wellbeing check is good at any time of the year but especially in the middle of winter. Use the **Five Ways to Wellbeing at Work Toolkit** to help promote mental wellbeing at work and promote Depression.org.nz's advice around taking **small steps** to aid people's own mental health. But also share the **Just Ask, Just Listen** messages – short videos, posters and e-banners are available to help people supporting others experiencing mental distress. You can find lots of free mental health resources on the **Health Promotion Agency's website**.

August

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

See our **Sit Less, Move More resources** to get your office up and moving after a long, cold winter. Run the **Stair Challenge** and “climb” New Zealand landmarks. Use this month's **World Breastfeeding Week** to assess what your workplace could do to make it easier for breastfeeding mothers to feed or express at work.

September

Mental Health and Gambling Harm Awareness Week

Gambling Harm Awareness Week, September 2 to 8, is a great opportunity to encourage employees to check in on their own or someone else's gambling.

Mental Health Awareness Week is September 23 to 29 so take action to build awareness about mental wellbeing – how to strengthen it and support those experiencing mental distress. See **what's on** in your area and delve into the **Five Ways to Wellbeing at Work Toolkit** again for ideas to promote good mental wellbeing at work.

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

October

Be SunSmart to spring into Summer



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? Use the workplace **Health and Wellbeing Policy Builder** to help you quickly and easily create a SunSmart policy to minimise employees' exposure to UV radiation. Use our **SunSmart promotional materials** to remind your team to slip, slop, slap and wrap.

November

Preventing alcohol-related harm

With Christmas and the summer holidays approaching, some work functions are getting underway. If you find you often host work functions that include alcohol, it's a good idea to have a detailed **responsible hosting policy**. Also, check out this **guide to serving alcohol safely at workplace events**, as well as **articles and resources** you can adapt and use in your workplace communications. Show your workplace stands against family violence: Put on a White Ribbon Day event using that website's resources, and see **how other businesses are working to end family violence**. Of course, it's also **November** – get behind this movement that keeps on growing.

December

Festive wellbeing and beards



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 all take to keep ourselves well through what can be a stressful time. And where November has Movember, December has **DecemBeard** – add to that mo with a full-fledged beard and raise money and awareness to fight bowel cancer. You could also promote our **guide to summer** to your team.